

DNB NOR TYRVINGLEKENE - NADDERUD 2009				PR. 11.06.09
TIDSSKJEMA FOR FREDAG 12. JUNI				
				Opprops-
				listene
LØP:				inndras:
1600	400mhk	G18-19, MS	91,4/35,0	1500
1610	400mhk	J18-19, KS	76,2/35,0	1510
1615	300mhk	J17	76,2/35,0	1515
1620	300mhk	G15	76,2/35,0	1520
1625	300mhk	J16	76,2/35,0	1525
1635	300mhk	J15	76,2/35,0	1535
1650	300mhk	G16	84,0/35,0	1550
1655	300mhk	G17	84,0/35,0	1555
1705	600m	J11		1605
1720	600m	G11		1620
1740	600m	J13		1640
1800	600m	G14		1700
1820	600m	G13		1720
1835	600m	G12		1735
1855	600m	J14		1755
1910	600m	J12		1810
1930	200m	MS		1855
1950	200m	G17		1910
2005	200m	KS		1925
2015	200m	G18-19		1930
2025	200m	J18-19		1950
2040	200m	J17		2005
2055	2000m	J15		1955
2105	2000m	G15		2005
2120	3000m	J16, J17, J18-19, KS		2020
2135	3000m	G16, G17		2035
2135	3000m	G18-19		2035
2150	3000m	MS		2050
HOPP:				
1600	Høyde	G18-19, MS		Stativ 1
1600	Høyde	G17		Stativ 2
1700	Stav	J14		
1700	Lengde	G12		Grop 1
1700	Lengde	J12		Grop 3
1715	Høyde	G13		Stativ 1
1830	Høyde	G14		Stativ 2
1830	Lengde	J15		Grop 2
1845	Stav	J13		
1930	Lengde	G15		Grop 1
1930	Lengde	G11		Grop 3
1945	Høyde	G16		Stativ 1
2000	Stav	J15, J16, J17, J18-19, KS		
2015	Lengde	J16		Grop 2
2030	Høyde	J13		Stativ 2
KAST:				
1700	Diskos	J15	0,75kg	Kastbanen
1700	Kule	G14	4kg	
1700	Spyd	G15	600gr.	
1800	Kule	J14	3kg	
1800	Spyd	G16	700gr.	
1800	Spyd	G17	700gr.	
1845	Diskos	J16, J17, J18-19, KS	1kg	Kastbanen
1930	Ball	J11	80gr.	
2015	Kule	J17, J18-19, KS	4kg	
2030	Spyd	G18-19, MS	800gr.	

DNB NOR TYRVINGLEKENE - NADDERUD STADION 2009					
TIDSSKJEMA FOR LØRDAG 13. JUNI					PR. 11.06.09
					Opprops-
					listene
					inndras:
LØP					
0930	200m hk	J14	76,2/19,0		0830
0950	200m hk	J13	68,0/19,0		0850
1010	200m hk	G13	68,0/18,29		0910
1025	200m hk	G14	76,2/18,29		0925
1045	60m	J14		Bane 2	0945
1045	80m hk	J16	76,2/8,00	Bane 1	0945
1055	80m hk	J15	76,2/8,00	Bane 1	0955
1115	100m hk	J17	76,2/8,50	Bane 1	1015
1125	100m hk	J18-19, KS	84,0/8,50	Bane 1	1025
1135	100m hk	G15	91,4/8,50	Bane 1	1035
1140	60m	J13		Bane 2	1040
1145	100m hk	G16	91,4/8,50	Bane 1	1045
1150	110m hk	G17	91,4/8,80	Bane 1	1050
1155	110m hk	G18-19	100,0/9,14	Bane 1	1055
1200	110m hk	MS	106,7/9,14	Bane 1	1100
1215	60m	G13		Bane 2	1115
1215	60m	G14		Bane 1	1115
1230	60m	G10		Bane 2	1130
1240	60m	J11		Bane 1	1140
1245	60m	J10		Bane 2	1145
1310	60m	J12		Bane 2	1210
1315	60m	G12		Bane 1	1215
1350	60m	G11		Bane 2	1250
1410	60m finale	J13		Bane 1	1310
1415	60m finale	J14		Bane 1	1315
1420	60m finale	G14		Bane 1	1320
1425	60m finale	G13		Bane 1	1325
1440	800m	G15			1325
1450	800m	J15			1350
1500	800m	G16			1400
1510	800m	J16			1410
1520	800m	G17			1420
1525	800m	J17			1425
1530	800m	G18-19			1430
1540	800m	J18-19			1440
1545	800m	KS			1445
1550	800m	MS			1450
1615	4x60m stafett	G13-14			1515
1630	4x60m stafett	G10-12			1530
1650	4x60m stafett	J10-12			1550
1710	4x60m stafett	J13-14			1610
1730	200m	J15			1630
1755	200m	J16			1655
1810	200m	G15			1710
1830	200m	G16			1730

DNB NOR TYRVINGLEKENE - NADDERUD STADION 2009					
TIDSSKJEMA FOR SØNDAG 14. JUNI					
					Opprops-
					listene
LØP:					inndras:
0945	100m	J15	Bane 1		0845
1000	80mhk	G14	Bane 2	84,0/8,0m	0900
1015	100m	G16	Bane 1		0915
1020	60mhk	J14	Bane 2	76,2/7,5m	0920
1030	100m	J16	Bane 1		0930
1040	60mhk	G13	Bane 2	76,2/7,5m	0940
1045	100m	G15	Bane 1		0945
1100	60mhk	J13	Bane 2	68,0/7,5m	1000
1105	100m	J17	Bane 1		1005
1115	100m	G17	Bane 1		1015
1120	60mhk	J12	Bane 2	68,0/7,0m	1020
1125	100m	J18-19	Bane 1		1025
1135	100m	G18-19	Bane 1		1035
1150	100m	MS	Bane 1		1050
1150	60mhk	G12	Bane 2	76,2/7,0m	1050
1210	100m finale	G15	Bane 1		1110
1210	60mhk	J11	Bane 2	68,0/6,5m	1100
1215	100m finale	J15	Bane 1		1115
1220	100m finale	J16	Bane 1		1120
1225	100m finale	G16	Bane 1		1125
1230	100m finale	J17	Bane 1		1130
1230	60mhk	G11	Bane 2	68,0/6,5m	1130
1235	100m finale	G17	Bane 1		1135
1240	100m finale	G18-19	Bane 1		1140
1245	100m finale	KS	Bane 1		1145
1250	100m finale	J18-19	Bane 1		1150
1255	100m finale	MS	Bane 1		1155
1300	60m finale	Funk.hemmede	Bane 1		1200
1305	400m	G17			1205
1315	400m	KS			1215
1320	400m	G18-19			1220
1330	400m	J18-19			1220
1340	400m	MS			1240
1355	400m	J17			1255
1410	1500m	J13			1310
1420	1500m	J14			1320
1430	1500m	G14			1330
1440	1500m	G13			1340
1450	600m	J10			1350
1500	600m	G10			1400
1510	1000m stafett	G15-16			1310
1525	1000m stafett	J15-16			1325
1540	1000m stafett	G17-19			1340
1540	1000m stafett	MS			1340
1550	1000m stafett	J17-19			1350
1550	1000m stafett	KS			1350
1605	200m	G11			1505
1620	200m	J11			1520

1650	200m	G12			1550
1715	200m	G13			1615
1735	200m	J12			1635
1810	200m	J14			1710
1850	200m	G14			1750
1910	200m	J13			1810
HOPP:					
0930	Tresteg	G15		Grop 1	
1020	Tresteg	G14	Satssone 50cm	Grop 1	
1030	Høyde	J15			
1130	Tresteg	G13	Satssone 50cm	Grop 1	
1230	Høyde	J16			
1245	Tresteg	J14	Satssone 50cm	Grop 1	
1415	Tresteg	J13	Satssone 50cm	Grop 1	
1430	Høyde	G12			
1430	Lengde	J11	Satssone 1m	Grop 3	
1515	Lengde	J17		Grop 1	
1600	Lengde	J18-19, KS		Grop 1	
1645	Lengde	G16		Grop 1	
1700	Høyde	J17, J18-19, KS			
1730	Lengde	G17		Grop 1	
1810	Lengde	G18-19, MS		Grop 1	
KAST:					
0930	Diskos	J14	0,75kg	Stadion	
0930	Slegge	G15	4kg	Kastbanen	
0930	Slegge	G16	5kg	Kastbanen	
1030	Kule	G12	3kg		
1030	Slegge	J17, J18-19, KS	4kg	Kastbanen	
1045	Liten Ball	G11	80gr.		
1200	Kule	J15	3kg		
1200	Liten Ball	J10	80gr.		
1200	Slegge	G17	5kg	Kastbanen	
1200	Slegge	G18-19	6kg	Kastbanen	
1200	Slegge	MS	7,26kg	Kastbanen	
1300	Liten Ball	G10	80gr.		
1300	Slegge	J13	2kg	Kastbanen	
1330	Kule	J16	3kg		
1400	Liten Ball	J12	150gr.		
1400	Slegge	J14	3kg	Kastbanen	
1500	Kule	G18-19	6kg		
1500	Kule	MS	7,26kg		
1515	Slegge	J15	3kg	Kastbanen	
1600	Kule	G15	4kg		
1600	Liten Ball	G13	150gr.		
1630	Slegge	J16	4kg	Kastbanen	
1700	Kule	G16, G17	5kg		
1715	Slegge	G14	4kg	Kastbanen	
1730	Liten Ball	J13	150gr.		
1800	Slegge	G13	3kg	Kastbanen	