

NCC Lekene 2011

Tidsskjema

Dag 1 lørdag - 03.09.11

Opprop	Øvelsesstart	Øvelse	Klasse	Øvelses ID	Utstyrbeskrivelse
	10:30:00	Diskos	G-14	4	1,0kg
	10:30:00	Lengde	J-14	3	
09:30:00	10:30:00	60 m hekk	J-13	2	76,2 7,5m
	10:45:00	Kule	J-13	5	2,0kg
09:45:00	10:45:00	60 m hekk	G-13	6	76,2 7,5m
10:00:00	11:00:00	60 m hekk	J-14	63	76,2 7,5m
10:20:00	11:20:00	80 m hekk	G-14	7	84,0 8m
	11:30:00	Lengde	G-14	8	
	11:35:00	60m hk finale	J-13	64	
	11:35:00	Diskos	G-13	9	0,75kg
	11:45:00	60m hk finale	J-14	71	
	11:45:00	Stav	J-13	10	
	11:55:00	60m hk finale	G-13	65	
	12:10:00	80m hk finale	G-14	66	
	12:15:00	Kule	J-14	11	3,0kg
11:25:00	12:25:00	200 m	J-13	12	
	12:40:00	Stav	G-13	13	
	12:40:00	Stav	G-14	14	
11:50:00	12:50:00	200 m	G-13	15	
	12:55:00	Diskos	J-13	16	0,6kg
	13:00:00	Lengde	J-13	17	
	13:15:00	Kule	G-13	18	3,0kg
12:15:00	13:15:00	200 m	J-14	19	
12:35:00	13:35:00	200 m	G-14	20	
	13:40:00	Stav	J-14	21	
	13:45:00	Diskos	J-14	22	0,75kg
13:20:00	14:20:00	600 m	J-13	23	
	14:25:00	Kule	G-14	24	4,0kg
	14:35:00	Lengde	G-13	25	
13:40:00	14:40:00	600 m	J-14	26	
14:00:00	15:00:00	600 m	G-14	27	
14:20:00	15:20:00	600 m	G-13	28	
14:40:00	15:40:00	Kappgang 1000 m	J-13	29	
14:40:00	15:40:00	Kappgang 1000 m	J-14	30	
14:55:00	15:55:00	Kappgang 1000 m	G-13	31	
14:55:00	15:55:00	Kappgang 1000 m	G-14	32	
15:30:00	16:30:00	10x80m mix	G-14	34	

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Tidsskjema

Dag 2 søndag - 04.09.11

Opprop	Øvelsesstart	Øvelse	Klasse	Øvelses ID	Utstyrsbeskrivelse
	10:00:00	Høyde	J-14	35	
	10:00:00	Slegge	G-13	37	3,0kg/110cm
	10:00:00	Spyd	J-13	38	400gr
	10:00:00	Tresteg	G-14	36	
09:00:00	10:00:00	60 m	J-13	39	
09:25:00	10:25:00	60 m	G-14	40	
09:50:00	10:50:00	60 m	G-13	41	
	11:00:00	Høyde	J-13	42	
	11:00:00	Slegge	J-14	43	3,0kg/110cm
	11:05:00	Tresteg	G-13	44	
10:15:00	11:15:00	60 m	J-14	45	
	11:45:00	Spyd	J-14	46	400gr
	11:50:00	60m finale	G-14	68	
	12:00:00	60m finale	G-13	67	
	12:00:00	Slegge	G-14	47	4,0kg/119,5cm
	12:10:00	60m finale	J-13	69	
	12:20:00	60m finale	J-14	70	
	12:20:00	Tresteg	J-14	48	
11:35:00	12:35:00	200 m hekk	G-14	49	76,2 18,29m
11:45:00	12:45:00	200 m hekk	G-13	1	68,0 18,29m
	13:00:00	Høyde	G-13	51	
	13:00:00	Slegge	J-13	52	2,0kg/100cm
	13:00:00	Spyd	G-14	53	600gr
12:00:00	13:00:00	200 m hekk	J-13	50	68,0 19m
12:25:00	13:25:00	200 m hekk	J-14	54	76,2 19m
	14:00:00	Tresteg	J-13	55	
13:10:00	14:10:00	1500 m	G-14	56	
13:20:00	14:20:00	1500 m	J-13	57	
	14:30:00	Høyde	G-14	60	
	14:30:00	Spyd	G-13	58	400gr
13:30:00	14:30:00	1500 m	J-14	59	
13:40:00	14:40:00	1500 m	G-13	61	
14:50:00	15:50:00	Tinestafett	G-14	62	