

Tidsprogram lördag 29 februari 2020

	60m	400m	1500m	Stav	Höjd	Vikt 1	
09:00	M45 (26) fö				M65-M70		09:00
09:12	M60 (12) fö				(2+5)		09:12
09:20	K35 (13) fö						09:20
09:28	M50 (12) fö						09:28
09:36	K40 (10) fö						09:36
09:44	M55 (17) fö						09:44
09:50					M75-M80		09:50
09:52	K45 (12) fö				(8+2)		09:52
10:00	M70 (10) fö						10:00
10:05	M35 (10) fö						10:05
10:13	M40 (10) fö						10:13
10:21	M65 (11) fö						10:21
10:30	M45 semi			K35-K45			10:30
10:40	M80 (5)			(1+1+4)			10:40
10:44	M75 (8)						10:44
10:48	K55-K60 (4+3)						10:48
10:52	K65+K70 (5+1)						10:52
10:58	K75+K80 (3+1)						10:58
11:00					M50+M60		11:00
11:02	M50 Final				(7+3)		11:02
11:06	K50 Final						11:06
11:10	M70 final						11:10
11:14	M55 Final						11:14
11:18	M65 Final						11:18
11:22	K35 final						11:22
11:26	K40 Final						11:26
11:30	K45 Final						11:30
11:34	M60 final						11:34
11:38	M35 final						11:38
11:42	M40 final						11:42
11:46	M45 final						11:46
12:00	INVIGNING						12:00
12:20		K70 (3)		K50-K70	M55 (9)	K50-K65	12:20
12:26		K65 (3)		(1+1+1+0+1)		(6+4+1+1)	12:26
12:32		K75 (3)				7,26 kg / 5,45 kg	12:32
12:38		K35 (5)					12:38
12:50		K80 (3)					12:50

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	60m	400m	1500m	Vikt 2	Höjd	Vikt 1	
12:56		K50-K55 (3+1)					12:56
13:02		K40-K45 (1+6)			Uppdaterat 2020-02-25		13:02
13:20		K60 (5)			M35-M45		13:20
13:30		M75-M80 (10+1)			(1+6+7)	M55 (9)	13:30
13:45		M70 (7)				11,34 kg	13:45
13:55		M65 (5)					13:55
14:00							14:00
14:05		M60 (6)					14:05
14:15		M55 (6)					14:15
14:20						M50 (9)	14:20
14:25		M50 (9)				11,34 kg	14:25
14:40		M45 (9)			Uppdaterat 2020-02-25		14:40
14:50		M40 (4)			K55-K75		14:50
14:55		M35 (7)			(1+0+2+2+2)		14:55
15:15						M35-M45	15:15
15:25			M70 (7)			(3+5+5)	15:25
15:35			M65+M75 (5+4)			15,88 kg	15:35
15:45			M60 (9)				15:45
15:55			M55 (9)		K35-K40		15:55
16:05			M50 (9)		(5+4)		16:05
16:15			M45 (12)				16:15
16:25			M40 (5)				16:25
16:35			M35 (5)				16:35
16:40						K35-K45	16:40
16:45			K60-K65 (5+3)			(3+3+7)	16:45
16:55			K70-K80 (2+1+1)			9,08 kg	16:55
17:05	Stafett 4x200m		K45-K55 (4+3+2)		K45-K50		17:05
17:15	preli starttider		K35-K40 (1+3)		(6+7)		17:15
17:45	K35 3						17:45
17:50	M35 2						17:50
17:55	K40 1						17:55
18:00	M50 2						18:00
18:05	K60 1						18:05
18:10				M70 (8)		K70-K80, M80-M85	18:10
				7.26 kg		5,45 kg / 4 kg (4+2+1+1+1)	
19:00				M75 (8)		M60-M65	19:00
				7.26 kg		9,08 kg (4+4)	