

# Tidsskjema

# Serit Blåbyen Indoor 2025

2 Dag 1 Lørdag - 15.02.25

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
<b>Høyde</b>							
12:00:00	G-11	Høyde			3		
12:00:00	G-12	Høyde			2		
12:35:00	J-11	Høyde			5		
12:35:00	J-12	Høyde			6		
13:40:00	KS	Høyde			2		
13:40:00	U20 Kvinner	Høyde			3		
13:40:00	U20 Menn	Høyde			3		
16:20:00	G-13	Høyde			4		
16:20:00	G-14	Høyde			4		
16:20:00	J-13	Høyde			2		
<b>Kule</b>							
12:00:00	G-13	Kule	(3,0kg)	(3,0kg)	4		
12:00:00	G-14	Kule	(4,0kg)	(4,0kg)	3		
13:20:00	J-13	Kule	(2,0kg)	(2,0kg)	6		
13:20:00	J-14	Kule	(3,0kg)	(3,0kg)	1		
13:55:00	G-11	Kule	(2,0kg)	(2,0kg)	2		
13:55:00	G-12	Kule	(3,0kg)	(3,0kg)	3		
14:15:00	J-11	Kule	(2,0kg)	(2,0kg)	4		
14:15:00	J-12	Kule	(2,0kg)	(2,0kg)	4		
15:40:00	G-16	Kule	(5,0kg)	(5,0kg)	2		
15:40:00	G-17	Kule	(5,0kg)	(5,0kg)	2		
15:40:00	J-15	Kule	(3,0kg)	(3,0kg)	2		
15:40:00	J-16	Kule	(3,0kg)	(3,0kg)	1		
15:40:00	KS	Kule	(4,0kg)	(4,0kg)	3		
15:40:00	MS	Kule	(7,26kg)	(7,26kg)	1		
15:40:00	MV 60-64	Kule			1		
<b>Lengde</b>							
13:05:00	G-6-8 Rekrutt	Lengde			6		
13:05:00	J-6-8 Rekrutt	Lengde			3		
13:25:00	G-9	Lengde			19		
13:50:00	G-10	Lengde	(Sone)	(Sone)	6		
13:50:00	J-10	Lengde	(Sone)	(Sone)	2		
13:50:00	J-9	Lengde			2		
15:35:00	G-11	Lengde	(Sone)	(Sone)	3		
15:35:00	G-12	Lengde	(Sone)	(Sone)	3		
16:05:00	J-11	Lengde	(Sone)	(Sone)	5		
16:05:00	J-12	Lengde	(Sone)	(Sone)	7		

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Lengde uten tilløp							
14:45:00	J-13	Lengde uten tilløp			5		
14:45:00	J-14	Lengde uten tilløp			2		
15:05:00	G-13	Lengde uten tilløp			4		
15:05:00	G-14	Lengde uten tilløp			3		
16:45:00	KS	Lengde uten tilløp			1		
16:45:00	MS	Lengde uten tilløp			1		
16:45:00	U20 Kvinner	Lengde uten tilløp			6		
16:45:00	U20 Menn	Lengde uten tilløp			8		
Liten Ball							
14:05:00	G-6-8 Rekrutt	Liten Ball			7		
14:05:00	J-6-8 Rekrutt	Liten Ball			3		
14:25:00	G-9	Liten Ball	(150gr)	(150gr)	19		
15:00:00	G-10	Liten Ball	(150gr)	(150gr)	4		
15:00:00	J-10	Liten Ball	(150gr)	(150gr)	3		
15:00:00	J-9	Liten Ball	(150gr)	(150gr)	2		

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
<b>Løp</b>							
12:00:00	G-6-8 Rekrutt	60 m			7		
12:15:00	J-6-8 Rekrutt	60 m			3		
12:20:00	G-9	60 m			19		
12:45:00	J-9	60 m			2		
12:55:00	G-10	60 m			6		
13:05:00	J-10	60 m			3		
13:25:00	G-11	60 m			4		
13:30:00	J-11	60 m			5		
13:40:00	G-12	60 m			3		
13:45:00	G-12 Para T/F 40	40 m			1		
13:50:00	J-12	60 m			7		
14:05:00	G-13	60 m			4		
14:10:00	J-13	60 m			6		
14:25:00	G-14	60 m			6		
14:35:00	J-14	60 m			1		
14:45:00	MS	60 m			1		
14:45:00	U20 Menn	60 m			7		
14:55:00	U20 Kvinner	60 m			5		
15:30:00	G-6-8 Rekrutt	200-400 m hinder			6		
15:30:00	J-6-8 Rekrutt	200-400 m hinder			3		
15:40:00	G-9	200-400 m hinder			18		
15:50:00	G-10	200-400 m hinder			4		
15:50:00	J-10	200-400 m hinder			2		
15:50:00	J-9	200-400 m hinder			2		
16:45:00	G-11	400 m			3		
16:45:00	G-12	400 m			2		
16:55:00	J-11	400 m			2		
16:55:00	J-12	400 m			4		
17:05:00	G-13	400 m			2		
17:05:00	G-14	400 m			2		
17:15:00	J-13	400 m			4		
17:15:00	J-14	400 m			1		
17:25:00	U20 Kvinner	400 m			1		
17:25:00	U20 Menn	400 m			4		

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Spyd							
12:00:00	J-11	Spyd	(400gr)	(400gr)	4		
12:00:00	J-12	Spyd	(400gr)	(400gr)	3		
12:00:00	J-13	Spyd	(400gr)	(400gr)	3		
12:35:00	G-11	Spyd	(400gr)	(400gr)	2		
12:35:00	G-12	Spyd	(400gr)	(400gr)	2		
13:00:00	G-16	Spyd	(700gr)	(700gr)	2		
13:00:00	G-17	Spyd	(700gr)	(700gr)	1		
13:00:00	J-16	Spyd	(500gr)	(500gr)	2		
13:00:00	MS	Spyd	(800gr)	(800gr)	1		
13:30:00	G-13	Spyd	(400gr)	(400gr)	4		
13:30:00	G-14	Spyd	(600gr)	(600gr)	5		
Tresteg							
12:00:00	KS	Tresteg			1		
12:00:00	U20 Kvinner	Tresteg			5		
12:00:00	U20 Menn	Tresteg			3		
12:35:00	G-13	Tresteg			1		
12:35:00	G-14	Tresteg			4		
12:35:00	J-13	Tresteg			4		