

IVSM Tidsprogram Lördag 11 mars

	60m	400m	1500m	Höjd 1	Höjd 2	Kula 1	Kula 2	
09:00	K40 fö (13)					M70 (9)		09:00
09:05							K60 (8)	09:05
09:10	K45 fö (16)							09:10
09:15								09:15
09:20	K60 fö (10)							09:20
09:25								09:25
09:30	M35 fö (10)							09:30
09:35								09:35
09:40	M40 fö (12)			M50 (5)				09:40
09:45								09:45
09:50	M50 fö (15)				M35-M45 (2+3+3)			09:50
09:55							K65-K90 (4+2+1+3+0+1)	09:55
10:00	M55 fö (11)							10:00
10:05						M75 (9)		10:05
10:10	M60 fö (9)							10:10
10:15								10:15
10:20	M65 fö (9)							10:20
10:25								10:25
10:30								10:30
10:35	K75-K80 Final (5+2)							10:35
10:40	K65-K70 Final (2+3)							10:40
10:45	K55 Final (7)			K45-K55 (4+4+2)				10:45
10:50	K50 Final (8)							10:50
10:55	K35 Final (4)							10:55
11:00	M85 Final (2)						M80-M90 (3+3+1)	11:00
11:05	M80 Final (8)							11:05
11:10	M75 Final (5)					M55 (13)		11:10
11:15	M70 Final (8)							11:15
11:20	M45 Final (8)				K35-K40 (3+5)			11:20
11:25								11:25
11:30	M65 Final							11:30
11:35	M60 Final							11:35
11:40	M55 Final							11:40
11:45	M50 Final						K55 (10)	11:45
11:50	M35 Final	INVIGNING						11:50
11:55								11:55
12:00								12:00
12:05	M40 Final							12:05
12:10	K40 Final							12:10
12:15	K45 Final							12:15
12:20	K60 Final							12:20
12:25						K40 (11)		12:25
12:30								12:30
12:35								12:35
12:40		M35 (4)						12:40
12:45							K35 (5)	12:45
12:50		M40 (6)						12:50
12:55								12:55
13:00		M45 (7)						13:00
13:05								13:05
13:10		M50 (4)						13:10
13:15								13:15
13:20		M55 (8)						13:20
13:25							K50 (15)	13:25
13:30		M60 (6)				M60 (5)		13:30
13:35								13:35
13:40		M65 (7)		M70-M85 (3+6+3+1)	K60-K80 (5+2+1)			13:40
13:45								13:45
13:50		M70 (5)						13:50
13:55								13:55
14:00								14:00
14:05								14:05
14:10		M75 (8)						14:10
14:15								14:15

14:20		M80 (6)					14:20
14:25							14:25
14:30		K35 (2)			M65 (9)		14:30
14:35		K40 (3)					14:35
14:40		K45 (4)					14:40
14:45		K50 (3)					14:45
14:50		K55 (6)					14:50
14:55							14:55
15:00		K60 (4)					15:00
15:05		K65 (4)					15:05
15:10		K70-75 (1+3)		M55 (9)			15:10
15:15		K80 (1)					15:15
15:20							15:20
15:25							15:25
15:30	4x200m stafett Damer				K45 (14)		15:30
15:35							15:35
15:40							15:40
15:45							15:45
15:50	4x200m stafett Herrar						15:50
15:55							15:55
16:00			M60 (6)				16:00
16:05							16:05
16:10		M40 (8)					16:10
16:15							16:15
16:20		M45 (8)					16:20
16:25							16:25
16:30		M50 B-Final (12)		M65 (7)			16:30
16:35							16:35
16:40		M50 A-Final			M35-M40 (2+8)		16:40
16:45							16:45
16:50		M35 (9)					16:50
16:55							16:55
17:00		K50-K55 (2+2)					17:00
17:05							17:05
17:10		K35-K45 (1+2+3)					17:10
17:15							17:15
17:20		K60-K75 (4+2+1)					17:20
17:25							17:25
17:30		M60 (7)					17:30
17:35							17:35
17:40		M65+M55 B-Final (4+12)					17:40
17:45					M45 (11)		17:45
17:50		M55 A-Final					17:50
17:55							17:55
18:00		M70 (8)					18:00
18:05							18:05
18:10		M75-M80 (4+4)					18:10
18:15							18:15
18:20							18:20
18:25							18:25
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18:35							18:35
18:40							18:40
18:45					M50 (11)		18:45
18:50							18:50
18:55							18:55
19:00							19:00
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