

	Tidsprogram: IRM 13/14, INLM 15/17/19/senior/parasport						Söndag 9 februari 2020		
OBS							Avprickning i löpgrenar 60 min innan start ! (Avprickningslistor finns vid ingången till hallen)		
OBS									
OBS									
	60m/ 60mh	200 m / stafett	800/1000/ 1500/3000 m	Höjd	Stav	Längd 1	Tresteg 2	Kula	
09:00	60 mh F13 fö (18)	68,6 cm, 6st		P15 (6)	F17 (8)	F14 (29)		P13 (5)	09:00
09:05									09:05
09:10									09:10
09:15									09:15
09:20	60 mh F15 fö (9)	76,2cm, 5st							09:20
09:25									09:25
09:30									09:30
09:35	60 mh K fi (7)	84 cm, 5st							09:35
09:40	60 mh M fi (1)	106,7, 5st							09:40
09:45									09:45
09:50	60 mh F13 final	68,6 cm, 6st							09:50
09:55									09:55
10:00	60 mh P13 (4)	76,2 cm, 6st							10:00
10:05	60 mh F15 final	76,2cm, 5st		M (5)					10:05
10:10								K (7)	10:10
10:15	60 mh P15 fi (5)	84 cm, 5st							10:15
10:20									10:20
10:25	P14 fö (14)				P17 (5)				10:25
10:30									10:30
10:35									10:35
10:40	F17 fö (31)								10:40
10:45									10:45
10:50									10:50
10:55						P14 (19)			10:55
11:00				F13 (22)				F15 (18)	11:00
11:05	F14 fö (30)								11:05
11:10									11:10
11:15									11:15
11:20							M+K (1+5)		11:20
11:25	PF14 (U) (1+1)						Tresteg		11:25
11:30									11:30
11:35	P17 fö (17)								11:35
11:40									11:40
11:45									11:45
11:50	M (U) (2)								11:50
11:55									11:55
12:00	F17 B-final								12:00
12:05	F17 A-final								12:05
12:10									12:10
12:15	F14 B-final								12:15
12:20	F14 A-final								12:20
12:25									12:25
12:30	P17 final								12:30
12:35	P14 final								12:35

	60m/ 60mh	200 m/ stafett	800/1000/ 1500/3000 m	Höjd	Stav	Längd 1	Tresteg 2	Kula	
12:40					F14 (9)	F17 (22)			12:40
12:45				F15 (16)				P15 (3)	12:45
12:50									12:50
12:55									12:55
13:00									13:00
13:05									13:05
13:10		F13 (24)							13:10
13:15									13:15
13:20									13:20
13:25									13:25
13:30									13:30
13:35									13:35
13:40		P13 (7)							13:40
13:45									13:45
13:50		P15 (9)							13:50
13:55								F13 (22)	13:55
14:00									14:00
14:05			800 m						14:05
14:10			M 800 (8)						14:10
14:15			K 800 (4)	P13 (6)					14:15
14:20					P14 (6)				14:20
14:25		F15 (16)				P17 (14)			14:25
14:30									14:30
14:35									14:35
14:40									14:40
14:45			1000 m						14:45
14:50			P14 1000 (8)						14:50
14:55									14:55
15:00			F14 1000 (14)						15:00
15:05				K (4)					15:05
15:10			1500 m						15:10
15:15			M+P17 1500 (5+4)						15:15
15:20									15:20
15:25			K+F17 1500 (3+5)						15:25
15:30									15:30
15:35									15:35
15:40		PFF13-14 8*200							15:40
15:45									15:45
15:50		PFF15-17 8*200							15:50
15:55									15:55