**TIDSSKJEMA FOR KLUBBMESTERSKAPET – NITTEDAL IL 11/9-2021**

|  |  |  |  |  |  |  |
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| **Tid** | **Løp** | **Lengde grop 1 (nord)** | **Lengde grop 2 (syd)** | **Høyde** | **Kule** | **Liten ball** |
|  | **400 m** |  |  |  |  |  |
| 13:00 | 400m J13 (1) + KJ (1) | G10 (6) + G11 (3) + G12 (2) | J8 (9) |  | J10 (5) + J11 (8) + J12 (2) | G8 (5) + G9 (3) |
|  | **60 m** |  |  |  |  |  |
| 13.15 | 60m J/G7 (7) |  |  |  |  |  |
| 13.25 | 60m J9 (14) heat 1 |  |  |  |  |  |
| 13.30 | 60m J9 (14) heat 2  |  |  |  |  |  |
| 13.40 | 60m J8 (9) heat 1 |  | G8 (4) + G9 (3) |  |  |  |
| 13.45 | 60m J8 (9) heat 2 |  |  |  J14 (1) |  | J/G7 (6) |
| 13.50 | 60m J10 (8) |  |  |  |  |  |
| 14.00 | 60m J11 (8)  | J9 (14)  |  |  | G10 (5) + G12 (1) |  |
| 14.10 | 60m J12 (4) |  |  |  |  |  |
| 14.15 | 60m G8 (5)  |  |  |  |  |  |
| 14.20 | 60m G9 (3) |  | J/G7 (7) | J10 (3) + J11 (6) + J12 (1) |  | J8 (8) |
| 14.25 | 60m G10 (10) heat 1 |  |  |  |  |  |
| 14.30 | 60m G10 (10) heat 2 |  |  |  |  |  |
| 14.35 | 60m G11 (4) + G12 (2) |  |  |  |  |  |
|  | **100m** |  |  |  |  |  |
| 14.45 | 100m MJ (1) + MS (1) + KJ (3) |  |  |  |  |  |
| 14.50 | 100m J13 (2) + J14 (1) |  |  |  |  |  |
| 15.00 | Familiestafett | MJ (2) |  |  |  |  |
|  | **800 m** |  |  |  |  |  |
| 15.20 | 800m MJ (4) + MS (2) + KJ (1) | J10 (7) | J11 (7) + J12 (3) | G10 (5) + G11 (4) + G12 (1) |  | J9 (12) |
|  | **3000m** |  |  |  |  |  |
| 15.30 | 3000m KS (1) + MJ (1) |  |  |  |  |  |
|  | **200 m** |  |  |  |  |  |
| 15.50 | 200m J13 (1) + J14 (3) |  |  |  |  |  |
| 15.55 | 200m MJ (1) |  |  |  |  |  |
|  | **600m** |  |  |  |  |  |
| 16.00 | 600m J10 (2) + J11 (3) + J12 (3) |  |  |  |  |  |
| 16.10 | 600m G10 (9) + G11 (2) + G12 (1) |  |  |  |  |  |

7-9 år = 3 hopp og 3 kast 10-13 år = 4 hopp – 4 støt 14-senior = 6 hopp – 6 støt – 6 kast