

Endelig Tidsskjema Nittedalslekene – LØRDAG 17.8 2024

| KL | Løp | Tresteg/Lengde Nord | Lengde Syd | Høyde | Kule |
|-------|-------------------------|---|------------|--------------------|------------------------------------|
| | 100m | | | | |
| 10:00 | G13 (3) – 1h | | J11 (15) | | G11 (9) |
| 10:05 | G14 (6) – 1h | | | | |
| 10:10 | J14 (6) – 1h | | | | |
| 10:15 | J15 (4) – 1h | | | | |
| 10:20 | J13 (10) – 2h | | | | |
| 10:30 | 60 m | | | G13 (1) G14 (3) | |
| 10:35 | G12 (8) – 1h | | | | |
| 10:40 | G11 (14) – 2h | | | | J10 (6) |
| 10:50 | J11 (18) – 3h | | | | |
| 11:05 | J12 (16) – 2h | | G11 (12) | | |
| 11:15 | G10 (6) – 1h | | | | J11 (7) |
| 11:20 | J10 (9) – 2h | | | | |
| | 100m | | | | |
| 11:35 | J13 finale – 1h | | | | |
| 11:40 | U18M (11) – 2h | | | | G10 (4) |
| 11:50 | U18K (3) KS (2) – 1h | | | J13 (5) J14 (2) | |
| 11:55 | U20M (2) MS (4) – 1h | | | | |
| 12:00 | | | J12 (15) | | G12 (6) |
| | 600m | | | | |
| 12:15 | J10 (8) – 1h | | | | |
| 12:22 | J11 (7) – 1h | | | | |
| 12:30 | G11 (10) – 1h | | | | U18M (2) Para T20 (2) |
| 12:40 | G12 (8) – 1h | | | | |
| 12:50 | G10 (8) – 1h | | | | |
| 13:00 | J12 (14) – 1h | | J10 (9) | | Liten ball: Para T20 (2) |
| | 100m | | | | |
| 13:15 | U18M B finale | Tresteg J13 (4) + J14 (1) + J15 (3) + U18K (1) Lengde u.t.: Para T20 (2) | | | |
| 13:20 | U18M A finale | | | | |
| 13:25 | U18K + KS finale | | | | |
| 13:35 | U20M + MS finale | | | | |
| | 200m hekk | | | | |
| 13:50 | J10 (5) – 1h | | | | |
| 13:55 | J11 (6) – 1h | | | | |
| 14:00 | J12 (6) – 1h | Tresteg G13 (2) + G14 (1) + U18M (1) | G10 (6) | | |
| 14:05 | J13 (5) – 1h | | | | |
| 14:15 | G11 (5) – 1h | | | | |
| 14:20 | G12 (3) – 1h | | | | |
| 14:30 | G13 (1) G14 (1) – 1h | | | | J12 (12) |
| 14:40 | J14 (2) – 1h | Lengde: U18K (1) U20K (1) | | | |
| | 300m hekk | | | | |
| 15:00 | J15 (4) – 1h | | G12 (7) | | |
| 15:05 | U18K (6) – 1h | | | | |

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|-------|----------------------------------|---|--|--|--|
| 15:15 | U18M (3) | Lengde U18M (2) + U20M (1) MS (2) | | | |
| | 400m | | | | |
| 15:35 | J13 (3) – 1h | | | | |
| 15:40 | G13 (3) – 1h | | | | |
| 15:45 | J14 (6) – 1h | | | | |
| 15:50 | G14 (4) – 1h | | | | |
| 16:00 | U18K (4) – 1h | | | | |
| 16:05 | U18M (4) – 1h | | | | |
| 16:10 | U20K (3) – 1h | | | | |
| 16:15 | KS (4) – 1h | | | | |
| 16:20 | U20M (2) MS (2) – 1h | | | | |
| | 1000m | | | | |
| 16:30 | G13 (4) J13 (5) | | | | |
| | 3000m | | | | |
| 16:45 | KS (4) MS (2) | | | | |
| | 800m | | | | |
| 17:00 | J15 (8) | | | | |
| 17:10 | U18K (4) KS (4) | | | | |
| 17:20 | U18M (2) + MS (32) D-heat (*) | | | | |
| 17:30 | U18M (2) + MS (32) C-heat (*) | | | | |
| 17:40 | U18M (2) + MS (32) B-heat (*) | | | | |
| 17:50 | U18M (2) + MS (32) A-heat (*) | | | | |

(*) Hvis det blir kun 3 heat starter C-heat kl 17:20, B kl 17:30 og A kl 17:40.