

Minibassen 18. januar	
Tid	Øvelse
10.00	J/G 6-9: 60m hk (returhekker 30-50cm-11m/6,5m/6 hekker)
10.13	J10: 60m hk (68cm/11m/6,5m/6 hekker)
10.16	J11: 60m hk (68cm/11m/6,5m/6 hekker)
10.22	G10: 60m hk (68cm/11m/6,5m/6 hekker)
10.25	G11: 60m hk (68cm/11m/6,5m/6 hekker)
10.34	J12: 60m hk (76cm/11m/7m/6 hekker)
10.40	G12: 60m hk (76cm/11m/7m/6 hekker)
10.45	J/G 6-9: 60m
11.00	J10: 60m
11.04	J11: 60m
11.12	J12: 60m
11.20	G10: 60m
11.28	G11: 60m
11.36	G12: 60m
11.50	J/G 6-9: 200m
12.06	J10: 200m
12.14	J11: 200m
12.26	J12: 200m
12.34	G10: 200m
12.42	G11: 200m
12.50	G12: 200m

Bassen Sprint 18. januar	
Tid	Øvelse
13.30	J13: 60m hk (76cm/11,5m/7,5m/6 hekker)
13.30	J14: 60m hk (76cm/11,5m/7,5m/6 hekker)
13.34	G13: 60m hk (76cm/11,5m/7,5m/6 hekker)
13.42	J16: 60m hk (76cm/12m/8m/5 hekker)
13.50	J17: 60m hk (76cm/13m/8,5m/5 hekker)
13.58	G14: 60m hk (84cm/12m/8m/5 hekker)
13.58	G15: 60m hk (84cm/13m/8,5m/5 hekker)
13.58	G17: 60m hk (91cm/13,72m/9,14m/5 hekker)
14.06	KS: 60m hk (84cm/13m/8,5m/5 hekker)
14.15	J13: 60m
14.23	J14: 60m
14.31	G13: 60m
14.39	G14: 60m
14.47	KS: 60m heat
15.15	MS: 60m heat
15.43	KS: 60m finaler (beste sist)
16.11	MS: 60m finaler (beste sist)
16.50	J13: 200m
16.58	J14: 200m
17.06	G13: 200m
17.18	G14: 200m
17.26	KS: 200m
18.02	MS: 200m

18.34	KS: 400m
18.50	MS: 400m