

Minibassen 21. januar	
Rekrutt 6 til 9 år: Oppmøte 15 min før start ved øvelsesstedet	
Fra 10 år: avkryssing senest 60 minutter før øvelsesstart	
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)
10.17	J11: 60m hk (68cm/11m/6,5m/6 hekker)
10.21	G10: 60m hk (68cm/11m/6,5m/6 hekker)
10.25	G11: 60m hk (68cm/11m/6,5m/6 hekker)
10.37	J12: 60m hk (76cm/11m/7m/6 hekker)
10.41	G12: 60m hk (76cm/11m/7m/6 hekker)
10.49	J13: 60m hk (76cm/11,5m/7,5m/6 hekker)
10.53	J14: 60m hk (76cm/11,5m/7,5m/6 hekker)
10.57	G13: 60m hk (76cm/11,5m/7,5m/6 hekker)
11.05	G14: 60m hk (84cm/12m/8m/5 hekker)
11.15	J/G 6-9: 60m
11.30	J10: 60m
11.33	J11: 60m
11.39	J12: 60m
11.42	G10: 60m
11.48	G11: 60m
11.57	G12: 60m
12.03	J13: 60m
12.09	J14: 60m
12.15	G13: 60m
12.21	G14: 60m
12.30	J/G 6-9: 200m
12.50	J10: 200m
12.54	J11: 200m
13.06	J12: 200m
13.10	G10: 200m
13.18	G11: 200m
13.34	G12: 200m
13.46	J13: 200m
13.54	J14: 200m
14.06	G13: 200m
14.14	G14: 200m

Bassen Sprint 21. januar	
Avkryssing senest 60 minutter før øvelsesstart	
Tid	Øvelse
14.30	J15: 60m hk (76cm/12m/8m/5 hekker)
14.30	J16: 60m hk (76cm/12m/8m/5 hekker)
14.30	J17: 60m hk (76cm/13m/8,5m/5 hekker)
14.38	J18-19: 60m hk (84cm/13m/8,5m/5 hekker)
14.38	KS: 60m hk (84cm/13m/8,5m/5 hekker)
14.46	G15: 60m hk (84cm/13m/8,5m/5 hekker)
14.46	G16: 60m hk (91,4cm/13m/8,5m/5 hekker)
14.54	G17: 60m hk (91cm/13,72m/9,14m/5 hekker)
15.02	G18/19: 60m hk (100cm/13,72m/9,14m/5 hekker)

15.02	MS: 60m hk (106,7cm/13,72m/9,14m/5 hekker)
15.10	KS: 60m heat (6 heat, antatt raskeste sist)
15.34	MS: 60m heat (10 heat, antatt raskeste sist)
16.20	KS: 60m finaler (6 finaler, raskeste sist)
16.44	MS: 60m finaler (10 finaler, raskeste sist)
17.30	KS: 200m (8 heat, antatt raskeste sist)
18.02	MS: 200m (10 heat, antatt raskeste sist)
18.45	KS: 400m (antatt raskeste sist)
18.55	MS: 400m (antatt raskeste sist)
19.15	KS: 600m invitasjon
19.20	MS: 600m invitasjon

Stav	
Puljeinndeling kommer	
11:00	Pulje 1: Alle 11-14 år, laveste senior.
14:30	Pulje 2: resten senior