

TIDSPROGRAM VSM, Söndag 12 AUGUSTI

| | <u>Löpningar</u> | | <u>Höjd</u> | <u>Tresteg</u> | <u>Kula</u> | <u>Diskus</u> | <u>Slägga</u> |
|-------|------------------|---------------------|-----------------|----------------|-------------|---------------|---------------|
| 9.00 | 110 m H, 99,1 | M40 (1), M45 (4) | | | K75,K80,K85 | K50,K55 | M35,M40 |
| 9.15 | 100m H, 91,4 | M50 (3), M55 (2) | | | (5+3+2) | (11+3) | (2+7) |
| 9.25 | 100m H, 84,0 | M60 (2), M65 (2) | | | | | |
| 9.40 | 80m H, 76,2 | M70 (3), M75 (1) | | | | | |
| 9.45 | 80m H, 76,2 | K40 (4) | | | | | |
| 9.50 | 80m H, 76,2 | K45 (3) | | | | | |
| 9.55 | 80m H, 68,6 | K50(76,2),K60,65,70 | | | | | |
| 9.50 | | (1+1+1+1) | | | K45 (11) | | |
| 10.00 | | | M70,M75,M90 | | | | M55 (9) |
| 10.10 | 10000m | M35, M40, M45 | (5+3+1) | | | | |
| 10.20 | | (4+5+4) | | M50,55,60,65 | | K60,K65,K70 | |
| 10.30 | | | | (1+2+2+4) | | (4+2+3) | |
| 10.40 | | | | | | | |
| 10.45 | 10000m | M50, M55, M60 | | | | | |
| 10.50 | | (4+6+3) | | | | | |
| 11.00 | | | | | K50 (11) | | |
| 11.10 | | | | | | | M60,M65 |
| 11.20 | | | K55,60,65,70,75 | | | K75,K80,K85 | (7+5) |
| 11.30 | | | (2+1+1+1+3) | | | (4+3+1) | |
| 11.40 | 10000m | M65, M70, M75 | | M40, M45 | | | |
| 11.50 | | (5+3+3) | | (5+3) | | | |
| 12.00 | | | | | | | |
| 12.10 | | | | | K55 (5) | K35, K40 | |
| 12.20 | | | | | | (2+3) | |
| 12.30 | | | | | | | M45,M50 |
| 12.35 | 10000m | K40,45,50,55,60,65 | | | | | (5+6) |
| 12.50 | | (1+3+6+3+2+1) | | | | | |
| 13.00 | | | | | K35,K40 | K45 (9) | |
| 13.10 | | | | | (2+6) | | |
| 13.20 | | | | | | | |
| 13.30 | | | | | | | |
| 13.40 | 400m | M35 (3) | K35,40,45,50 | | | | M75,80,85,90 |
| 13.50 | | M40 (7), 2 heat | (1+5+5+2) | | K60,K65,K70 | | (4+3+2+1) |
| 14.00 | | M45 (6) | | | (5+2+5) | | |
| 14.10 | | M50 (8), 2 heat | | | | | |
| 14.20 | | M55 (9), 2 heat | | | | | |
| 14.30 | | M60 (4) | | | | | |
| 14.40 | | M65 (3) | | | | | |
| 14.50 | | M70 (9), 2 heat | | | | | |
| 15.00 | | M75 (4),M85 (1) | | | | | M70 (9) |
| 15.10 | | K35(3) | | | | | |
| 15.20 | | K40 (7), 2 heat | | | | | |
| 15.30 | | K45 (4) | | | | | |
| 15.40 | | K50 (4), K55 (2) | | | | | |
| 15.50 | | K60 (4), K65 (2) | | | | | |
| 16.00 | | K70 (4), K75 (1) | | | | | |