

# TIDSPROGRAM VSM, FREDAG 20 AUGUSTI 2021

	<u>Löpningar</u>		<u>Höjd</u>	<u>Längd</u>	<u>Diskus</u>	<u>Vikt</u>	<u>Vikt</u>
10.00	400m H, 91,4	M45 (4)		M70(5)	M45 (6)	K35/40/45(2+1+3)	M50 (10)
10.10	400m H, 84,0	M50, M55 (1+1)					
10.20	400m H, 76,2	K35, K45 (1+2)					
10.30	300m H, 76,2	M60, M65 (2+2)					
10.40	300m H, 68,6	M70(2),M75(2)					
10.50	300m H, 68,6	K60 (1), K65 (1)	M40, M45 (2+6)		M60 (9)		
11.00				M75,M80 (5+1)		K50 (5)	
11.10	100m Fö	M50 (7)					
11.20	100m Fö	M55 (10)					
11.30	100m Fö	M60 (7)					M70 (11)
11.40	100m Fö	M65 (7)					
11.50	100m Fö	M70 (9)	M50, M55 (4+5)				
12.00	100m Fö	K45 (7)			M35,M40(2+6)	K65, K70 (2+3)	
12.10	100m Fö	K50 (7)					
12.20	100m Fi	M35 (5)		K35,K40,K45 (2+4+5)			
12.25	100m Fi	M40 (5)					
12.30	100m Fi	M45 (5)					
12.35	100m Fi	M50					
12.40	100m Fi	M55				K75/80/85 (1+1+2)	
12.45	100m Fi	M60					
12.50	100m Fi	M65					
12.55	100m Fi	M70					
13.00	100m Fi	M75 (5)			M75 (12)		M45 (9)
13.05	100m Fi	M80, M85 (1+1)					
13.10	100m Fi	K35, K40 (2+3)	M60,M65 (4+3)			K55, K60 (4+3)	
13.15	100m Fi	K45					
13.20	100m Fi	K50					
13.25	100m Fi	K55 (6)					
13.30	100m Fi	K60 (4)					
13.35	100m Fi	K65 (5)					
13.40	100m Fi	K70/75/80 (2+3+1)					
13.50	Invigning						
14.00	800m	M35 (4)		K50,60,65,70,75 (5+3+1+1+1)			
14.10	800m	M40 (6)					
14.20	800m	M45 (8)			M55 (16)		
14.30	800m	M50 (8)				<b>Spjut</b>	M65 (6)
14.40	800m	M55 (4)				K35,K40 (4+4)	
14.50	800m	M60, M65 (4+4)					
15.00	800m	M70 (6)					
15.10	800m	M75, M80 (4+2)					
15.20	800m	K35, K40 (2+3)					
15.30	800m	K45, K50 (3+3)				K65,70,85 (1+1+2)	M75, M80, M85 (4+3+2)
15.40	800m	K55 (5)					
15.50	800m	K60, K65 (1+4)					
16.00	800m	K70/75/80 (4+2+2)			M65 (9)		
16.10						K45, K50 (4+6)	
16.20	5000m	M35 (5),M40 (6)					
16.30							
16.40							
16.50	5000m	M45 (9)					
17.00					M80,85 (2+2)		M55 (9)
17.10						K55,K60 (3+4)	
17.20	5000m	M50 (11)					
17.30							
17.40					M50 (12)		
17.50	5000m	M55/60/65 (6+2+5)					
17.55							
18.00							
18.10							
18.20	5000m	M70/75/80 (7+5+1)					
18.30							M60 (6)
18.40							
18.50							
19.00	5000m	K35/40/45/50 (1+1+4+6)			M70 (9)		
19.10							
19.20							M35 M40 (3+3)
19.30							
19.40	5000m	K55/60/65/70/80 (6+3+3+1+1)					