

TIDSPROGRAM VSM, SÖNDAG 22 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	M45 (4)	M70,M75	M55 (5)	K75,K80,K85	K60,K65,K70	M35,M40
9.10			(3+4)		(1+3+2))	(3+2+3)	(3+3)
9.15	100m H, 91,4	M50 (4), M55 (1)					
9.25	100m H,84,0	M60/M65/K35 (2+2+1)					
9.30							
9.40	80m H, 76,2	K40 (1) K45 (4)		M60, M65 (3+4)			
9.45	80m H,76,2/68,6	K50 (3), K65 (1)					M55 (9)
9.50	80m H, 76,2	M70 (2) M75 (3)			K45 (5)		
10.00			K60,65,70			K55 (4)	
10.10	400m	M35 (5)	(2+1+1)				
10.15		M40 (3)					
10.20		M45 (4)					
10.25		M50 (6)					
10.30		M55 (4)					
10.40		M60 (7) 2 heat		M40, M45 (3+7)			
10.50		M65 (4)				K75,,/80/85	
11.00		M70 (6)	K35,K40,K45,K50		K50 (12)	(2+2+2)	
11.10		M75 (7) 2 heat, M80 (1)	(1+2+3+2)				M60,M65
11.20							(7+4)
11.25		K35(3), K40 (3)					
11.30		K45 (8), 2 heat					
11.40		K50 (3)				K35, K40 (4+3)	
11.45		K55 (8) 2 heat					
11.55		K60 (4)					
12.00		K65 (5)		M50 (3)			
12.05		K70 (4)					
12.10		K75 (3) K80 (2)			K55, K60(5+4)		
12.20							
12.30	10000m	M35, M40 (5+6) 11					
12.40							M45,M50
12.50						K45 (6) K50 (6)	(5+7)
13.00							
13.10	10000m	M 45, M50 (6+11) 17					
13.20							
13.30					K35,K40 (6+4)		
13.40							
13.50							
14.00	10000m	M55, M60, M65 (6+2+3) 13					
14.10							M75,80,85
14.20							(7+2+3)
14.30					K65,K70		
14.40					4+1)		
14.55	10000m	M70,M75, K60, K65, K70					
15.00		(3+5+2+3+1) 14					
15.10							
15.20							M70 (10)
15.30							
15.40							
15.55							
16.00	10000m	K35, K40, K45, K50, K55					
		(1+1+1+6+5) 14					