

## Tidsskjema GD-stevnet 29. august 2023

Tid	60m	80m	100m	200m	600m	400m	800m	3000m	Spyd/L.ball	Lengde/3steg	
17:45	J7-G7								G11-14/J11-13	G16-MS	
17:50	J8										
17:53	J9-10										
17:58	G8										
18:02	G8									G7-J7-8	
18:06	G-9										
18:10	G-9								G9-J10		
18:15	G10										
18:22		G11-12									
18:26		J11-12								G-8	
18:35			G16-MS								
18:40			J13-J19								
18:45									J7-9		
18:50						Alle					
18:55							MS				
19:00							J13-15			G-9	
19:05											
19:10					Gutter						
19:15									G10		
19:20					Jenter						
19:25										G11-12/J9/J11	
19:30								Alle			
19:35											
19:40									G8		
19:45				G11-12/J13-15							
19:50				G16-MS							
19:55											
20:00										G10/J10	
20:05											
20:10											
20:15				Tre hopp og kast på de yngste.							
20:20											
20:25											
20:30											
20:35											
20:40											
20:45											
20:50											
20:55											



*Av oss. For oss.*