

Karabinlekene 2019 Klassevis øvelsesoversikt / Tidsskjema Søndag 12. mai

Tid	G 8	G 9	G10	G11	G12	G 13	G 14	G 15-16	G 17-19	MS	J 8	J 9	J 10	J11	J12	J 13	J 14	J 15-16	J 17-19	KS	FU	Tid	
10:00																						10:00	
10:05	40m(37)			Kule2 (12)		diskos(2)	diskos(1)							Høyde(14)	3steg(7)							10:05	
10:10																							10:10
10:15																							10:15
10:20		40m(28)																					10:20
10:25	lengde(34)																						10:25
10:30													40m(27)										10:30
10:35																							10:35
10:40								diskos(3+0)	diskos(1+2)	diskos(0)			40m(14)										10:40
10:45																							10:45
10:50			flytte starter										Liten ball(20)										10:50
10:55			80m(21)																				10:55
11:00																							11:00
11:05																							11:05
11:10				80m(11)																			11:10
11:15																							11:15
11:20					80m(11)												diskos(0)	diskos(5)					11:20
11:25																							11:25
11:30			Høyde(11)																				11:30
11:35																							11:35
11:40																							11:40
11:45																							11:45
11:50	Liten ball(28)	lengde(26)																					11:50
11:55																							11:55
12:00				slegge2 (3)	slegge2 (1)																		12:00
12:05																							12:05
12:10																							12:10
12:15																							12:15
12:20						80m(14)																	12:20
12:25																							12:25
12:30							80m(8)																12:30
12:35								80m(4+3)	80m(1+0)	80m(1)												12:35	
12:40																							12:40
12:45																							12:45
12:50				Høyde(15)				3steg(1)	3steg(4+2)														12:50
12:55																							12:55
13:00											flytte starter	lengde(12)											13:00
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13:10	400m(20)																						13:10
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13:30		400m(27)																					13:30
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13:50	Liten ball(16)	flytte starter																					13:50
13:55		200m(24)																					13:55
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14:35				200m(24)																			14:35
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17:00																							17:00

Kule inne på stadion
3steg nede på banen
lengde oppe på platået