Preliminärt Tidsprogram för VSM i Friidrott 5-7 augusti 2011 Skellefteå

2011-08-03 12:07

| | Fredagen 5 augusti | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Löpning** | | **Längd** | **Tresteg** | **Höjd** | **Stav** | **Kula** | **Diskus** | **Spjut** | **Slägga** | **Vikt** |
| 11.00 | | | | | M45 (6) | | M55 (4) | M35 (3) | | K35 - K45 | |
| 11.15 | 400m häck (91.4) | M35-M45 (1+1+2) | | | | | | | | (0+2+3) | |
| 11.25 | 400m häck (84.0) | M50 - M 55 (2+1) | | | | | | | | | |
| 11.45 | 300m häck (76.2) | K 50(1) | | | | | | M45 (8) | | | |
| 11.45 | 300m häck (76.2) | M 60-65 (1+4) | | | | | | | | | |
| 11.55 | 300m häck (68.6) | M 70-75 (5) | | | | | | | | | |
| 12.00 | | | K60 + (2+2) | | M65(6) | | M40 (12) | | | | |
| 12.10 | | | | | | | | | | K50 - K60 | |
| 12.15 | 100 meter | M 35 (5) | | | | | | | | (1+2) | |
| 12.25 | 100 meter | M 40 (4) | | | | | | | | | |
| 12.35 | 100 meter | M 45 (9) | | | | | | M50 (8) | | | |
| 12.50 | 100 meter | M 50 (5) | | | | | | | | | |
| 13.00 | 100 meter | M 55 +M 60 (4+1) | | | | | | | | | |
| 13.10 | 100 meter | M 65 (9) | | | | | | | | K65+ | |
| 13.25 | 100 meter | M 70 (5) | | | | | | | | (3+1+1) | |
| 13.35 | 100 meter | M 75-85 (4+1+1) | | | M50+M55 | | M35 (2) | M55 (3) | | | |
| 13.45 | 100 meter | K 35-45 (1+4+2) | | | (3+2) | | | | | | |
| 13.55 | 100 meter | K 50-55 (4+1) | | | | | | | | | |
| 14.05 | 100 meter | K 60-70 (1+3+2) | | | | | | | | | |
| 14.15 | 100 meter | FINALER | | | | | M50 (8) | | | | |
| 14.15 | 100 meter | M45 | | | | | | M60 (8) | | | |
| 14.25 | 100 meter | M65 | K35 - K50 | | | | | | | | |
| | | | (1+2+1+2) | | | | | | | | |
| 14.27 | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** | **INVIGNING** |
| 14.35 | 800 meter | M 35 (3) | | | | | | | | | |
| 14.45 | 800 meter | M 40 (9) | | | | | | | | | |
| 14.55 | 800 meter | M 45 (9) | | | | | | | | | |
| 15.05 | 800 meter | M 50 (6) | | | M35+M40 | | M45 (12) | | | | M70 (6) |
| 15.15 | 800 meter | M 55 -M 60 (4+3) | | | (1+4) | | | | | | |
| 15.25 | 800 meter | M 65 (7) | | | | | | M65 (11) | | | |
| 15.35 | 800 meter | M 70-80 (3+1+1) | | | | | | | | | |
| 15.45 | 800 meter | K 35-45 (2+2+1) | | | | | | | | | |
| 15.55 | 800 meter | K 50-55 (3+1) | M70 - M80+ | | | | | | | | |
| 16.05 | 800 meter | K 60-70 (3+2+4) | (3+1+0+1+1) | | | | | | | | |
| 16.15 | | | | | | | M60 (8) | | | | |
| 16.25 | 4x100m Stafett | M 35+ | | | | | | | | | |
| 16.35 | 4x100m Stafett | K 35+ | | | | | | | | | |
| 16.50 | 5 000 meter | M 35 (7) | | | | | | M40 (10) | | | M75+ |
| 17.15 | 5 000 meter | M 40 (6) | | | | | | | | | (5+2+3+2) |
| 17.40 | 5 000 meter | M 45 (6) | | | M60 (5) | | | | | | |
| 18.10 | 5 000 meter | M 50-60 (4+2+8) | | | | | M65 (8) | | K35 - K45 | | |
| 18.30 | 5 000 meter | M 65 (10) | | | | | | | (0+4+3) | | |
| 18.55 | 5 000 meter | M 70-80-85 (3+4) | | | | | | | | | |
| 19.25 | 5 000 meter | K 35-45 (1+3+5) | | | | | | | K50+ | | |
| 19.55 | 5 000 meter | K 50, 60-65 70 | | | | | | | (4+1+0+2) | | |
| | | (4+1+3+3) | | | | | | | | | |
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Preliminärt Tidsprogram för VSM i Friidrott 5-7 augusti 2011 Skellefteå

2011-08-03 12:07

| | Lördagen 6 augusti | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Löpning** | | **Längd** | **Tresteg** | **Höjd** | **Stav** | **Kula** | **Diskus** | **Spjut** | **Slägga** | **Vikt** |
| 10.00 | 3000m hinder (91.4) | M 45-50 (2+2) | M65 (8) | | | M60 (3) | | | M70 + M75 | M35 - M45 | |
| 10.25 | 2000m hinder (76.2) | M 60-65 (2+2+1+1) | | | | | | | (4+5) | (1+7+4) | |
| | | | | | | | | | | | |
| 10.45 | 200 meter | M 40 (7) | | | | | | | | | |
| 11.00 | 200 meter | M 50 (7) | | | | | | | M80+ | | |
| 11.15 | 200 meter | M 65 (10) | | | | | | | (2+4+2) | | |
| 11.20 | 200 meter | M 55 (3) | M40 (6) | | | M65 (3) | | | | | |
| 11.30 | 200 meter | M 35 (5) | | | | | | | | | |
| 11.40 | 200 meter | M 45 (6) | | | | | | | | M50 + M55 | |
| 11.50 | 200 meter | M 60 (2) | | | | | | | | (5+3) | |
| 12.00 | 200 meter | M 70 (6) | | | | | | | | | |
| 12.10 | 200 meter | M 75 (4) | | | | | | M70 (8) | | | |
| 12.20 | 200 meter | M 80 (2) | | | | M45 (2) | | | | | |
| 12.30 | 200 meter | K 35 + K45 (1+2) | M35 (3) | | | | | | | | |
| 12.40 | 200 meter | K 40 (3) | | | | | | | | | |
| 12.50 | 200 meter | K 50-55 (4+1) | | | | | | | | | K35 - K45 |
| 13.00 | 200 meter | K 60 (2) | | | | | | | | | (0+2+2) |
| 13.20 | 200 meter | K 65-70 (3+3) | M45 + M50 | | | | | M75 + | | | |
| 13.30 | 1 500 meter | M 35 + M 40 (2+6) | (8+2) | | | M35 + M40 | | (8+3+4+2) | | | |
| 13.40 | 1 500 meter | M 45 (8) | | | | (3+2) | | | | | K50+ |
| 13.50 | 1 500 meter | M 50 +M55 (4+3) | | | | | | | | | (2+1+0+4+0+1) |
| 14.00 | 1 500 meter | M 60 (5) | | | | | | | | | |
| 14.10 | 1 500 meter | M 65 (6) | | | | | | | | | |
| 14.20 | 1 500 meter | M 70 (4) | | | | | | | | | |
| 14.30 | 1 500 meter | M 75-85 (1+2+3) | | | | | | K40 (4) | | | |
| 14.40 | 1 500 meter | K 35-45 (2+3+2) | | | | | | | | | |
| 14.50 | 1 500 meter | K 50-60 (4+2+3+3+3) | M55 + M60 | | | M70+(3+2) | | | | M60 (6) | |
| 15.00 | | | (2+2) | | | | | | | | |
| 15.10 | | | | | | | | K45 - K55 | | | |
| 15.30 | 200 meter Finaler | | | | | | | (4+2+2) | | | |
| 15.30 | 200m | M40 | | | | | | | | | |
| 15.35 | | | | | | | | | | | |
| 15.40 | | | | | | | | | | | |
| 15.45 | 200 meter | M50 | | M70+ + K35+ | | | | | | | |
| 15.55 | 200meter | M65 | | (3+1+0+1) | | M50 +M55 | | | | M65 (7) | |
| 16.10 | | | | (1+1+1+2) | | (3+2) | | K65 + | | | |
| 16.20 | | | | | | | | (1+3+1) | | | |
| 16.30 | 4x400 meter Stafett | M 35+ | | | | | | | | | |
| 16.50 | 4x400 meter Stafett | K 35+ | | | | | | | | | |
| 16.55 | | | | | | | | | | | |
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2011-08-03 12:07

| | Söndagen 7 augusti | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Löpning** | | **Längd** | **Tresteg** | **Höjd** | **Stav** | **Kula** | **Diskus** | **Spjut** | **Slägga** | **Vikt** |
| 09.00 | 110 meter häck (99.1) | M40-45 (1+3) | | M45+ M50 | K70 (2) | | K35 + K45 | | M60 (10) | M70 + M 75 | |
| | | | | (6+2) | | | (1+4) | | | (4+6) | |
| 09.20 | 100 meter häck (91.4) | M 50 + M55(2+1) | | | | | | | | | |
| 09.25 | 100 meter häck (84.o) | M60-65 (1+5) | | | | | | | | | |
| 09.40 | 80 meter häck (76.2) | M 70-75 (4+2) | | | | | | | | | |
| 09.45 | 80 meter häck (76.2) | K 40, K50 (3+1) | | | | | | | | | |
| 09.45 | 80 meter häck (68.6) | K65 (1) | | | | | | | | | |
| 09.50 | | | | | | | K40 (3) | | | | |
| 10.10 | 400 meter | M 35 (2) | | M60 + M65 | | | | | | M80 + | |
| 10.20 | 400 meter | M 40 (7) | | (3+4) | | | | | M50 +M55 | (2+3+2) | |
| 10.30 | 400 meter | M 45 (8) | | | | | | | (5+2) | | |
| 10.40 | 400 meter | M 50 (6) | | | | | | | | | |
| 10.50 | 400 meter | M 55 (4) | | | | | | | | | |
| 11.00 | 400 meter | M 60 (3) | | | | | K50 +K55 | | | | |
| 11.10 | 400 meter | M 65 (11) | | | | | (4+2) | | | | |
| 11.20 | 400 meter | M 70 (5) | | | M70 (4) | | | | M 65 (10) | | M40 - M45 |
| 11.30 | 400 meter | M 75-85 (2+1+1) | | | | | | | | | (7+5) |
| 11.40 | 400 meter | K 40 (5) | | | | | | | | | |
| 11.50 | 400 meter | K 45 (2) | | | | | M70 (7) | | | | |
| 12.00 | 400 meter | K 50-55 (3+1) | | | | | | | | | |
| 12.10 | 400 meter | K 60-65 (3) | | | | | | | | | |
| 12.20 | 400 meter | K65 (4) | | | | | | | | | |
| 12.30 | 400 meter | K70 (2) | | | M75 + | | | | M45 (9) | | |
| 12.40 | 10 000 meter | M 35 (8) | | M35 + M40 | (2+1+1+1) | | | | | | |
| 12.50 | | | | (1+5) | | | | | | | M50 + M55 |
| 13.15 | 10 000 meter | M 40-45 (6)+(8) | | | | | M75 + | | | | (4+4) |
| 13.30 | | | | | | | (6+3+5+2) | | M40 (10) | | |
| 14.10 | 10 000 meter | M 50-60 (5)+(1)+(5) | | | | | | | | | |
| 14.15 | | | | | K40 - K50 | | | | | | M65 (7) |
| 15.00 | 110 meter häck (99,1) | M35 (2) | | | (1+2+3) | | | | | | |
| 15.10 | 10 000 meter | M 65-80 (10+4+2) | | | | | K65 + | | | | |
| | | | | | | | (6+3+1) | | | | |
| 15.30 | | | | | | | | | M35 (3) | | M60 (6) |
| | | | | | | | | | | | |
| 16.10 | 10 000 meter | K 40-60+ (3+3+4+2+3+1) | | | | | | | | | |