



Norgeslekene/
Østlandsmesterskapet
Jessheim
friidrettsstadion
11-13. august 2023
Tidsskjema fredag



Fredag	Korthekk 100m/110m	200m	3000m	800m	800m hinder	Fredag
16:30	G18/19 110mh					16:30
16:35	KS B 100mh					16:35
16:38	KS A 100mh					16:38
16:45					J10-J14	16:45
16:53					G10-G11	16:53
17:01					G12-G14	17:01
17:11		G13				17:11
17:15		J13 B				17:15
17:19		J13 A				17:19
17:23		G14 B				17:23
17:27		G14 A				17:27
17:31		J14 C				17:31
17:35		J14 B				17:35
17:39		J14 A				17:39
17:43		G15 B				17:43
17:47		G15 A				17:47
17:51		J15-B				17:51
17:55		J15 A				17:55
17:59		G16 C				17:59
18:03		G16 B				18:03
18:07		G16 A				18:07
18:11		J16 B				18:11
18:15		J16 A				18:15
18:20		KS C				18:20
18:24		KS B				18:24
18:28		KS A				18:28
18:32		MS H				18:32
18:36		MS G				18:36
18:40		MS F				18:40
18:44		MS E				18:44
18:48		MS D				18:48
18:52		MS C				18:52
18:56		MS B				18:56
19:00		MS A				19:00
19:15				MS E		19:15
19:20				MS D		19:20
19:25				MS C		19:25
19:30				MS B		19:30
19:35				MS A		19:35
19:40				KS B		19:40
19:45				KS A		19:45
19:50				KS Para		19:50
20:00			KS A			20:00
20:15			MS D			20:15
20:30			MS C			20:30
20:45			MS B			20:45
21:00			MS A			21:00

**ELEKTRONISK AVKRYSSING INNEN KL 12:00 FREDAG,
LINK KOMMER I EGEN E-POST**

**VED PROBLEMER SEND SPØRSMÅL TIL
UKIFRIIDRETT@GMAIL.COM**