



Norgeslekene/
Østlandsmesterskapet
Jessheim
friidrettsstadion



Fredag	Korthekk	200m	3000m	800m	800m hinder	2000m hinder	Fredag
17:00					J11-14		17:00
17:08					G11-14		17:08
17:26	MS 110mh						17:26
17:31	KS 100mh						17:31
17:41		G13 B					17:41
17:45		G13 A					17:45
17:49		J13 B					17:49
17:53		J13 A					17:53
17:57		G14 B					17:57
18:01		G14 A					18:01
18:05		J14 B					18:05
18:09		J14 A					18:09
18:13		G15 A					18:13
18:17		J15 B					18:17
18:21		J15 A					18:21
18:25		KS E					18:25
18:29		KS D					18:29
18:33		KS C					18:33
18:37		KS B					18:37
18:41		KS A					18:41
18:45		MS H					18:45
18:49		MS G					18:49
18:53		MS F					18:53
18:57		MS E					18:57
19:01		MS D					19:01
19:05		MS C					19:05
19:09		MS B					19:09
19:13		MS A					19:13
19:27				MS D			19:27
19:32				MS C			19:32
19:37				MS B			19:37
19:42				MS A			19:42
19:47				KS C			19:47
19:52				KS B			19:52
19:57				KS A			19:57
20:07			KS A				20:07
20:22			MS C				20:22
20:37			MS B				20:37
20:52			MS A				20:52
21:15						MS	21:15

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

VED PROBLEMER SEND SPØRSMÅL TIL UKIFRIIDRETT@GMAIL.COM