

# Tidsprogram VETERAN-SM LÖRDAG 5/3 2011 I SUNNAHALLEN

|       | 60 m            | 400 m                 | 1500 m                     | 4x200 m | Höjd                       | Stav     | Längd                      | Tresteg       | Kula                                          |
|-------|-----------------|-----------------------|----------------------------|---------|----------------------------|----------|----------------------------|---------------|-----------------------------------------------|
| 11:00 | M 40 f6/fi (10) |                       |                            |         | M 55 (3)                   |          |                            | K tresteg (9) | M 75/80/85/90<br>(0+2+2+1)                    |
| 11:10 | M 45 f6/fi (9)  |                       |                            |         |                            |          |                            |               |                                               |
| 11:20 | M 35 (8)        |                       |                            |         |                            |          |                            |               |                                               |
| 11:30 | M 50 (6)        |                       |                            |         |                            |          |                            |               |                                               |
| 11:35 | M 55 (3)        |                       |                            |         |                            |          |                            |               |                                               |
| 11:40 | M 70 (4)        |                       |                            |         |                            |          |                            |               |                                               |
| 11:50 | M 60 (5)        |                       |                            |         |                            |          |                            |               | M 70 (9)                                      |
| 11:55 | M 65 (4)        |                       |                            |         |                            |          |                            |               |                                               |
| 12:00 | CEREMONI        |                       |                            |         |                            |          |                            |               |                                               |
| 12:15 | M 40 fi         |                       |                            |         |                            |          |                            |               |                                               |
| 12:20 | M 35 ev. fi     |                       |                            |         |                            |          |                            |               |                                               |
| 12:25 | M 45 ev. fi     |                       |                            |         | M 45/50 (6+4)              |          |                            |               |                                               |
| 12:30 | M 75-M 80 (3)   |                       |                            |         |                            |          |                            |               |                                               |
| 12:40 |                 |                       |                            |         |                            |          | M 35/40 (5+5)              |               |                                               |
| 12:45 | K 35 (6)        |                       |                            |         |                            |          |                            |               |                                               |
| 12:50 | K 40 (8)        |                       |                            |         |                            |          |                            |               |                                               |
| 12:55 | K 45 (4)        |                       |                            |         |                            |          |                            |               |                                               |
| 13:00 | K 50 (3)        |                       |                            |         |                            |          |                            |               | K 50/55/60/<br>65/70/75/80<br>(4+2+2+2+1+1+1) |
| 13:05 | K 55 (2)        |                       |                            |         |                            |          |                            |               |                                               |
| 13:10 | K 60/65 (1+5)   |                       |                            |         |                            |          |                            |               |                                               |
| 13:15 | K 70/75 (1+2)   |                       |                            |         |                            |          |                            |               |                                               |
| 13:25 | ev. finaler     |                       |                            |         |                            |          |                            |               |                                               |
| 13:50 |                 |                       |                            |         | M 70/75/80/85<br>(4+1+1+1) |          |                            |               |                                               |
| 14:00 |                 | M 35 (4)              |                            |         |                            | K 35 (1) |                            |               |                                               |
| 14:05 |                 |                       |                            |         |                            |          | M 60/65 (2+5)              |               |                                               |
| 14:10 |                 | M 40 (10)             |                            |         |                            |          |                            |               |                                               |
| 14:15 |                 |                       |                            |         |                            |          |                            |               | K 35/40/45 (2+3+2)                            |
| 14:25 |                 | M 45 (7)              |                            |         |                            |          |                            |               |                                               |
| 14:35 |                 | M 50 (5)              |                            |         |                            |          |                            |               |                                               |
| 14:45 |                 | M 55 (3)              |                            |         |                            |          |                            |               |                                               |
| 14:50 |                 | M 60 (3)              |                            |         |                            |          |                            |               |                                               |
| 15:00 |                 | M 65 (5)              |                            |         |                            |          |                            |               | M 50/55 (10+3)                                |
| 15:05 |                 |                       |                            |         | M 35/40 (2+4)              |          |                            |               |                                               |
| 15:10 |                 | M 70 (6)              |                            |         |                            |          |                            |               |                                               |
| 15:20 |                 | M 75/80 (3+1)         |                            |         |                            |          | M 50/55 (5+3)              |               |                                               |
| 15:30 |                 | K 35 (2)              |                            |         |                            |          |                            |               |                                               |
| 15:35 |                 | K 40 (3)              |                            |         |                            |          |                            |               |                                               |
| 15:40 |                 | K 45 (3)              |                            |         |                            |          |                            |               |                                               |
| 15:50 |                 | K 50 (5)              |                            |         |                            |          |                            |               |                                               |
| 16:00 |                 | K 55 (2)              |                            |         |                            |          |                            |               |                                               |
| 16:05 |                 | K 60/65/70<br>(1+2+1) |                            |         |                            |          |                            |               |                                               |
| 16:10 |                 |                       |                            |         |                            |          |                            |               | M 35/40/45 (4+9+6)                            |
| 16:25 |                 |                       | M 35 (7)                   |         |                            |          |                            |               |                                               |
| 16:30 |                 |                       |                            |         | M 60/65 (6+7)              |          | M 70/75/80/85<br>(4+1+3+1) |               |                                               |
| 16:35 |                 |                       | M 40 (6)                   |         |                            |          |                            |               |                                               |
| 16:45 |                 |                       | M 45 (5)                   |         |                            |          |                            |               |                                               |
| 16:55 |                 |                       | M 50/55 (4+3)              |         |                            |          |                            |               |                                               |
| 17:10 |                 |                       | M 60 (6)                   |         |                            |          |                            |               |                                               |
| 17:20 |                 |                       | M 65/70 (4+4)              |         |                            |          |                            |               |                                               |
| 17:30 |                 |                       | M 75/80 (3+1)              |         |                            |          |                            |               |                                               |
| 17:35 |                 |                       |                            |         |                            |          | M 45 (8)                   |               | M 60/65 (7+6)                                 |
| 17:45 |                 |                       | K 35/40/45/50<br>(2+2+1+2) |         |                            |          |                            |               |                                               |
| 18:00 |                 |                       | K 55/60/65<br>(3+1+1)      |         |                            |          |                            |               |                                               |
| 18:15 |                 |                       |                            | M       |                            |          |                            |               |                                               |
| 18:25 |                 |                       |                            | K       |                            |          |                            |               |                                               |

# Tidsprogram VETERAN-SM SÖNDAG 6/3 2011 I SUNNAHALLEN

|       | 60 m häck               | 200 m              | 800 m                      | 3000 m          | Höjd                  | Stav                               | Längd                           | Tresteg                    | Viktkastning                             |
|-------|-------------------------|--------------------|----------------------------|-----------------|-----------------------|------------------------------------|---------------------------------|----------------------------|------------------------------------------|
| 09:30 |                         |                    |                            |                 |                       |                                    |                                 |                            | M 80/85/90 (1+1+1)<br>K 60/65/70 (1+1+1) |
| 10:00 | M 40 (6)                |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 10:10 | M 45 (5)                |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 10:20 | M 35 (4)                |                    |                            |                 |                       |                                    |                                 |                            | M 70 (4)<br>K 50/55 (2+2)                |
| 10:30 | M 50/55+K 35<br>(2+1+1) |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 10:40 | M 60/65 (2+6)           |                    |                            |                 |                       | M 35/40/45<br>(2+5+2)              |                                 |                            |                                          |
| 10:50 | M 70/75 (3+1)           |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 11:05 | K 40 (4)                |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 11:15 | M 80+K 65 (1+1)         |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 11:20 |                         |                    |                            |                 |                       |                                    | K 35/40 (3+4)                   |                            |                                          |
| 11:25 |                         |                    |                            |                 |                       |                                    |                                 |                            | M 50/55 (5+2)                            |
| 11:30 |                         |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 11:40 |                         |                    |                            |                 | K 65/70/80<br>(1+1+1) |                                    |                                 |                            |                                          |
| 11:45 |                         |                    | M 35 (5)                   |                 |                       |                                    |                                 |                            |                                          |
| 11:50 |                         |                    | M 40 (8)                   |                 |                       |                                    |                                 |                            |                                          |
| 12:00 |                         |                    | M 45 (7)                   |                 |                       |                                    |                                 |                            |                                          |
| 12:05 |                         |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 12:10 |                         |                    | M 50 (7)                   |                 |                       |                                    |                                 |                            |                                          |
| 12:15 |                         |                    | M 55 (5)                   |                 |                       |                                    |                                 |                            |                                          |
| 12:25 |                         |                    | M 60/65 (2+4)              |                 |                       |                                    |                                 | M 35/40/45<br>(1+7+5)      | M 60/65 (7+4)<br>K 35/40/45 (1+1+2)      |
| 12:30 |                         |                    |                            |                 |                       | M<br>50/65/70/75/80<br>(4+3+3+1+1) |                                 |                            |                                          |
| 12:35 |                         |                    | M 70/75/80<br>(2+1+1)      |                 |                       |                                    |                                 |                            |                                          |
| 12:40 |                         |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 12:45 |                         |                    | K 35/40 (3+4)              |                 |                       |                                    |                                 |                            |                                          |
| 12:50 |                         |                    |                            |                 |                       |                                    |                                 |                            |                                          |
| 12:55 |                         |                    | K 45/50 (2+5)              |                 |                       |                                    |                                 |                            |                                          |
| 13:00 |                         |                    |                            |                 | K 40/45/50<br>(1+2+2) |                                    |                                 |                            |                                          |
| 13:05 |                         |                    | K 55/60/65/70<br>(2+1+1+1) |                 |                       |                                    |                                 |                            |                                          |
| 13:20 |                         | M 45 (11)          |                            |                 |                       |                                    |                                 |                            |                                          |
| 13:35 |                         | M 35 (9)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 13:45 |                         | M 40 (11)          |                            |                 |                       |                                    |                                 |                            |                                          |
| 14:00 |                         | M 50 (11)          |                            |                 |                       |                                    |                                 | M 70/75/80/85<br>(3+1+1+1) |                                          |
| 14:10 |                         |                    |                            |                 |                       |                                    |                                 |                            | M 35/40/45 (1+4+5)                       |
| 14:15 |                         | M 55 (6)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 14:25 |                         | M 60 (4)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 14:35 |                         | M 65 (8)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 14:45 |                         | M 70 (7)           |                            |                 |                       | M 55/60 (2+4)                      |                                 |                            |                                          |
| 14:55 |                         | M 75 (3)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 15:00 |                         | M 80 (3)           |                            |                 |                       |                                    | K 45/50/55/65/80<br>(3+2+1+1+1) |                            |                                          |
| 15:10 |                         | K 35 (2)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 15:15 |                         | K 40 (8)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 15:25 |                         | K 45 (6)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 15:35 |                         | K 50 (5)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 15:45 |                         | K 55-K 60<br>(2+1) |                            |                 |                       |                                    |                                 |                            |                                          |
| 15:55 |                         | K 65 (5)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 16:05 |                         | K 70 (2)           |                            |                 |                       |                                    |                                 |                            |                                          |
| 16:10 |                         |                    |                            |                 |                       |                                    |                                 | M 50/55/65<br>(6+2+5)      |                                          |
| 16:25 |                         |                    |                            | M 35-M 40 (6+5) |                       |                                    |                                 |                            |                                          |
| 16:40 |                         |                    |                            | M 45 (6)        |                       |                                    |                                 |                            |                                          |
| 16:55 |                         |                    |                            | M 50-M 55 (2+6) |                       |                                    |                                 |                            |                                          |
| 17:10 |                         |                    |                            | M 60-M 65 (6+4) |                       |                                    |                                 |                            |                                          |
| 17:30 |                         |                    |                            | M 70-M 75 (3+3) |                       |                                    |                                 |                            |                                          |
| 17:50 |                         |                    |                            | K 35+ (10)      |                       |                                    |                                 |                            |                                          |