

# Laxaspelen - Tidsprogram lördag 2 juli

2022-06-29\_V2

| Tid   | Löpning                       | Höjd    | Stav    | Längd 1    | Längd 2/Tresteg | Boll       | Kula    | Slägga        | Spjut       | Tid   |
|-------|-------------------------------|---------|---------|------------|-----------------|------------|---------|---------------|-------------|-------|
| 10.00 | F9+F10+F11 60m (4)            | F15+P15 |         |            | P13 (7)         |            |         |               | F13 (5)     | 10.00 |
| 10.15 | P9+P10+P11 60m (3)            | (8+1)   |         |            |                 |            |         |               |             | 10.15 |
| 10.30 | F9+F10+F11 60m final A-D      |         |         |            |                 |            |         |               |             | 10.30 |
| 10.45 | P9+P10+P11 60m final A-C      |         |         |            |                 |            |         |               |             | 10.45 |
| 11.00 | F12 60m (2)                   |         |         | F9+F10+F11 |                 |            |         | F17+F15       |             | 11.00 |
| 11.10 | F13 60m (2)                   |         |         | (7+9+13)   |                 | P9+P10+P11 |         | (6+5)         |             | 11.10 |
| 11.20 | P12 60m (1)                   |         |         |            |                 | (11+3+4)   |         |               | F17 (5)     | 11.20 |
| 11.25 | P13 60m (1)                   |         |         |            | F15+P15 tresteg |            |         |               |             | 11.25 |
| 11.35 | F12 60m final                 |         |         |            | (9+1)           |            |         |               |             | 11.35 |
| 11.40 | F13 60m final                 |         | P13+P15 |            |                 |            |         |               |             | 11.40 |
| 11.45 | P12 60m final/extra lopp      |         | (3+2)   |            |                 |            |         |               |             | 11.45 |
| 11.50 | P13 60m final/extra lopp      |         |         |            |                 |            |         |               |             | 11.50 |
| 12.00 |                               |         |         | P9+P10+P11 |                 | F9+F10+F11 |         |               |             | 12.00 |
| 12.10 |                               | P13+P12 |         | (11+4+5)   |                 | (7+8+11)   |         |               |             | 12.10 |
| 12.45 | M 3000m (1)                   | (2+3)   |         |            |                 |            |         |               |             | 12.45 |
| 13.00 | F9 400m (1)                   |         |         |            |                 |            |         |               | F15 (11)    | 13.00 |
| 13.05 | F10 400m (1)                  |         |         |            |                 |            |         |               |             | 13.05 |
| 13.10 | F11 400m (1)                  |         |         |            |                 |            |         | M+P19+P17+P15 |             | 13.10 |
| 13.15 | P9 400m (1)                   |         |         |            |                 |            |         | (2+1+0+3)     |             | 13.15 |
| 13.20 | P10+P11 400m (1)              |         |         |            |                 |            |         |               |             | 13.20 |
| 13.30 | M 100m (2)                    |         |         |            | K + F17 tresteg |            |         |               |             | 13.30 |
| 13.40 | F17 100m (1)                  |         |         |            | (3+4)           |            |         |               |             | 13.40 |
| 13.45 | K 100m (1)                    |         |         |            |                 |            |         |               |             | 13.45 |
| 13.50 | P17 100m (1)                  |         |         |            |                 |            |         |               |             | 13.50 |
| 13.55 | P19 100m (1)                  |         |         |            |                 |            |         |               |             | 13.55 |
| 14.00 | F19 100m (1)                  | F12 (7) |         | F13 (10)   |                 |            |         |               |             | 14.00 |
| 14.10 | P15 80m (2)                   |         |         |            |                 |            |         |               |             | 14.10 |
| 14.20 | F15 80m (2)                   |         |         |            |                 |            | P15 (5) |               |             | 14.20 |
| 14.40 | P13 200m finalheat (1)        |         |         |            |                 |            |         |               |             | 14.40 |
| 14.45 | F12 200m finalheat (2)        |         |         |            |                 |            |         |               |             | 14.45 |
| 14.55 | P12 200m finalheat (1)        |         |         |            |                 |            |         |               | P13 (5)     | 14.55 |
| 15.00 | F13 200m finalheat (2)        |         |         |            |                 |            |         | K+F19         |             | 15.00 |
| 15.15 |                               |         |         |            | M+P19+P17       |            |         | (4+4)         |             | 15.15 |
| 15.30 | M 100m final                  |         | F13+F15 |            | (7+6+3)         |            | F13 (6) |               |             | 15.30 |
| 15.40 | K-F17 100m final/extra lopp   |         | (4+7)   |            |                 |            |         |               |             | 15.40 |
| 15:45 | P17-P19 100m final/extra lopp |         |         |            |                 |            |         |               |             | 15:45 |
| 16.00 | P15 80m final                 |         |         |            |                 |            |         |               |             | 16.00 |
| 16.15 | F15 80m final                 |         |         |            |                 |            |         |               | M+P17+P15+K | 16.15 |
| 16.35 | F15+F17+F19+K 1500m (1)       |         |         |            |                 |            |         |               | (5+0+5+4)   | 16.35 |
| 16.45 | P15+P17+P19 1500m (1)         |         |         |            |                 |            |         |               |             | 16.45 |
| 16.55 | P15 300m (1)                  |         |         |            |                 |            |         |               |             | 16.55 |
| 17.00 | F15 300m (1)                  |         |         |            |                 |            |         |               |             | 17.00 |
| 17.15 | F19+F17 400m (1)              |         |         |            |                 |            |         |               |             | 17.15 |
| 17.20 | K 400m (1)                    |         |         |            |                 |            |         |               |             | 17.20 |
| 17.25 | P17 400m (1)                  |         |         |            |                 |            |         |               |             | 17.25 |
| 17.30 | P19 400m (1)                  |         |         |            |                 |            |         |               |             | 17.30 |
| 17.35 | M 400m (3)                    |         |         |            |                 |            |         |               |             | 17.35 |

Siffran inom parentes efter grenen innebär antalet heat i löpgrenar och antalet förnamlda deltagare i teknikgrenar

# Laxaspelen - Tidsprogram söndag 3juli

2022-06-26\_V2

| Tid   | Löpning                  | Höjd    | Stav  | Längd 1  | Längd 2/Tresteg | Kula         | Diskus    | Tid   |
|-------|--------------------------|---------|-------|----------|-----------------|--------------|-----------|-------|
| 10.00 | P12+P13 60m h final      |         |       | F17 (11) | P15 (7)         |              | F15 (6)   | 10.00 |
| 10.10 | F13 60m h final          |         |       |          |                 |              |           | 10.10 |
| 10.15 | F12 60m h (1)            |         |       |          |                 |              |           | 10.15 |
| 10.20 |                          |         |       |          |                 | P12+F13      |           | 10.20 |
| 10.30 | F15 80m h (2)            |         |       |          |                 | (4+6)        |           | 10.30 |
| 10.45 | K 100m+F19 h final       |         |       |          |                 |              |           | 10.45 |
| 10.55 | F17 100m h final         |         |       |          |                 |              |           | 10.55 |
| 11.05 | P17+P19 110m h final     |         |       |          |                 |              | P15+P17   | 11.05 |
| 11.10 | M 110m h final           |         |       | P12 (7)  | F13+P13 tresteg |              | (3+1)     | 11.10 |
| 11.20 | F12 60m h final          | F17 + K | P17+M |          | (5+6)           |              |           | 11.20 |
| 11.35 | F15 80m h final          | (3+6)   | (4+4) |          |                 | F12 + P13    |           | 11.35 |
| 11.40 | P15 80m h final          |         |       |          |                 | (9+0)        |           | 11.40 |
| 11.45 | S1, U 100m final         |         |       |          |                 |              |           | 11.45 |
| 11.50 | R1-3 100m final          |         |       |          |                 |              |           | 11.50 |
| 12.15 |                          |         |       |          |                 |              | P13+F13   | 12.15 |
| 12.30 |                          |         |       |          |                 | P17+P19+M+K  | (7+2)     | 12.30 |
| 13.00 | F17 200m finalheat (2)   |         |       | F12 (12) | S1,U+F19+K      | (1+1+4+1)    |           | 13.00 |
| 13.10 | F19 200m finalheat (1)   |         |       |          | (0+3+4)         |              |           | 13.10 |
| 13.15 | P17 200m finalheat (1)   |         |       |          |                 |              |           | 13.15 |
| 13.20 | P19 200m finalheat (1)   |         |       |          |                 |              |           | 13.20 |
| 13.25 | K 200m finalheat (2)     | P17+M   |       |          |                 |              |           | 13.25 |
| 13.35 | M 200m finalheat (4)     | (4+3)   |       |          |                 | F15 (9)      | F17+F19+K | 13.35 |
| 13.55 | S1, U 200m finalheat (1) |         | K+F17 |          |                 |              | (7+0+0)   | 13.55 |
| 14.00 | K+F19+F17 800m (1)       |         | (7+3) |          |                 |              |           | 14.00 |
| 14.10 | F15 800m (1)             |         |       |          |                 |              |           | 14.10 |
| 14.20 | P15+P17+P19 800m (1)     |         |       |          |                 |              |           | 14.20 |
| 14.30 | M 1000m (1)              |         |       | F15 (21) |                 |              |           | 14.30 |
| 14.40 | P13 600m (1)             |         |       |          | M+P17 tresteg   |              |           | 14.40 |
| 14.50 | F13 600m (1)             |         |       |          | (2+3)           |              |           | 14.50 |
| 14.55 | 200m Extraheat (K+M)     |         |       |          |                 |              | M+P19)    | 14.55 |
| 15.00 |                          | F13 (2) |       |          |                 | F17+F19+S1,U | (2+1)     | 15.00 |
| 15.10 | P17 300m h (1)           |         |       |          |                 | (5+1+0)      |           | 15.10 |
| 15.20 | P15 300m h (1)           |         |       |          |                 |              |           | 15.20 |
| 15.25 | F15 300m h (1)           |         |       |          |                 |              |           | 15.25 |
| 15.30 | F17 300m h (1)           |         |       |          |                 |              |           | 15.30 |
| 15.45 | K+F19 400m h (1)         |         |       |          |                 |              |           | 15.45 |
| 15.55 | M+P19 400m h (1)         |         |       |          |                 |              |           | 15.55 |
|       |                          |         |       |          |                 |              |           |       |
|       |                          |         |       |          |                 |              |           |       |

Siffran inom parentes efter grenen innebär antalet heat i löpgrenar och antalet föränmällda deltagare i teknikgrenar