

ØVELSESUTVALG

Fredag

	60m hekk	200m	1000m kappgang	3000m kappgang	5000m kappgang	1500m	Tresteg	Stav	Kule	Slegge
J11	x	x	x				x	x	x	x
J12	x	x	x				x	x	x	x
J13	x	x	x			x	x	x	x	x
J14	x	x	x			x	x	x	x	x
J15				x		x				x
J16				x		x				x
J17				x						x
J18/19				x						x
KS				x						x
G11	x	x	x				x	x	x	x
G12	x	x	x				x	x	x	x
G13	x	x	x			x	x	x	x	x
G14	x	x	x			x	x	x	x	x
G15				x		x				
G16				x		x				
G17				x						
G18/19					x					
MS					x	x				

Lørdag

	400m hekk	300m hekk	200m hekk	60m	200m	600m	800m	Stafett	Lengde	Høyde	Stav	Kule	Spyd	Diskos	Slegge
J11				x		x		4x60	x	x			x	x	
J12				x		x		4x60	x	x			x	x	
J13			x	x		x		4x100	x	x			x	x	
J14			x	x		x		4x100	x	x			x	x	
J15		x			x		x		x		x	x			
J16		x			x		x		x		x	x			
J17		x			x		x		x		x	x			
J18/19					x		x		x		x	x			
KS					x		x		x		x	x			
G11				x		x		4x60	x	x			x	x	
G12				x		x		4x60	x	x			x	x	
G13			x	x		x		4x100	x	x			x	x	
G14			x	x		x		4x100	x	x			x	x	
G15		x			x		x		x		x	x			x
G16		x			x		x		x		x	x			x
G17		x			x		x		x		x	x			x
G18/19	x				x		x		x		x	x			x
MS	x				x		x		x		x	x			x

Søndag

	80m hekk	100m hekk	110m hekk	100m	400m	3000m	5000m	Stafett	Tresteg	Høyde	Spyd	Diskos
J15	x			x	x			1000m	x	x	x	x
J16	x			x	x	x		1000m	x	x	x	x
J17		x		x	x	x		1000m	x	x	x	x
J18/19		x		x	x	x		1000m	x	x	x	x
KS		x		x	x	x		1000m	x	x	x	x
G15		x		x	x			1000m	x	x	x	x
G16		x		x	x	x		1000m	x	x	x	x
G17			x	x	x	x		1000m	x	x	x	x
G18/19			x	x	x	x		1000m	x	x	x	x
MS			x	x	x	x	x	1000m	x	x	x	x