TIDSPROGRAM INLAGDA GURKSPELEN

Lördag den 17 januari 2026

	60m	400m/600m/800m	Höjd A	Höjd B	Längd A	Längd B	Längd C	Kula A	Kula B	
10:00			P9 (12)	P9 (12)	P8 (21)	F10 (13)	F10 (12)	P11 (15)	F8 (22)	10:00
10:05										10:05
10:10										10:10
10:15										10:15
10:20										10:20
10:25	P12 fö (17)									10:25
10:30										10:30
10:35	F13 fö (13)									10:35
10:40										10:40
10:45	F12 fö (30)									10:45
10:50										10:50
10:55										10:55
11:00			F10 (11)	F11 (18)						11:00
11:05	P8 (24)				F13 (10)	P13 (10)	P12 (19)			11:05
11:10								F12 (14)	F12 (13)	11:10
11:15										11:15
11:20	F9 (15)									11:20
11:25										11:25
11:30	P9 (27)									11:30
11:35										11:35
11:40										11:40
11:45	F8 (28)									11:45
11:50										11:50
11:55			P11 (11)						F9 (9)	11:55
12:00	P13 fi (7)									12:00
12:05	F12 fi									12:05
12:10	F13 fi				P9 (22)			P8 (18)		12:10
12:15	P12 fi					F8 (14)	F8 (14)			12:15
12:20	P10 (24)									12:20
12:25				F12 (16)						12:25
12:30	F10 (23)									12:30
12:35										12:35
12:40	F11 (25)								P10 (14)	12:40
12:45										12:45
12:50	P11 (26)									12:50
12:55			P13/F13							12:55
13:00			(5+8)							13:00
13:05										13:05
13:10										13:10
13:15						F11 (12)	F11 (12)			13:15
13:20					F9 (13)			F10 (20)		13:20
13:25		P8 400m (18)								13:25
13:30									P9 (19)	13:30
13:35										13:35
13:40		F8 400m (20)								13:40
13:45										13:45
13:50				P12 (10)						13:50
13:55		P10 600m (12)								13:55
14:00										14:00
14:05		P11 600m (11)								14:05
14:10										14:10
14:15										14:15
14:20		F9 600m (10)			P10 (24)			P13 (9)		14:20
14:25						P11 (24)				14:25
14:30		P9 600m (20)								14:30
14:35										14:35
14:40		F11 600m (12)								14:40
14:45										14:45
14:50		F10 600m (13)		F9 (11)						14:50
14:55										14:55
15:00								F13 (5)		15:00
15:05										15:05
15:10		**Veteraner 4x200m**								15:10
15:15										15:15
15:20										15:20
15:25		P/F(U)13 4x200m (6)								15:25
15:30										15:30
15:35								P12 (10)		15:35
15:40		P/F(U)9 4x200m (12)								15:40
15:45										15:45
15:50					F12 (14)	F12 (14)				15:50
15:55		P/F(U)11 4x200m (9)								15:55
16:00				P10 (11)						16:00
16:05										16:05
16:10										16:10
16:15		P13/F13 800m (1+4)								16:15
16:20								F11 (19)		16:20
16:25										16:25
16:30		P12 800m (10)								16:30
16:35										16:35
16:40										16:40
16:45		F12 800m (10)								16:45
16:50										16:50
16:55										16:55
17:00										17:00
17:05										17:05
17:10										17:10