

TIDSPROGRAM Nordiska Veteranmästerskapen SÖNDAG 28/6 2009

(xx) =antal anmälda

* = byte avstånd häckarna

| Tid <i>Time</i> | Löpning/Gång <i>Running/walking</i> | Tresteg <i>Triple Jump</i> | Spjut/Diskus A-plan <i>Javelin/Discus</i> | Vikt Kastplan <i>Weight</i> | Tid <i>Time</i> |
|---------------------------|---|--------------------------------------|---|---|---------------------------|
| 09.00 | M40-45 110 m Häck /99,1/ Final (4+4) | M70 (7) | Spjut M65 /600/ (5) | K35-45 /9,08/ (1+3+4=8) | 09.00 |
| 09.15 | M50-55 100 m Häck /91,4*/ Final (3+4) | | | | 09.15 |
| 09.30 | M60 100 m Häck /84,0*/ Final (4) | | | | 09.30 |
| 09.45 | M65 100 m Häck /84,0/ Final (6) | | Spjut M75 /500/ (9) | K50-55 /7,26/ (3+2) | 09.45 |
| 10.00 | M75 80 m Häck /76,2*/ Final (4) | M40-50 (1+4+2=7) | | | 10.00 |
| 10.10 | M70 80 m Häck /76,2/ Final (6) | | | | 10.10 |
| 10.15 | | | | K60 /5,45/ (5) | 10.15 |
| 10.20 | K50 80 m Häck /76,2/ Final (3) | | | | 10.20 |
| 10.35 | K40-45 80m Häck /76,2*/ Final (3+2) | | | | 10.35 |
| 10.45 | | | | K65-80 /5,45/ (3+2+0+1=6) | 10.45 |
| 10.50 | M80-90 80 m Häck /68,6*/ Final (3+1+1) | | Diskus K45-55 /1,0/ (6+3+2=11) | | 10.50 |
| 11.00 | K60-65 80m Häck /68,6/ Final (2+1) | | | | 11.00 |
| 11.15 | M35-40 400 m (6+2) | | | | 11.15 |
| 11.20 | | M75-90 (2+1+1+1=5) | | | 11.20 |
| 11.25 | M45 400 m (10) | | | | 11.25 |
| 11.40 | M50 400 m (10) | | | M35-45 /15,88/ (1+2+2=5) | 11.40 |
| 11.45 | | | | | 11.45 |
| 11.50 | M55 400 m (7) | | Diskus K35-40 /1,0/ (1+4) | | 11.50 |
| 11.55 | M60-65 400 m (4+4) | | | | 11.55 |
| 12.00 | Gång landsväg walk 10km M+K (26+11) Start och Mål vid kastplan | | | | 12.00 |
| 12.10 | M70 400 m (10) | | | | 12.10 |
| 12.15 | | | | M50-55 /11,34/ (5+2) | 12.15 |
| 12.20 | | | Diskus K60-70 /0,75/ (2+2+3=8) | | 12.20 |
| 12.30 | M75-80 400 m (2+2) | | | | 12.30 |
| 12.40 | K35-45 400 m (3+1+5=9) | | | | 12.40 |
| 12.50 | K50-55 400 m (4+4) | | | | 12.50 |
| 13.00 | K60+K75 400 m (3+1) | M55-60 (3+5) | | M65 /9,08/ (7) | 13.00 |
| 13.10 | K65 400 m (8) | | | | 13.10 |
| 13.15 | | | Spjut M35-40 /800/ (3+2) | | 13.15 |
| 13.10 | | | | | 13.10 |
| 13.30 | M35-45 1500 m (3+3+2=8) | | | | 13.30 |
| 13.45 | M50 1500 m (9) | K50-55 (4+3) | Spjut M60 /600/ (8) | | 13.45 |
| 13.55 | M55-65 1500 m (2+5+3=10) | | | | 13.55 |

| Tid <i>Time</i> | Löpning <i>Running</i> | Tresteg <i>Triple Jump</i> | Spjut A-plan <i>Javelin</i> | Vikt Kastplan <i>Weight</i> | Tid <i>Time</i> |
|---------------------------|--|---------------------------------------|---|---|---------------------------|
| 14.00 | | | | M80-90 /5,45/ (4+2+1=7) | 14.00 |
| 14.10 | M70-80 1500 m (4+2+1=7) | | | | 14.10 |
| 14.30 | K35-45 5000 m (1+5+3=9) | K35-45 (1+3+4=8) | Spjut M45 /800/ (7) | | 14.30 |
| 14.45 | | | | M70 /7,26/ (9) | 14.45 |
| 15.00 | K50-65 5000 m (4+3+1+2=10) | | | | 15.00 |
| 15.30 | | K60-80 (2+3+0+0+2=7) | Spjut M70 /500/ (8) | | 15.30 |
| 15.45 | M35-50 10 000m (4+2+2+2=10) | | | M60 / 9,08/ (8) | 15.45 |
| 16.15 | | M65 (8) | | | 16.15 |
| 16.00 | | | Spjut M80-85 /400/ (4+1) | | 16.00 |
| 16.30 | M55-80 10 000m (4+4+2+1+1+1=13) | | Spjut M50-55 /700/ (3+5) | M75 /7,26/ (6) | 16.30 |