

PERJANTAINA 16.2.2024**Kävelyt**

18:00	3000m	M60, M65, M70
18:40	3000m	KAIKKI NAISET
19:20	3000m	M30, M35, M40, M45, M50, M55

LAUANTAI 17.2.2024**JUOKSUT**

10:00	60m ae	M75
10:08	60m ae	M70
10:16	60m ae	M60
10:24	60m ae	M45
10:32	60m ae	N45
10:40	60m ae	M40
10:48	60m ae	N40
11:04	60 m lk	N65
11:08	60 m lk	N55
11:12	60m lk	M60
11:16	60m lk	M55
11:20	60m lk	N35
11:24	60m lk	N30
11:28	60m lk	M80, M85, M90
11:32	60m lk	N70, N75, N80, N85
11:36	60m lk	M75
11:40	60m lk	M70
11:48	60m lk	M65
11:52	60m lk	N60
11:56	60m lk	M50
12:00	60m lk	N50
12:04	60m lk	M45
12:08	60m lk	N45
12:12	60m lk	M40
12:16	60m lk	N40
12:20	60m lk	M35
12:24	60m lk	M30
		KAARTEEN NOSTO
13:12	400m	M85
13:16	400m	M80
13:20	400m	M75
13:28	400m	M70
13:36	400m	N70, N80
13:40	400m	M65
13:44	400m	N65
13:50	400m	M60
13:58	400m	N60
14:02	400m	M55
14:10	400m	N55
14:14	400m	M50
14:22	400m	N50
14:26	400m	M45
14:32	400m	N45
14:40	400m	M40
14:48	400m	N40
14:54	400m	M35
14:58	400m	N35
15:02	400m	M30
15:06	400m	N30
		LÄHTÖPAIKKA SIIRTYY
15:40	1500m	M75, M80
15:52	1500m	M70
16:04	1500m	N55, N60, N65, N70, N80
16:16	1500m	M60-65
16:26	1500m	M55
16:36	1500m	M50
16:46	1500m	M45

HYPYT ja HEITOT

10:00	Korkeus	M75, M80, M85 N70, N75, N80, N85	P1
10:00	Korkeus	M30, M35, M40	P2
10:00	Pituus	M65, M70	P1
10:00	Pituus	N60, N65	P2
10:00	Kuula	N40	P1
11:15	Kuula	N45	P1
11:30	Pituus	M55, M60	P2
11:30	Korkeus	N50, N55, N65	P1
11:30	Korkeus	M45, M50	P2
11:45	Pituus	N30, N35	P1
12:00	Painonheitto	N30, N35, N40	
12:30	Seiväs	M30, M35, M40	
12:30	Kuula	N70, N75, N80, N95	P1
13:15	Korkeus	M65, M70	P1
13:15	Korkeus	M55, M60	P2
13:30	Pituus	N40, N45	P2
13:30	Painonheitto	N45, N50, N55	
13:45	Pituus	N70, N75, N80, N85, N95	P1
14:00	Kuula	N30, N35	P1
14:45	Seiväs	M45, M50, M55	
15:00	Pituus	M30, M35, M40	P2
15:00	Pituus	M75, M80, M85, M90	P1
15:00	Painonheitto	N60, N65	
15:30	Kuula	N55	P1
15:30	Korkeus	N30, N40, N45	P1
15:30	Kuula	N50	P2
16:00	Painonheitto	N70, N75, N80	
16:30	Pituus	M45, M50	P2
16:30	Pituus	N50, N55	P1
17:00	Kuula	N60, N65	P1

16:56	1500m	N45-50
17:06	1500m	N30-40
17:16	1500m	M40
17:26	1500m	M30-35
	LÄHTÖPAIKKA SIIRTYY	
17:45	3x200m	M80+-75-70
17:52	4x200m	M65-60-55-50
18:00	4x200m	N60+-55-50
18:08	4x200m	M45-40-35-30
18:20	4x200m	N45-40-35-30

SUNNUNTAI 18.2.2024

JUOKSUT

10:00	60m aj.	N60, N65, N75
10:05	60m aj.	M70, M75, M80
10:15	60m aj.	N50, N55
10:20	60m aj.	N45
10:25	60m aj.	N40
10:30	60m aj.	M60, M65
10:35	60m aj.	M50, M55
10:40	60m aj.	M45
10:45	60m aj.	M30, M40
	KAARTEEN NOSTO	
11:30	200m	M80, M85
11:34	200m	N75, N80, N85
11:38	200m	M75
11:46	200m	M70
11:56	200m	N70
12:02	200m	M65
12:10	200m	N65
12:14	200m	M60
12:24	200m	N60
12:28	200m	M55
12:36	200m	N55
12:42	200m	M50
12:50	200m	N50
12:58	200m	M45
13:10	200m	N45
13:22	200m	M40
13:34	200m	N40
13:42	200m	M35
13:46	200m	N35
13:54	200m	M30
14:00	200m	N30
14:20	800m	M75, M80, M85
14:28	800m	N55, N60, N65, N70, N80
14:36	800m	M65, M70
14:44	800m	M60
14:51	800m	M55
14:58	800m	N45, N50
15:05	800m	M50
15:12	800m	M45
15:19	800m	M40
15:26	800m	N40
15:33	800m	M30, M35
15:40	800m	N30, N35
15:50	3000m	N50, N55, N60, N65, N70, N80
16:15	3000m	M70, M75, M80
16:40	3000m	M65, M50
17:05	3000m	M55, M60
17:25	3000m	N30, N35, N40, N45
17:45	3000m	M40, M45
18:05	3000m	M30, M35

HYPYT ja HEITOT

10:00	Kuula	M65	P1
10:00	Painonheitto	M75, M85, M90, M95	
10:30	3-loikka	M70, M75, M80	P2
11:00	3-loikka	M60, M65	P1
11:00	Seiväs	kaikki naiset	
11:15	Kuula	M70	P1
11:15	Kuula	M55	P2
11:15	Painonheitto	M35, M40, M45, M50	
12:30	3-loikka	M45, M50, M55	P2
12:30	Kuula	M60	P2
12:45	Kuula	M75, M80, M85, M90, M95	P1
13:00	3-loikka	N65, N70, N75, N80, N95	P1
13:00	Seiväs	M60, M65	
13:30	Painonheitto	M65, M70	
14:30	3-loikka	N30, N35, N40	P1
14:30	3-loikka	N45, N50, N55, N60	P2
14:30	Kuula	M30, M35, M40	P1
14:30	Kuula	M45, M50	P2
15:00	Painonheitto	M55, M60	
15:00	Seiväs	M70, M75, M80, M85	
15:45	3-loikka	M30, M35, M40	P1