

**Suomen Aikuisurheiluliiton
SM-HALLIT 28.–29. ja 30.1.2022 Tampereen Messu- ja Urheilukeskuksessa
(Pirkkahallissa)**

ALUSTAVA:

Aikataulu tarkentuu lopullisesti ilmoittautumisajan päätyttyä!

Aikataulu perjantai 28.1. 2022

A-halli

KÄVELYT:

18:00 3000m k. N65+, M70+ ()

18:45 3000m k. N30-N60 ()

19:30 3000m k. M35-M65 ()

Aikataulu lauantai 29.1.2022

A=A-halli B=B-halli

JUOKSUT

| | | | |
|-------|-----------------|-------|-------------------------|
| 10:30 | 60m ae. M90 () | 14:04 | 60m lk. N 45 |
| 10:38 | 60m ae. M85 () | 14:08 | 60m lk. M 40 |
| 10:46 | 60m ae. M70 () | 14:12 | 60m lk. N 40 |
| 10:54 | 60m ae. N70 () | 14:16 | 60m lk. M 35 |
| 11:02 | 60m ae. M65 () | 14:20 | 60m lk. N 35 |
| 11:10 | 60m ae. N65 () | 14:24 | 60m lk. M 30 |
| 11:18 | 60m ae. M60 () | 14:28 | 60m lk. N 30 |
| 11:26 | 60m ae. N60 () | 14:50 | 400m M 80 () |
| 11:34 | 60m ae. M55 () | 14:55 | 400m M 75 () |
| 11:42 | 60m ae. M50 () | 15:00 | 400m M 70 () |
| 11:50 | 60m ae. N50 () | 15:15 | 400m N 75-N70 () |
| 11:58 | 60m ae. M45 () | 15:20 | 400m M 65 () |
| 12:06 | 60m ae. N45 () | 15:30 | 400m N 65 () |
| 12:14 | 60m ae. M40 () | 15:35 | 400m M 60 () |
| 12:22 | 60m ae. N40 () | 15:40 | 400m N 60 () |
| 12:30 | 60m ae. M35 () | 15:45 | 400m M 55 () |
| 12:38 | 60m ae. N35 () | 15:55 | 400m N 55 () |
| 12:46 | 60m ae. N30 () | 16:00 | 400m M 50 () |
| 12:58 | 60m ae. M30 () | 16:10 | 400m N 50 () |
| 13:02 | 60m lk. M 85-90 | 16:20 | 400m M 45 ja M40 () |
| 13:06 | 60m lk. M 80 | 16:25 | 400 m N 40 () |
| 13:10 | 60m lk. M 75 | 16:30 | 400m M 35 () |
| 13:14 | 60m lk. N 75-80 | 16:35 | 400m N 35 () |
| 13:20 | 60m lk. M 70 | 16:40 | 400m M 30 () |
| 13:24 | 60m lk. N 70 | 16:45 | 400m N 30 ja N45 () |
| 13:28 | 60m lk. M 65 | 17:00 | 1500m N 60-65-70-75 () |
| 13:32 | 60m lk. N 65 | 17:15 | 1500m N 40-45-50-55 () |
| 13:36 | 60m lk. M 60 | 17:30 | 1500m N 30-35 () |
| 13:40 | 60m lk. N 60 | 17:40 | 1500m M 70-75-80 () |
| 13:44 | 60m lk. M 55 | 17:50 | 1500m M 60-65 () |
| 13:48 | 60m lk. N 55 | 18:00 | 1500m M 55 () |
| 13:52 | 60m lk. M 50 | 18:10 | 1500m M 50 () |
| 13:56 | 60m lk. N 50 | 18:20 | 1500m M 30-35-40-45 () |
| 14:00 | 60m lk. M 45 | 18:40 | 4x200m N 60+-55-50 () |
| | | 18:48 | 4x200m N 45-40-35-30 () |
| | | 19:00 | 3x200m M 80-75-70 () |
| | | 19:10 | 4x200m M 65-60-55-50 () |
| | | 19:18 | 4x200m M 45-40-35-30 () |

HYPYT

| | |
|-------|-----------------------------|
| 10:00 | Korkeus M 30–35–40 (A1) |
| | Pituus N 60–65–70–75–80 (B) |
| 11:00 | Pituus N 30 (A) |
| 11:10 | Korkeus M 75–80–85 (A1) |
| 12:00 | Pituus M 65–70 (B) |
| | Pituus M 55 (A) |
| | Seiväs M 30–35–40–45 (A) |
| 12:10 | Korkeus N 70–75 (A2) |
| 13:30 | Korkeus M 65–70 (A1) |
| 14:00 | Pituus N 50–55 (A) |
| | Pituus M 60 (B) |
| | Seiväs M 50–55 (A) |
| 15:00 | Pituus M 30–35 (A) |
| | Pituus N 35 (B) |
| 15:20 | Korkeus N 55–60–65 (A2) |
| 15:50 | Korkeus M 55–60 (A1) |
| 16:10 | Pituus M 45–50 (A) |
| | Pituus N 40–45 (B) |
| 17:20 | Korkeus N 30–35–40–45 (A2) |
| 17:50 | Korkeus M 45–50 (A2) |
| 18:00 | Pituus M 75–90 (B) |
| | Pituus M 40 (A) |

HEITOT

| | |
|-------|------------------------------|
| 10:00 | Painonheitto M 80–85–90 (B) |
| 10:20 | Kuula N 30 (A1) |
| | Kuula N 35 (A2) |
| 11:10 | Painonheitto M 75 (B) |
| 11:20 | Kuula N 40 (A1) |
| | Kuula N 45 (A2) |
| 12:00 | Painonheitto M70 (B) |
| 13:10 | Painonheitto M 30–35 (B) |
| 13:20 | Kuula N 50 (A1) |
| | Kuula N 55 (A2) |
| 14:20 | Kuula M 80–85–90 (A2) |
| 14:20 | Painonheitto M 40–45 (B) |
| 15:20 | Kuula N 60 (A1) |
| | Kuula N 65 (A2) |
| 15:20 | Painonheitto M 65 (B) |
| 16:30 | Painonheitto M 50 (B) |
| 16:40 | Kuula N 70–75–80–90 (A1) |
| 17:40 | Painonheitto M55 (B) |
| 18:30 | Painonheitto M 60 (B) |

Aikataulu sunnuntai 30.1.2022

A=A-halli B=B-halli

JUOKSUT

10:00 60m aj. M 80 ()
10:05 60m aj. N 60–65–70–75 ()
10:10 60m aj. M 75 ()
10:15 60m aj. M 70 ()
10:20 60m aj. N 50–55 ()
10:30 60m aj. N 40 ()
10:35 60m aj. N 45 ()
10:45 60m aj. M 65 ()
10:50 60m aj. M 60 ()
10:40 60m aj. N 30–35 ()
11:05 60m aj. M 55 ()
11:05 60m aj. M 50 ()
11:20 60m aj. M 40–45 ()
11:30 60m aj. M 35 ()
11:50 200m N 30 ()
12:00 200m N 35 ()
12:10 200m N 40 ()
12:20 200m N 45 ()
12:30 200m N 50 ()
12:35 200m N 55 ()
12:40 200m N 60 ()
12:45 200m N 65 ()
12:50 200m N 70 ()
12:55 200m N 75 ()
13:00 200m M 80 ()
13:05 200m M 75 ()
13:15 200m M 70 ()
13:25 200m M 65 ()
13:35 200m M 60 ()
13:45 200m M 55 ()
14:00 200m M 50 ()
14:10 200m M 45 ()
14:20 200m M 40 ()
14:25 200m M 35 ()
14:35 200m M 30 ()
14:50 800m N 60-65-70-75 ()
15:00 800m N 45-50-55 ()
15:10 800m N 30-35-40 ()
15:20 800m M 75-80 ()
15:30 800m M 70 ()
15:40 800m M 65 ()
15:50 800m M 60 ()
16:00 800m M 50-55 ()
16:10 800m M 40-45 ()
16:20 800m M 30-35 ()
16:40 3000m N 30-35-40-45 ()
17:00 3000m N 50-55-60-65-70-75-80 ()
17:20 3000m M 70-75-80 ()
17:40 3000m M 60-65 ()
18:00 3000m M 55 ()
18:20 3000m M 45-50 ()
18:40 3000m M 30-35-40 ()

HYPYT

10:00 3-loikka M 30–35–40 (A) ()
10:30 Seiväs N 50–60–65–75 (A)
11:30 Seiväs N 30–35–40–45 (A)
3-loikka M 65–70 (A) ()
13:10 3-loikka M 45–50 (A) ()
Seiväs M 60–65 (A) ()
3-loikka N 45–50–55–60 (B) ()
15:00 3-loikka N 65–70–75 (B) ()
15:20 3-loikka M 55–60 (A) ()
15:30 Seiväs M 70–75–80 (A) ()
16:30 3-loikka N 30-40 (B) ()
17:00 3-loikka M 75–80–85 (A) ()

HEITOT

10:00 Kuula M 30 (A1) ()
Kuula M 35 (A2) ()
11:00 Kuula M 40 (A1) ()
Painonheitto N 75–80 (B) ()
12:00 Painonheitto N 65 (B) ()
Kuula M 45 (A1) ()
12:50 Kuula M 70 (14) (A2) ()
13:00 Painonheitto N 60 ja 70 (B) ()
13:30 Kuula M 50 (A1) ()
14:00 Kuula M 75 (7) (A2) ()
14:10 Painonheitto N 40–45 (B) ()
14:40 Kuula M 55 (A1) ()
15:10 Painonheitto N 30–35 (B) ()
15:30 Kuula M 60 (A2) ()
Kuula M 65 (A1) ()
16:10 Painonheitto N 50–55 (B) ()