

AIKATAULUT



Aikataulu perjantai 21.2.2020 A-halli

KÄVELYT

18:00	3000m k.	N 50,55,60,65,70,75,80	(12)
		M 80,85,90	(7)
18:45	3000m k.	N 40,45	(5)
		M 65,70,75	(13)
19:30	3000m k.	N 30,35	(2)
		M 30,35,45,50,55,60	(11)

Aikataulu lauantai 22.2.20

A=A-halli B=B-halli **HUOM! NAISTEN PITUUSHYPYN RYHMÄJAOISSA MUUTOKSIA!!**

JUOKSUT

11:00	60m ae.	M 75	(9)	14:04	60m lk.	N 45	
11:10	60m ae.	M 65	(11)	14:08	60m lk.	M 40	
11:20	60m ae.	M 60	(10)	14:12	60m lk.	N 40	
11:30	60m ae.	N 60	(9)	14:16	60m lk.	M 35	
11:40	60m ae.	M 55	(9)	14:20	60m lk.	N 35	
11:50	60m ae.	N 50	(9)	14:24	60m lk.	M 30	(7)
12:00	60m ae.	N 45	(10)	14:28	60m lk.	N 30	
12:10	60m ae.	M 40	(14)	14:55	400m	M 85	(2)
12:20	60m ae.	N 40	(17)	14:50	400m	M 80	(6)
12:35	60m ae.	M 35	(16)	14:55	400m	M 75	(5)
12:45	60m ae.	N 35	(11)	15:00	400m	M 70	(5)
12:55	60m ae.	N 30	(11)	15:15	400m	N 65,75,70	(5)
13:02	60m lk.	M 85-90	(4)	15:20	400m	M 65	(13)
13:06	60m lk.	M 80	(8)	15:35	400m	M 60	(12)
13:10	60m lk.	M 75		15:40	400m	N 55,60	(6)
13:14	60m lk.	N 75-80	(8)	15:45	400m	M 55	(7)
13:20	60m lk.	M 70	(7)	16:00	400m	M 50	(6)
13:24	60m lk.	N 70	(8)	16:05	400m	N 50	(5)
13:28	60m lk.	M 65		16:10	400m	M 45	(6)
13:32	60m lk.	N 65	(5)	16:15	400m	N 45	(3)
13:36	60m lk.	M 60		16:20	400m	M 40	(7)
13:40	60m lk.	N 60		16:30	400m	N 40	(6)
13:44	60m lk.	M 55		16:35	400m	M 35	(12)
13:48	60m lk.	N 55	(5)	16:40	400m	N 35	(5)
13:52	60m lk.	M 50		16:45	400m	N 30	(6)
13:56	60m lk.	N 50		16:50	400m	M 30	(4)
14:00	60m lk.	M 45					

Aikataulu lauantai 22.2.20 (jatkuu)

A=A-halli B=B-halli

NAISTEN PITUUSHYPPYSSÄ MUUTOKSIA

JUOKSUT (jatkuu)

17:00	1500m	N 60-65-70-75	(15)
17:15	1500m	N 45-50-55	(12)
17:30	1500m	N 30-35-40	(16)
17:40	1500m	M 70-75-80	(14)
17:50	1500m	M 60-65	(16)
18:00	1500m	M 55	(15)
18:10	1500m	M 45-50	(17)
18:20	1500m	M 30-35-40	(16)
18:40	4x200m	N 60+-55-50	(6)
18:50	4x200m	N 45-40-35-30	(14)
19:10	3x200m	M 80-75-70	(5)
19:20	4x200m	M 65-60-55-50	(11)
19:40	4x200m	M 45-40-35-30	(12)

HYPYT

10:00	Korkeus	M 30-35-40	(A1)	(11)
	Pituus	N 65-70-75-80	(B)	(14)
11:00	Pituus	N 30	(A)	(7)
11:10	Korkeus	M 75-80-85-90	(A1)	(11)
12:00	Pituus	M 65-70	(B)	(13)
	Pituus	M 55	(A)	(7)
	Seiväs	M 30-35-40-45	(A)	(6)
12:10	Korkeus	N 65-70-75-80	(A2)	(14)
13:30	Korkeus	M 65-70	(A1)	(17)
14:00	Pituus	N 50-55-60	(A)	(16)
	Pituus	M 60	(B)	(8)
	Seiväs	M 50-55	(A)	(7)
15:00	Pituus	M 30-35	(A)	(9)
	Pituus	N 35 ja N 45	(B)	(14)
15:20	Korkeus	N 50-55-60	(A2)	(12)
15:50	Korkeus	M 55-60	(A1)	(11)
16:10	Pituus	M 45-50	(A)	(12)
	Pituus	N 40	(B)	(16)
17:20	Korkeus	N 30-35-40-45	(A2)	(13)
17:50	Korkeus	M 45-50	(A1)	(13)
18:00	Pituus	M 75-95	(B)	
	Pituus	M 40	(A)	(6)

HEITOT

10:00	Painonheitto	M 80-85-90-95	(B)	(12)
10:20	Kuula	N 30	(A1)	(8)
	Kuula	N 35	(A2)	(8)
11:10	Painonheitto	M 75	(B)	(7)
11:20	Kuula	N 40	(A1)	(14)
	Kuula	N 45	(A2)	(11)
12:00	Painonheitto	M 70	(B)	(12)
13:10	Painonheitto	M 30-35	(B)	(8)
13:20	Kuula	N 50	(A1)	(11)
	Kuula	N 55	(A2)	(5)
14:20	Kuula	M 80-85-90-95	(A2)	(13)
14:20	Painonheitto	M 40-45	(B)	(15)
15:20	Kuula	N 60	(A1)	(8)
	Kuula	N 65	(A2)	(7)
15:20	Painonheitto	M 65	(B)	(7)
16:30	Painonheitto	M 50	(B)	(8)
16:40	Kuula	N 70-75-80-85	(A1)	(16)
17:40	Painonheitto	M 55	(B)	(7)
18:30	Painonheitto	M 60	(B)	(7)



Aikataulu sunnuntai 23.2.2020

A=A-halli B=B-halli

JUOKSUT

10:00	60m aj.	M 80-85	(2)
10:05	60m aj.	N 60-65-70	(3)
10:10	60m aj.	M 75	(3)
10:15	60m aj.	M 70	(6)
10:20	60m aj.	N 50-55	(6)
10:30	60m aj.	N 40	(8)
10:35	60m aj.	N 45	(8)
10:45	60m aj.	M 65	(3)
10:50	60m aj.	M 60	(7)
10:40	60m aj.	N 30-35	(4)
11:05	60m aj.	M 55	(4)
11:05	60m aj.	M 50	(4)
11:20	60m aj.	M 40-45	(8)
11:30	60m aj.	M 30-35	(3)
11:50	200m	N 30	(9)
12:00	200m	N 35	(11)
12:10	200m	N 40	(17)
12:20	200m	N 45	(7)
12:30	200m	N 50	(7)
12:35	200m	N 55	(6)
12:40	200m	N 60	(6)
12:45	200m	N 65	(4)
12:50	200m	N 70 ja N 80	(6)
12:55	200m	N 75	(4)
13:00	200m	M 85 ja M 95	(3)
13:05	200m	M 80	(5)
13:10	200m	M 75	(7)
13:20	200m	M 70	(11)
13:30	200m	M 65	(9)
13:40	200m	M 60	(8)
13:50	200m	M 55	(8)
14:00	200m	M 50	(9)
14:10	200m	M 45	(5)
14:15	200m	M 40	(9)
14:25	200m	M 35	(12)
14:35	200m	M 30	(5)
14:50	800m	N 60-65-70-75	(13)
15:00	800m	N 45-50-55	(13)
15:10	800m	N 30-35-40	(15)
15:20	800m	M 75-80	(12)
15:30	800m	M 70	(8)
15:40	800m	M 65	(8)
15:50	800m	M 60	(9)
16:00	800m	M 55	(8)
16:10	800m	M 50	(10)
16:20	800m	M 45	(9)
16:30	800m	M 40	(10)
16:40	800m	M 30-35	(9)

16:50	3000m	N 30-35-40-45	(25)
17:10	3000m	N 50-55-60- 65-70-75-80	(18)
17:30	3000m	M 65-70-75	(14)
17:50	3000m	M 60	(11)
18:10	3000m	M 55	(12)
18:30	3000m	M 45-50	(19)
18:50	3000m	M 30-35-40	(17)

HYPYT

10:00	3-loikka	M 30-35-40	(A)	(10)
10:30	Seiväs	N 60-70-75-80	(A)	(6)
11:30	Seiväs	N 35-40	(A)	(2)
	3-loikka	M 65-70	(A)	(11)
13:10	3-loikka	M 45-50	(A)	(12)
	Seiväs	M 60-65	(A)	(8)
	3-loikka	N 45-50-55-60	(B)	(15)
15:00	3-loikka	N 65-70-75-80	(B)	(11)
15:20	3-loikka	M 55-60	(A)	(11)
15:30	Seiväs	M 70-75-80-85	(A)	(12)
16:30	3-loikka	N 30-35-40	(B)	(8)
17:00	3-loikka	M 75-80-85-90	(A)	(12)

HEITOT

10:00	Kuula	M 30	(A1)	(5)
	Kuula	M 35	(A2)	(5)
11:00	Kuula	M 40	(A1)	(10)
	Painonheitto	N 75-80-85	(B)	(12)
12:00	Painonheitto	N 65	(B)	(6)
	Kuula	M 45	(A1)	(8)
12:50	Kuula	M 70	(A2)	(13)
13:00	Painonheitto	N 60, 70	(B)	(16)
13:30	Kuula	M 50	(A1)	(9)
14:00	Kuula	M 75	(A2)	(5)
14:10	Painonheitto	N 40-45	(B)	(10)
14:40	Kuula	M 55	(A1)	(10)
15:10	Painonheitto	N 30-35	(B)	(9)
15:30	Kuula	M 60	(A2)	(10)
	Kuula	M 65	(A1)	(11)
16:10	Painonheitto	N 50-55	(B)	(6)