

Tíðarætlan Leygardagur

Kl./grein	Spurt/miðtein	Longdarlop	Hæddarlop	Bóltkast	Spjótkast	Klingra
11.00	Ge 12-13 80m (5)			Ge 8-9 (5)		Ge 14-19 (2+2+2)
11.05	Ge 12-13 80m (5)					Dr 18-19 (1)
11.10		Ge 10-11 (3)				
11.15	Dr 8-9 60m (5)					
11.20	Dr 8-9 60m (5)			Dr 10-11 (2)		
11.25						
11.30		Ge 8-9 (5)	Ge 12-13 (6)			
11.35			Dr 12-13 (2)	Dr 8-9 (9)		
11.40			Ge 14-15 (1)			
11.45						
11.50		Dr 10-11 (3)				
11.55						
12.00	Dr 14-19 800m (6)					
12.05				Ge 10-11 (3)		
12.10	Ge 14-19 800m (3)					
12.15						
12.20	Heiðursmerkjahandan					
12.25	Dr 10-11 600m (2)				Ge 16-19 (2+5)	
12.30					2	
12.35	Ge 10-11 600m (3)	Dr 8-9 (9)			5	
12.40						
12.45	Dr 12-13 600m (4)					
12.50						
12.55	Ge 12-13 600m (6)					
13.00						
13.05		Ge 16-19 (2+4)			Dr 12-19	
13.10	Ge 10-11 4x100m	Dr 18 - 19 (3)			1	
13.15					2	
13.20	Dr 10-11 4x100m				1	
13.25					1	
13.30					Ge 12-15	
13.35					6+2	
13.40						
13.45						
13.50						
13.55	Heiðursmerkjahandan					
14.00	Dr 12-13 4x100m					
14.05						
14.10	Ge 12-13 4x100m					
14.15						
14.20	Ge 14-19 4x100m					
14.25						
14.30	Dr 14-19 4x100m					