

Betri Stórkapping 3 á Tórsbreyt 19/6-2021

	Spurt	Miðteinar	Longd (Sona)	Hædd	Bóltkast	Kúlustoyt	Spjót kast
11:00		10000m Kvinnur					

12:00	GE 18-19 + Kv 400m (4)		GE 10-11 Longd (13)	Ge14-17 (5)			
12:05	Dr 14-19 + menn 400m (9)						
12:10							Ge12-13 (4)
12:15							
12:20	GE 8-9 80m (7)						
12:25							
12:30	DR 10-11 80m (11)						
12:35				Ge18-19+Kvinnur (4)			Dr12-13 (7)
12:40	DR 8-9 80m (7)						
12:45			DR 10-11 Longd (11)		Ge 8-9 (7)		
12:50							
12:55							
13:00	GE 12-13 80m (6)						
13:05							
13:10	DR 12-13 80m (6)			Dr14-19 (6)			
13:15							
13:20					Dr 8-9 (7)		
13:25	GE 14-17 400m (3)						
13:30					DR 10-11 Bólt (12)		
13:35							
13:40			Ge 8-9 (7)				GE 14-19 + Kv (7)
13:45	GE 10-11 80m (13)						
13:50							
13:55							
14:00							
14:05			Dr 8-9 (7)				
14:10			GE 12-13 longd (6)		GE 10-11 Bólt (13)		
14:15							
14:20	GE 8-9 300m (7)						DR 18-19 + Menn (3)
14:25	DR 8-9 300m (7)						
14:30			DR 12-13 longd (6)				
14:35							
14:40							
14:45							
14:50			Børn Ge+Dr longd (13)				
14:55							
15:00		Dr14-15 1500m (1)					
15:05		Ge14-19 + Kvinnur 1500m (5)					
15:10							
15:15		DR 10-11 800m (8)					
15:20		GE 10-11 800m (5)					
15:25							
15:30		Ge12-13 1000m (3)					
15:35		Dr12-13 1000m (3)					

AFTERPARTY OG HEIÐURSMERKJAHANÐAN Í NLH KL 17 : 00