

Tidsskjema treningsstevne lørdag 06. juni 2020

| Tid | 60m | Liten ball (150g) Syd | Liten ball (150g) Nord | 200m | Kule |
|---|------------|-----------------------|------------------------|------------|----------------------|
| 11.00 | | G10 5x (4 kast) | J11 5x | | J10 8x (4 kast) 2 kg |
| 05 | | | | | |
| 10 | | | | | |
| 15 | | | | | |
| 20 | | | | | |
| 25 | | | | | |
| 30 | | J10 9x (4 kast) | G11 8x | | G10 3x (4 kast) 2 kg |
| 35 | | | | | |
| 40 | | | | | |
| 45 | G10 5x | | | | |
| 50 | J10 5x | | | | |
| 55 | J10 4x | | | | |
| Stevnet avsluttes for G/J10 (14 utøvere) | | | | | |
| 12.00 | J11 5x | J13 5x | | | |
| 05 | G11 7x | | | | |
| 10 | G12+J12 5x | | | | |
| 15 | G13 5x | | | | J11 5x (6 kast) 2 kg |
| 20 | J13 7x | | | | |
| 25 | J15 4x | G13 4x | G12+J12 4x (6 kast) | | |
| 30 | | | | G15-sen 7x | |
| 35 | | | | | |
| 40 | | | | G11-12 6x | |
| 45 | | | | J11-12 6x | |
| 50 | | | | J13 8x | |
| 55 | | | | G13-14 6x | G11 7x (6 kast) 2 kg |
| 13.00 | | | | J15 4x | |
| 05 | | | | | |
| 10 | | | | | |
| 15 | | | | | |
| 20 | | | | | |
| 25 | | | | | |
| 30 | | | | | |
| 35 | | | | | G12+J12 4x (6 kast) |
| 40 | | | | | |
| 45 | | | | | |
| 50 | | | | | |
| 55 | | | | | |
| 14.00 | | | | | J13-15 7x (6 kast) |

42 deltagere fra 12.00