

# Stórmót ÍR 1. febrúar 2015

Sunnudagur

Klukkan	Spretthlaup	Hringhlaup	Þrístökk 1	Þrístökk 2	Kúluvarp 1	Hástökk 1	Hástökk 2	Stangarstökk	Klukkan
10:00	60 m gr S13				P15	S14	P14	S16-17	10:00
10:10		2			11	17	10	10	10:10
10:20									10:20
10:30	60 m gr P13	200 m S13							10:30
10:40		1	32						10:40
10:50									10:50
11:00				P15	S15				11:00
11:10	60 m gr S14			11	18				11:10
11:20		3	200 m P13						11:20
11:30	60 m gr P14		11	Karlar		S13	S13		11:30
11:40		2	1500 m Konur 16+	P16-17		28			11:40
11:50	60 m gr S15	3+2		9+3					11:50
12:00		2	1500 m Karlar 16+		P13 Lang			Konur	12:00
12:10	60 m gr S16-17	6+5			15			5	12:10
12:20		2							12:20
12:30	60 m gr P15	200 m S14							12:30
12:40		1	24		S13				12:40
12:50	60 m gr Konur				33	P13	P15		12:50
13:00		2				9	9	P16-17	13:00
13:10	60 m gr P16-17 (1)	200 m P14	S16-17	S15				6	13:10
13:20	60 m gr P18-19 (1)		16	15	16				13:20
13:30	60 m gr Karlar								13:30
13:40		2	400 m P15						13:40
13:50			8						13:50
14:00			400 m S15			Konur	Karlar		14:00
14:10			12			7	11		14:10
14:20			800 m S14 (2)						14:20
14:30			800 m P14 (1)	S13 Lang	S13	P13			14:30
14:40			400 m Konur		41	9			14:40
14:50			8						14:50
15:00			400 m Karlar			S16-17		Karlar	15:00
15:10			17			16		8	15:10
15:20									15:20
15:30			400 m S16-17	Konur			P16-17		15:30
15:40			12	7			17		15:40
15:50			400 m P16-17						15:50
16:00			12			S15			16:00
16:10						19			16:10
16:20									16:20
16:30	Mótslok								16:30