

Tidsprogram Pepparkaksspelen 2023

Lördag den 9 december 2023 i friidrottshallen Athleticum

Senast uppdaterat: 2023-12-06, 15:13

| | 60m | 40m h/ 60m h | 800m/ 600m | Längd 2 vid kulan | Längd 3 vid höjden | Kula 1 vid 60m starten | Höjd | |
|---------|--|-----------------|---------------|--------------------------|-----------------------|------------------------------|------|---------|
| Klockan | Avprickning 45 minuter innan och upprop 15 minuter innan. | | | Upprop 15 minuter innan. | | | | Klockan |
| 09:20 | | | | | | F7 / P7 | | 09:20 |
| 10:00 | F7 - 1 | | | | | P9 | | 10:00 |
| 10:05 | P7 - 1 | | | | | | | 10:05 |
| 10:20 | F7 - A | | | | | | | 10:20 |
| 10:30 | P7 - A | | | | | | | 10:30 |
| 11:00 | | P9 - 4 | | | | | P10 | 11:00 |
| 11:15 | | F9 - 5 | | F7 / P7 | | | | 11:15 |
| 11:30 | | P9 - A-C | | | P11 | F10 | | 11:30 |
| 11:40 | | F9 - A-C | | | 2 pooler | | | 11:40 |
| 11:50 | | F11 - 2 | | | | | | 11:50 |
| 12:00 | | P10 - 2 | | | | | | 12:00 |
| 12:05 | | F10 - 3 | | | | | | 12:05 |
| 12:10 | | P11 - 2 | | F9 | | | | 12:10 |
| 12:15 | | P10 - A-C | | 2 pooler | | | | 12:15 |
| 12:20 | | P11 - A-B | | | | | | 12:20 |
| 12:25 | | F10 - A-B | | | P10 | | | 12:25 |
| 12:30 | | F11 - A-B | | | 2 pooler | | F10 | 12:30 |
| 12:45 | | | | | | P11 | | 12:45 |
| 13:00 | P9 - 8 | | | F11 | | | | 13:00 |
| 13:25 | F9 - 4 | | | 2 pooler | | | | 13:25 |
| 13:35 | P9 - A-C | | | | | | | 13:35 |
| 13:50 | F9 - A-C | | | | | | | 13:50 |
| 13:55 | F10 - 4 | | | | | F9 | F11 | 13:55 |
| 14:05 | P10 - 3 | | | | P9 | | | 14:05 |
| 14:15 | P11 - 3 | | | | 4 pooler | | | 14:15 |
| 14:25 | F10 - A-C | | | | | | | 14:25 |
| 14:40 | F11 - 4 | | | | | | | 14:40 |
| 14:50 | P10 - A-C | | | | | | | 14:50 |
| 15:00 | P11 - A-C | | | F10 | | | | 15:00 |
| 15:10 | F11 - A-C | | | 2 pooler | | P10 | | 15:10 |
| 15:20 | | 4x200m | | | | | P11 | 15:20 |
| 15:30 | | Mix F11 / P11 | | | | | | 15:30 |
| 15:45 | | Mix F10 / P10 | | | | | | 15:45 |
| 16:00 | | | | | | F11 | | 16:00 |
| 16:10 | | | P10 - 2 | | | | | 16:10 |
| 16:15 | | | F10 - 1 | | | | | 16:15 |
| 16:20 | | | P11 - 2 | | | | | 16:20 |
| 16:30 | | | F11 - 1 | | | | | 16:30 |
| Klockan | 60m | 40m h/ 60m h | 800m/ 600m | Längd 2 vid kulan | Längd 3 vid höjden | Kula 1 vid 60m starten | Höjd | Klockan |

Tidsprogram Pepparkaksspelen 2023

Söndag den 10 december 2023 i friidrottshallen Athleticum

Senast uppdaterat: 2023-12-07, 11:12

| | 60m | 60m h | 800m | Längd 1 | Längd 2 | Kula | Stav | Höjd | |
|---------|--|-------------------|---------|--------------------------|----------|----------|---------------|----------|---------|
| Klockan | Avrickning 45 minuter innan och upprop 15 minuter innan. | | | Upprop 15 minuter innan. | | | | | Klockan |
| 10:00 | | F13 - 2 | | F15 | | | | P13 | 10:00 |
| 10:10 | | F12 - 2 | | pool 1 | | | | | 10:10 |
| 10:20 | | P12 - 2 | | | F13 | F12 | | | 10:20 |
| 10:25 | | P13 - 1 | | | 2 pooler | | | | 10:25 |
| 10:30 | | F15 - 2 | | | | | | | 10:30 |
| 10:40 | | F17 - 1 | | | | | | | 10:40 |
| 10:45 | | P15 - 1 | | | | | | | 10:45 |
| 10:55 | | P17 / MS - 1 | | | | | | | 10:55 |
| 11:00 | | F12- A-B | | | | | P12 / 13 / 15 | | 11:00 |
| 11:10 | | F13 - A-B | | | | | | | 11:10 |
| 11:15 | | | | | | P15 | | P12 | 11:15 |
| 11:20 | | P12- A-B | | F15 | | | | | 11:20 |
| 11:30 | | P13 - A | | pool 2 | F12 | | | | 11:30 |
| 11:35 | | F15 - A-B | | | 2 pooler | | | | 11:35 |
| 11:45 | | F17 - A | | | | | | | 11:45 |
| 11:50 | | P15 - A | | | | | | | 11:50 |
| 11:55 | | P17 / MS - A | | | | | | F15 / KS | 11:55 |
| 12:10 | F13 - 3 | | | | | | | | 12:10 |
| 12:20 | F12 - 4 | | | | | F13 | | | 12:20 |
| 12:30 | | | | | | | | | 12:30 |
| 12:35 | P12 - 3 | | | KS | | | | | 12:35 |
| 12:45 | P15 - 4 | | | | | | | | 12:45 |
| 12:55 | P13 - 3 | | | | P12 | | | | 12:55 |
| 13:15 | F15 - 6 | | | | | | | F12 | 13:15 |
| 13:20 | | | | P15 | | | | | 13:20 |
| 13:30 | MS - 1 | | | | | F15 | | | 13:30 |
| 13:35 | KS - 1 | | | | | | | | 13:35 |
| 13:40 | F13 - A-C | | | | | | | | 13:40 |
| 13:50 | P13 - A-C | | | | | | | | 13:50 |
| 14:00 | F12 - A-C | | | | | | | | 14:00 |
| 14:10 | P12 - A-C | | | | P13 | | | | 14:10 |
| 14:20 | F15 - A-C | | | | | | | F13 | 14:20 |
| 14:30 | MS - A | | | | | P12 | F13 / 15 / KS | | 14:30 |
| 14:35 | KS - A | | | | | | | | 14:35 |
| 14:40 | P15 - A-C | 4x200m | | | | | | | 14:40 |
| 15:00 | | Mix F12 / P12 -1 | | | | | | | 15:00 |
| 15:15 | | Mix F13 / P13 - 2 | | | | | | P15 / MS | 15:15 |
| 15:30 | | | KS - 2 | MS | | P13 | | | 15:30 |
| 15:40 | | | MS - 2 | | | | | | 15:40 |
| 15:50 | | | F12 - 2 | | | | | | 15:50 |
| 16:00 | | | P12 - 2 | | | F17 / KS | | | 16:00 |
| 16:10 | | | F13 - 2 | | | | | | 16:10 |
| 16:20 | | | P13 - 1 | | | | | | 16:20 |
| | 200m | | | | | | | | |
| 16:30 | KS - 4 | | | | | P17 | | | 16:30 |
| 16:45 | MS - 4 | | | | | | | | 16:45 |
| Klockan | 60m | 60m h | 800m | Längd 1 | Längd 2 | Kula | Stav | Höjd | Klockan |