Tidsprogram DM 1/6 2019

Tid	Löpning	Höjd	Tresteg	Diskus	Kula/Vikt
10.00	110mh M/P17 (1,1)		M50/M70/K/F17 (1/1/1/1)	M/P17/P15 (1/1/2)	
.10	100mh K (1)				
.20					
.30					
.40					
.50			M/P17 (1/1)		K/F17/F15 (3,1,1)
11.00		P17/P15 (2,2)			
.10					
.20					
.30					
.40	200m M70/K70/K65/K40 (2/1/1/2)	M50/M80/K/F17/F15 (1/1/1/1/1)		K/F15 (1,1)	
.50	200m P17 (5)				
12.00	200m M/P15/F17 (2,1,2)		P15 (2)		
.10					VIKT P17/F (1,1)
.20					
.30					
.40	800m M65/M/P17 (1/1/3)				M/P17/P15 (1/1/1)
.50	800 m K/K70/K55/K40 (2/1/1/1)				
13.00					