

# TIDSPROGRAM vid VETERAN-SM i Högby 6-8 augusti 2010

| Fredagen 6 augusti |                  |                         | HÖJD      | Kula      | Diskus          |
|--------------------|------------------|-------------------------|-----------|-----------|-----------------|
| 11.00              | 400m häck (91.4) | M 35-40 (3+2)           |           |           | M 70 (12)*      |
| 11.05              | 400m häck (91.4) | M 45 (5)                |           |           | 1.o kg          |
| 11.15              | 400m häck (84.0) | M55 (1)                 |           |           |                 |
| 11.15              | 400m häck (76.2) | K 40 (1)                |           |           |                 |
| 11.30              | 300m häck (76.2) | M 60 (5)                |           | M 40 (12) | K 35-40 (3+5)** |
| 11.35              | 300m häck (76.2) | M 65 (7)                |           | 7.26 kg   |                 |
| 11.40              | 300m häck (76.2) | K 50 (2)                |           |           |                 |
| 11.50              | 300m häck (68.6) | M 70-75 (2+1)           |           |           |                 |
| 12.00              |                  |                         |           |           |                 |
| 12.10              | 100 meter Fö     | M 35 (12)               |           |           |                 |
| 12.20              | 100 meter Fö     | M 40 (11)               |           |           | M 45 (8)*       |
| 12.30              | 100 meter Fö     | M 45 (11)               |           |           | 2.o kg          |
| 12.40              | 100 meter Fi     | M 50 (6)                |           |           |                 |
| 12.45              | 100 meter Fi     | M 55 (5)                |           | M 60 (11) | K 45-50-55**    |
| 12.50              | 100 meter Fi     | M 60 (5)                |           | 5.0 kg    | (4+5+2)         |
| 13.00              | 100 meter Fö     | M 65 (14)               | M 35-40   |           | 1.o kg          |
| 13.10              | 100 meter Fi     | M 70 (5)                | (1+7)     |           |                 |
| 13.15              | 100 meter Fi     | M 75-80-90 (1+2+1)      |           |           |                 |
| 13.20              | 100 meter Fi     | K 35 (4)                |           |           |                 |
| 13.25              | 100 meter Fi     | K 40 (4)                |           |           | M 65 (10)*      |
| 13.35              | 100 meter Fö     | K 45 (7)                |           |           | 1.o kg          |
| 13.45              | 100 meter Fi     | K 50-55 (4+2)           |           |           |                 |
| 13.55              | 100 meter Fi     | K 60-65 (2+4)           |           |           |                 |
| 14.00              | 100 meter Fi     | K 70 (3)                |           | M 35 (10) | K 60-65-70-80** |
| 14.05              | 100 meter Fi     | M35                     | M 65 (10) | 7.26 kg   | (4+2+4+1)       |
| 14.10              | 100 meter Fi     | M40                     |           |           | 1.o kg          |
| 14.15              | 100 meter Fi     | M45                     |           |           |                 |
| 14.20              | 100 meter Fi     | M65                     |           |           |                 |
| 14.25              | 100 meter Fi     | K45                     |           |           |                 |
| 14.30              |                  |                         |           |           | M 50 (10)*      |
| 14.40              | 800 meter        | M 35 (12)               |           |           | 1.5 kg          |
| 14.50              | 800 meter        | M 40 (9)                |           |           |                 |
| 14.55              | 800 meter        | M 45 (9)                |           |           |                 |
| 15.00              | 800 meter        | M 50 (8)                |           | M 55 (12) |                 |
| 15.10              | 800 meter        | M 55 (3)                |           | 6.0 kg    | M 75-80-85-90** |
| 15.15              | 800 meter        | M 60 (7)                |           |           | (6+1+2+1)       |
| 15.20              | 800 meter        | M 65 (10)               |           |           | 1.o kg          |
| 15.30              | 800 meter        | M 70-75-80-85 (4+1+1+1) | M 50-55   |           |                 |
| 15.40              | 800 meter        | K 35-40-45 (2+2+5)      | (3+3)     |           | M 60 (9)*       |
| 15.50              | 800 meter        | K 50-55 (3+2)           |           |           | 1.o kg          |
| 16.00              | 800 meter        | K 60-65-70 (4+1+2)      |           |           |                 |
| 16.10              |                  |                         |           | M 45 (9)  |                 |
| 16.20              | 4x100m Stafett   | M 35+ (5)               |           | 7.26 kg   |                 |
| 16.30              | 4x100m Stafett   | K 35+ (3)               |           |           |                 |
| 16.35              |                  |                         | M 60 (6)  |           |                 |
| 16.50              | 5 000 meter      | M 35 (9)                |           |           | M 35-40 (4+7)*  |
| 17.00              |                  |                         |           | M 50 (10) | 2.o kg          |
| 17.15              | 5 000 meter      | M 40 (10)               |           | 6.o kg    |                 |
| 17.30              |                  |                         |           |           |                 |
| 17.40              | 5 000 meter      | M 45 (8)                | M 45 (4)  |           |                 |
| 18.05              | 5 000 meter      | M 50-55 (7+8)           |           |           |                 |
| 18.10              |                  |                         |           | M 65 (9)  | M 55 (8)*       |
| 18.30              | 5 000 meter      | M 60 (13)               |           | 5.o kg    | 1.5 kg          |
| 18.55              | 5 000 meter      | M 65-70-75-80 (4+3+2+2) |           |           |                 |
| 19.00              |                  |                         |           |           |                 |
| 19.25              | 5 000 meter      | K 35-40-45 (2+8+6)      |           |           | *) Gräsplanen   |
| 19.55              | 5 000 meter      | K 50, K 60 (7+3)        |           |           | **) Kastplanen  |

## Lördagen 7 augusti

|       | Löpning             |                         | Stav         | Längd         | Slägga          | Kula       |
|-------|---------------------|-------------------------|--------------|---------------|-----------------|------------|
| 09.00 | 200 meter Fö        | M 35 (15)               |              | M 55-60       | K 35-40-45 **   | M 70 (12)  |
| 09.10 |                     |                         |              | (5+4)         | (3+3+2) 4.0 kg  | 4.o kg     |
| 09.20 | 200 meter Fö        | M 40 (7)                |              |               |                 |            |
| 09.30 | 200 meter Fö        | M 65 (17)               |              |               | M 85-90 (3+1) * |            |
| 09.40 |                     |                         |              |               |                 |            |
| 09.50 | 200 meter Fö        | M 45 (10)               |              | M 65 (11)     | K 50-55 **      |            |
| 10.00 | 200 meter Fö        | M 50 (13)               |              |               | (5+3) 3.0 kg    |            |
| 10.10 | 200 meter Fö        | M 55 (7)                |              |               |                 | M 75 (6)   |
| 10.20 | 200 meter Fö        | M 70 (7)                | M 55-60      |               | M 70 (8) *      | 4.o kg     |
| 10.30 | 200 meter Final     | M 75-80 (1+2)           | M 75-80      |               | 4 kg            |            |
| 10.40 | 200 meter Final     | K 35 (3)                | (1+3+1+2)    |               |                 |            |
| 10.45 | 200 meter Final     | K 40 (4)                |              |               |                 |            |
| 10.50 | 200 meter Final     | K 45 (6)                |              |               |                 | M 80-85-90 |
| 11.00 | 200 meter Final     | K 50 (5)                |              | K 35-40-45    | K 60-65-70 **   | (2+2+2)    |
| 11.05 | 200 meter Final     | K 55-60 (3+2)           |              | (2+2+3)       | (4+3+3) 3.0kg   | 3.o kg     |
| 11.10 | 200 meter Final     | K 65 (4)                |              |               |                 |            |
| 11.15 | 200 meter Final     | K 70 (3)                |              |               |                 |            |
| 11.20 |                     |                         |              |               |                 |            |
| 11.25 | 200 meter Final     | M 60 (6)                |              |               |                 |            |
| 11.30 |                     |                         | M 35-40, K50 |               | M75 (7) *       | K35 (5)    |
| 11.40 | 1 500 meter         | M 35 (7)                | (3+4+2)      |               | 4 kg            | 4.o kg     |
| 11.50 | 1 500 meter         | M 40 (13)               |              | M 40 (10)     |                 |            |
| 12.00 | 1 500 meter         | M 45 (9)                |              |               |                 |            |
| 12.10 | 1 500 meter         | M 50 (7)                |              |               |                 | K 40 (9)   |
| 12.20 | 1 500 meter         | M 55 (6)                |              |               |                 | 4.o kg     |
| 12.30 | 1 500 meter         | M 60 (8)                |              |               | M 35-40-45 *    |            |
| 12.40 | 1 500 meter         | M 65 (8)                |              |               | (3+3+4)         |            |
| 12.50 | 1 500 meter         | M 70-75-80-85 (4+1+2+1) |              |               | 7.26 kg         |            |
| 13.00 | 1 500 meter         | K 35-40 (3+6)           | M 45-50      |               |                 |            |
| 13.10 | 1 500 meter         | K 45-50 (6+7)           | (2+2)        | K 50-60-65-80 |                 | K 50-55    |
| 13.20 | 1 500 meter         | K 55-60-65-70 (2+5+1+1) |              | (2+2+2+1)     |                 | (6+2)      |
| 13.30 |                     |                         |              |               |                 | 3.o kg     |
| 13.40 | 200 meter Final     | M 35                    |              |               |                 |            |
| 13.45 | 200 meter Final     | M 40                    |              |               |                 |            |
| 13.50 | 200 meter Final     | M 45                    |              |               |                 |            |
| 13.55 | 200 meter Final     | M 50                    |              |               |                 |            |
| 14.00 | 200 meter Final     | M 55                    |              | M 35 (5)      | M 50-55 (9+3) * | K60 (5)    |
| 14.10 | 200 meter Final     | M 65                    |              |               | 6.o kg          | 3.o kg     |
| 14.20 | 200 meter Final     | M 70                    |              |               |                 |            |
| 14.30 |                     |                         | M 65-70      |               |                 |            |
| 14.35 |                     |                         | (5+1)        |               |                 |            |
| 14.40 |                     |                         |              | M 70-75-80-85 |                 | K 65-70,80 |
| 14.45 | 3000m hinder (91.4) | M 35-40-45-50-55        |              | (2+4+2+1)     |                 | (3+3+1)    |
| 14.55 |                     | (3+4+2+1+2)             |              |               |                 |            |
| 15.00 |                     |                         |              |               |                 |            |
| 15.10 | 2000m hinder (76.2) | M 60-65-70, K40         |              |               |                 |            |
| 15.20 |                     | (1+2+1+1)               |              |               | M 60-65 (6+7) * | K 45 (6)   |
| 15.30 |                     |                         |              | M 45-50 (4+4) | 5.o kg          |            |
| 15.40 | 4x400 meter Stafett | M 35+                   |              |               |                 |            |
| 15.50 | 4x400 meter Stafett | K 35+                   |              |               |                 |            |

\*) Grusplanen

\*\*) Kastplanen

## Söndagen 8 augusti

|       | LÖPNING               |                    | Höjd        | Tresteg     | Spjut             | Vikt               |
|-------|-----------------------|--------------------|-------------|-------------|-------------------|--------------------|
| 09.00 | 110 meter häck (99.1) | M 35 (4)           | K40-45-50   | M 55-60     | M 70-75(7+5)      | M 35-40*           |
| 09.05 | 110 meter häck (99.1) | M 40-45 (3+1)      | (2+4+1)     | (5+3)       | 500 g             | (4+4)              |
| 09.15 | 100 meter häck (91.4) | M 50-55 (2+1)      |             |             |                   | 15.88 kg           |
| 09.25 | 100 meter häck (84.0) | M 60 (3)           |             |             |                   |                    |
| 09.30 | 100 meter häck (84.0) | M 65 (6)           |             |             |                   | K 35-40-45**       |
| 09.40 | 80 meter häck (76.2)  | M 70-75 (2+2)      |             |             |                   | (2+4+3)            |
| 09.45 | 80 meter häck (76.2)  | K 40-45-50 (1+2+1) |             |             |                   | 9.08 kg            |
| 09.50 | 80 meter häck (68.6)  | M 80, K65 (1+1)    | K 65-70, 80 | M 45-50     | M 35, 45 (7+4)    |                    |
| 10.00 |                       |                    | (1+2+1)     | (3+5)       | 800 g             | M 45* (5)          |
| 10.10 | 400 meter             | M 35 (15)          |             |             |                   | 15.88 kg           |
| 10.25 | 400 meter             | M 40 (8)           |             |             |                   | K 50-55** (3+3)    |
| 10.35 | 400 meter             | M 45 (10)          |             |             |                   | 7.26 kg            |
| 10.40 |                       |                    |             |             | M 40 (9)          |                    |
| 10.45 | 400 meter             | M 50 (10)          | M 70-75     |             | 800 g             | M 60* (8)          |
| 10.55 | 400 meter             | M 55 (2)           | (4+4)       |             |                   | 9.08 kg            |
| 11.00 | 400 meter             | M 60 (5)           |             |             |                   |                    |
| 11.10 | 400 meter             | M 65 (13)          |             | M 35-40     |                   | M80-85**           |
| 11.20 | 400 meter             | M 70-80 (8+1)      |             | (2+6)       |                   | (3+3), 5.45kg      |
| 11.30 | 400 meter             | K 35-40 (2+3)      |             |             | K 50-55(3+2)      |                    |
| 11.35 | 400 meter             | K 45 (5)           |             |             | 500 g             | M 65* (8)          |
| 11.40 | 400 meter             | K 50 (4)           | M 80-85     |             |                   | 9.08 kg            |
| 11.45 | 400 meter             | K 55-60 (3+3)      | (2+2)       |             |                   |                    |
| 11.50 | 400 meter             | K 65-70 (3+1)      |             |             |                   | K 60-65-70, M 90** |
| 12.00 |                       |                    |             |             | M 50-55(6+6)      | (4+3+2+1)          |
| 12.10 | 10 000 meter          | M 35-40 (8+8)      |             | K 40-45-50- | 700 g             | 5.45 kg            |
| 12.30 |                       |                    |             | -70-80      |                   |                    |
| 12.45 | 10 000 meter          | M 45 (12)          |             | (2+2+1+1+1) |                   | M 70-75*           |
| 13.00 |                       |                    |             |             | M 60 (9)          | (7+6)              |
| 13.10 |                       |                    |             |             | 600 g             | 7.26 kg            |
| 13.20 |                       |                    |             |             |                   |                    |
| 13.30 | 10 000 meter          | M 50-55 (6+5)      |             | M 70-75-85  |                   |                    |
| 13.40 |                       |                    |             | (2+2+1)     | M 65 (7)          |                    |
| 14.00 |                       |                    |             |             | 600 g             | M 50-55*           |
| 14.10 |                       |                    |             |             |                   | (5+3)              |
| 14.20 | 10 000 meter          | M60 (10)           |             |             | K 35-40-45        | 11.34 kg           |
|       |                       |                    |             |             | (3+2+5)           |                    |
|       |                       |                    |             |             | 600 g             |                    |
| 15.10 | 10 000 meter          | M 65-70-75-80,K60  |             | M 65 (5)    | M 80-85-90(1+1+1) |                    |
|       |                       | (4+2+1+1+3)        |             |             | K 60, 70 (3+3)    |                    |
|       |                       |                    |             |             | 400g              |                    |
| 15.40 |                       |                    |             |             |                   |                    |
| 16.10 | 10 000 meter          | K 35-40-45-50      |             |             | M 45 (9)          |                    |
|       |                       | (1+6+5+5)          |             |             | 800 g             | *) Gräsplanen      |
|       |                       |                    |             |             |                   | ***) Kastplanen    |