

# TIDSPROGRAM NÄRKESPELEN 6 september 2026

|       | Löpning                 | Höjd               | Stav               | Längd 1  | Längd 2  | Kula           | Diskus                 |       |
|-------|-------------------------|--------------------|--------------------|----------|----------|----------------|------------------------|-------|
| 10:00 | F15 80 m häck (6)       | F9 (11)            |                    | P10 (15) |          | P9 (23)        | M + P15 + K + F15 (13) | 10:00 |
| 10:05 | F17 100 m häck (1)      |                    |                    |          |          |                |                        | 10:05 |
| 10:10 | P12 + P13 60 m häck (3) |                    |                    |          |          |                |                        | 10:10 |
| 10:15 |                         |                    |                    |          |          |                |                        | 10:15 |
| 10:20 | F13 60 m häck (4)       |                    |                    |          |          |                |                        | 10:20 |
| 10:25 | F12 60 m häck (8)       |                    |                    |          |          |                |                        | 10:25 |
| 10:30 |                         |                    |                    |          |          |                |                        | 10:30 |
| 10:35 |                         |                    |                    |          |          |                |                        | 10:35 |
| 10:40 |                         | F10 (7)            |                    |          |          |                |                        | 10:40 |
| 10:45 | P9 60 m (31)            |                    |                    |          |          | F9 (19)        |                        | 10:45 |
| 10:50 |                         |                    |                    |          |          |                |                        | 10:50 |
| 10:55 |                         |                    |                    |          |          |                |                        | 10:55 |
| 11:00 |                         |                    | K + F15 + F13 (11) |          |          |                |                        | 11:00 |
| 11:05 | P11 60 m (15)           |                    |                    |          |          |                |                        | 11:05 |
| 11:10 |                         |                    |                    |          | P9 (31)  |                |                        | 11:10 |
| 11:15 |                         |                    |                    |          |          |                |                        | 11:15 |
| 11:20 | P12 60 m försök (8)     | F11 (9)            |                    |          |          |                | F13 + F12 (9)          | 11:20 |
| 11:25 |                         |                    |                    |          |          |                |                        | 11:25 |
| 11:30 | P13 60 m (4)            |                    |                    |          |          |                |                        | 11:30 |
| 11:35 | F10 60 m (19)           |                    |                    |          |          |                |                        | 11:35 |
| 11:40 |                         |                    |                    | P11 (14) |          | P10 (9)        |                        | 11:40 |
| 11:45 |                         |                    |                    |          |          |                |                        | 11:45 |
| 11:50 | F9 60 m (25)            |                    |                    |          |          |                |                        | 11:50 |
| 11:55 |                         | P9 (19)            |                    |          |          |                |                        | 11:55 |
| 12:00 |                         |                    |                    |          |          |                |                        | 12:00 |
| 12:05 |                         |                    |                    |          |          |                |                        | 12:05 |
| 12:10 | P10 60 m (14)           |                    |                    | F9 (24)  |          |                |                        | 12:10 |
| 12:15 |                         |                    |                    |          |          | P11 (7)        |                        | 12:15 |
| 12:20 |                         |                    |                    |          |          |                | P13 + P12 (8)          | 12:20 |
| 12:25 | F11 60 m (18)           |                    |                    |          |          |                |                        | 12:25 |
| 12:30 |                         |                    |                    |          | P13 (3)  |                |                        | 12:30 |
| 12:35 |                         |                    |                    |          |          |                |                        | 12:35 |
| 12:40 | F13 60 m försök (10)    |                    |                    |          |          |                |                        | 12:40 |
| 12:45 |                         | P10 (8)            |                    |          |          | F11 (10)       |                        | 12:45 |
| 12:50 | F12 60 m försök (11)    |                    |                    |          |          |                |                        | 12:50 |
| 12:55 |                         |                    |                    |          |          |                |                        | 12:55 |
| 13:00 | P15 80 m (3)            |                    | M + P15 + P13 (8)  |          | F13 (10) |                |                        | 13:00 |
| 13:05 | F15 80 m försök (15)    |                    |                    |          |          |                |                        | 13:05 |
| 13:10 |                         |                    |                    |          |          |                |                        | 13:10 |
| 13:15 |                         | P11 (8)            |                    |          |          | F10 (12)       |                        | 13:15 |
| 13:20 | M 100 m försök (10)     |                    |                    |          |          |                |                        | 13:20 |
| 13:25 |                         |                    |                    | F11 (14) |          |                |                        | 13:25 |
| 13:30 | K + KVet 100 m (3)      |                    |                    |          |          |                |                        | 13:30 |
| 13:35 |                         |                    |                    |          |          |                |                        | 13:35 |
| 13:40 | P12 60 m final          |                    |                    |          |          |                |                        | 13:40 |
| 13:45 | F13 60 m final          |                    |                    |          |          |                |                        | 13:45 |
| 13:50 | F12 60 m final          | M + P13 + P12 (11) |                    |          |          |                |                        | 13:50 |
| 13:55 |                         |                    |                    |          |          |                |                        | 13:55 |
| 14:00 | F15 80 m final          |                    |                    | F10 (18) |          | F13 + F12 (14) |                        | 14:00 |
| 14:05 |                         |                    |                    |          |          |                |                        | 14:05 |
| 14:10 | M 100 m Final           |                    |                    |          |          |                |                        | 14:10 |
| 14:15 |                         |                    |                    |          | F15 (15) |                |                        | 14:15 |
| 14:20 | P9 400 m (25)           |                    |                    |          |          |                |                        | 14:20 |
| 14:25 |                         |                    |                    |          |          |                |                        | 14:25 |
| 14:30 |                         |                    |                    |          |          |                |                        | 14:30 |
| 14:35 | F9 400 m (16)           |                    |                    |          |          |                |                        | 14:35 |
| 14:40 |                         | K + F13 + F12 (15) |                    |          |          |                |                        | 14:40 |
| 14:45 | M 3000 m (9)            |                    |                    |          |          |                |                        | 14:45 |
| 14:50 |                         |                    |                    |          |          | P13 + P12 (5)  |                        | 14:50 |

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|-------|---------------------------|--|----------|------------------|------------------------|--|--|-------|
| 14:55 |                           |  |          |                  |                        |  |  | 14:55 |
| 15:00 | P11 200 m (12)            |  |          |                  |                        |  |  | 15:00 |
| 15:05 |                           |  |          |                  |                        |  |  | 15:05 |
| 15:10 | F11 200 m (10)            |  |          |                  |                        |  |  | 15:10 |
| 15:15 |                           |  | F12 (12) | M + P15 + K (10) |                        |  |  | 15:15 |
| 15:20 | P13 200 m (4)             |  |          |                  |                        |  |  | 15:20 |
| 15:25 | F13 200 m (6)             |  |          |                  |                        |  |  | 15:25 |
| 15:30 | P12 200 m (3)             |  |          |                  |                        |  |  | 15:30 |
| 15:35 | F12 200 m (6)             |  |          |                  |                        |  |  | 15:35 |
| 15:40 |                           |  |          |                  |                        |  |  | 15:40 |
| 15:45 | P10 600 m (6)             |  |          |                  |                        |  |  | 15:45 |
| 15:50 | P11 600 m (7)             |  | P12 (9)  |                  | M + K + P15 + F15 (11) |  |  | 15:50 |
| 15:55 | F10 + F11 600 m (7)       |  |          |                  |                        |  |  | 15:55 |
| 16:00 |                           |  |          |                  |                        |  |  | 16:00 |
| 16:05 | P15 300 m (2)             |  |          |                  |                        |  |  | 16:05 |
| 16:10 | F15 300 m (7)             |  |          |                  |                        |  |  | 16:10 |
| 16:15 |                           |  |          |                  |                        |  |  | 16:15 |
| 16:20 |                           |  |          |                  |                        |  |  | 16:20 |
| 16:25 | P15 + P13 + P12 800 m (6) |  |          |                  |                        |  |  | 16:25 |
| 16:30 |                           |  |          |                  |                        |  |  | 16:30 |
| 16:35 | F15 + F13 800 m (6)       |  |          |                  |                        |  |  | 16:35 |
| 16:40 |                           |  |          |                  |                        |  |  | 16:40 |

