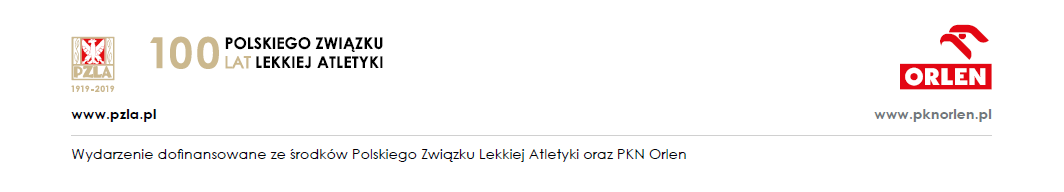
|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Program minutowy 11.09.2021**  **Mistrzostwa Okręgu Ldk** | | | | | |
|  | | | | | |
|  |  |  |  |  |  |
|  | **biegi** | **skoki** | | **rzuty** | |
|  |  | **w dal** | **wzwyż** | **kula** | **piłeczka** |
| 10.30 | 60m U12 K (5) | U14 K (A) U14 M (B) |  | U 14 M | U12 K (A) U12 M (B) |
| 11.00 | 60m U12 M (3) |  |  |  |
| 11.15 | 60m U14 K (4) |  |  |
| 11.35 | 60m U14 M (3) |  | U 14 K |  |
| 12.00 | 600m U12 K (1) | U12 K (A) U12 M (B) | U 14 K + M |  | U14 K (A) U14 M (B) |
| 12.10 | 600m U12 M (1) |  |  |  |
| 12.20 | 600m U14 K (2) |  |  |
| 12.35 | 1000m U14 M (1) |  |  |
| 12.45 | 300m U12 K (3) |  |  |
| 12.55 | 300m U12 M (2) |  |  |
| 13.05 | 300m U14 K (5) |  |  |
| 13.25 | 300m U14 M (2) |  |  |
|  |  |  |  |  |  |
| skok wzwyż, wysokości: 110, 115, 120 i dalej co 5cm | | | | | |
| w skoku w dal , dwie skocznie A i B | | | | | |
| w rzucie piłeczką palantową, dwie rzutnie A i B | | | | | |
| w biegach wszystkie serie na czas , bez finałów | | | | | |
| **Program minutowy może ulec korekcie** | | | | | |



Organizator