

Tidsprogram IDM Bohuslän-Dal (B) och Västergötland (V) 12 jan 2019

| | 60m häck | Stav | Längd 2 | Längd 1 | Kula |
|--------------|--------------------------|--------------------------|----------------|----------------|---------------|
| 10.00 | F13 B, F13 V 6+4 | | P11 (17+8) | Mvet, Kvet 5+1 | P13, P15 6+4 |
| 10.15 | P13 B | | | | |
| 10.20 | F15 V fö (ev fi) | | | | |
| 10.30 | F15 B | Alla klasser (8 hoppare) | | | |
| 10.40 | F17 (1+2), P15 (2) | | | F15 B (11) | |
| 10.45 | | | | | F13 B,V 15+8 |
| 10.50 | P17, M(P19), Mvet(1+1+1) | | | | |
| 11.00 | F15 V final | | | | |
| | 60m försök | | | | |
| 11.06 | F11 B,V fi-4 heat | | | | |
| 11.22 | P11 B,V fi-3 heat | | F11 (11+9) | F15 V (14) | |
| 11.34 | P13 B | | | | |
| 11.42 | Män B | | | | |
| 11.50 | P17 B (ev fi) | | | | P11 (12) |
| 11.54 | F13 B,V 5 heat | | | | |
| 12.14 | F15 B,V 4 heat | | | P15 B,V 7+1 | |
| | 60m finaler | | | | |
| 12.34 | P13 B,V | | | | F11 (8) |
| 12.42 | F17 B,V 3+5 | | | | |
| 12.50 | K, Kvet B 4+4 | | P13 (12+4) | | |
| 12.58 | Mvet B,V 6+6 | | | K, F17 2+13 | |
| 13.05 | P17 B (ev) | | | | M,K,P17 5+4+2 |
| 13.08 | P15 B (6) | | | | |
| 13.12 | P15 V, P17 V 2+1 | | | | |
| 13.16 | Män B,V 6+4 | | | | |
| 13.23 | F13 B,V | | | | |
| 13.30 | F15 B,V | | | | |
| | | | | | |

| | 600 meter | Höjd 1 | Höjd 2 | Längd 1 | Kula |
|--------------|------------------------|--------------------------|------------------------|----------------|------------------|
| 13.50 | F11 8+5 | F13 V (10) | | | |
| 14.00 | P11 8+5 | | P13, M70-85, Kvet (10) | M, P17 5+4 | |
| | 800 meter | | | | |
| 14.10 | K, Kvet 4+4 | | | | F15, F17 13+2 |
| 14.20 | M, Mvet 3+8 | | | | |
| | 200 meter | | | | |
| 14.30 | F13 B (3 heat) | | | | |
| 14.42 | P15 (3 heat) | | | | |
| 14.55 | F17 (2 heat) | | Mvet 35-65 (7) | | |
| 15.00 | | M, P17, P15, K, F17 (10) | | F13 B (24) | M70-85, Kvet 5+5 |
| 15.03 | P17 (3 heat) | | | | |
| 15.15 | F13 V (3 heat) | | | | |
| 15.25 | P13 (5 heat) | | | | |
| 15.45 | F15 (5 heat) | | | | M35-M65 (11) |
| 16.05 | K, Kvet (3 heat) | | | | |
| 16.15 | Mvet (3 heat) | | | F13 V (18) | |
| 16.25 | M (2 heat) | F15 (12) | F13 B (10) | | |
| | 800 meter | | | | Vikt |
| 16.35 | P13 5+5 | | | | M, K, Kvet 4+2+5 |
| | 1000 meter | | | | |
| 16.45 | F15, F17 8+3 | | | | |
| 16.55 | P15, P17 5+4 | | | | |
| | 800 meter | | | | |
| 17.10 | F13 B,V 10+5 | | | | |
| | 3000 meter | | | | |
| 17.25 | M (10) | | | | Mvet (10) |
| 17.50 | Mvet, K, Kvet (13+1+1) | | | | |

| | P11 | P13 | P15 | P17 | M | Mvet | F11 | F13 | F15 | F17 | K | Kvet |
|--------------|------------|------------|------------|------------|----------|-------------|------------|------------|------------|------------|----------|-------------|
| 13.50 | | | | | | | 600m | höjd V | | | | |
| 14.00 | 600m | höjd | | längd | längd | höjd M70-85 | | | | | | höjd |
| | | | | | | | | | | | | |
| 14.10 | | | | | | | | | kula | kula | 800m | 800m |
| 14.20 | | | | | 800m | 800m | | | | | | |
| | | | | | | | | | | | | |
| 14.30 | | | | | | | | 200m B | | | | |
| 14.42 | | | 200m | | | | | | | | | |
| 14.55 | | | | | | höjd M35-65 | | | | 200m | | |
| 15.00 | | | höjd | höjd | höjd | kula M70-85 | | längd B | | höjd | höjd | kula |
| 15.03 | | | | 200m | | | | | | | | |
| 15.15 | | | | | | | | 200m V | | | | |
| 15.25 | | 200m | | | | | | | | | | |
| 15.45 | | | | | | kula M35-65 | | | 200m | | | |
| 16.05 | | | | | | | | | | | 200m | 200m |
| 16.15 | | | | | | 200m | | längd V | | | | |
| 16.25 | | | | | 200m | | | höjd B | höjd | | | |
| | | | | | | | | | | | | |
| 16.35 | | 800m | | | | vikt | | | | | vikt | vikt |
| | | | | | | | | | | | | |
| 16.45 | | | | | | | | | 1000m | 1000m | | |
| 16.55 | | | 1000m | 1000m | | | | | | | | |
| | | | | | | | | | | | | |
| 17.10 | | | | | | | | 800m | | | | |
| | | | | | | | | | | | | |
| 17.25 | | | | | 3000m | vikt | | | | | | |
| 17.40 | | | | | | 3000m | | | | | 3000m | 3000m |