**PROGRAM MINUTOWY**

**14.09.2019 – KROSNO**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **11.30** |  **80 m ppł K** | **w dal –dz - strefa** | **kula - K** | **młot- K + M** |
| **11.45** | **110 m ppł M** |  |  |  |
| **12.00** | **600 m K – 2006 i mł** | **w dal –chł - strefa** |  |  |
| **12.05** | **600 m M – 2006 i mł** |  |  |  |
| **12.10** | **600 m K – 2004/5**  |  |  |  |
| **12.15** | **600 m M – 2004/5**  |  | **kula - M** | **dysk- K** |
| **12.25** | **100 m K – 2004/5** |  |  |  |
| **12.40** | **100 m K – 2003 +** | **w dal - K** |  |  |
| **12.50** | **100 m M - 2004/5** |  |  |  |
| **13.00** | **100 m M – 2003 +** |  |  | **dysk- M** |
| **13.15** | **200 m ppł K -2004/5** |  |  |  |
| **13.20** | **200 m ppł M- 2004/5** | **w dal - M** |  |  |
| **13.30** | **1000 m K -2004/5** |  |  |  |
| **13.35** | **1000 m M -2004/5** |  |  |  |
| **14.00** | **1500 m K** |  |  | **oszczep -K** |
| **14.10** | **1500 m M** | **Wzwyż K + M** |  |  |
| **14.15** | **300 m K-2006 i mł** |  |  |  |
| **14.20** | **300 m M -2004/5** |  |  |  |
| **14.30** | **300 m K -2004/5** |  |  |  |
| **14.40** | **300 m M -2004/5** |  |  | **oszczep -M** |
| **14.50** | **400 m K** |  |  |  |
| **14.55** | **400 m M** |  |  |  |
| **15.00** | **800 m K** |  |  |  |
| **15.05** | **800 m M** |  |  |  |
| **15.15** | **4 x 100 m K** |  |  |  |
| **15.20** | **4 x 100 m M** |  |  |  |