

Øvelser →		60m	200m	400m	600m	800m	2000m	3000m	60m hekk	Lengde	Tresteg	Høyde	Stav	Kule
Klasser		LØSPØVELSER								TEKNISKE ØVELSER				
Kvinner	Senior	✓	✓	✓	✓	✓	☐	✓	✓	✓	✓	✓	✓	✓
Menn	Senior	✓	✓	✓	✓	✓	☐	✓	✓	✓	✓	✓	✓	✓
Jenter	17	✓	✓	✓	✓	✓	☐	✓	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	✓	✓	✓	☐	✓	✓	✓	✓	✓	✓	✓
Jenter	16	✓	✓	✓	✓	✓	☐	✓	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	✓	✓	✓	☐	✓	✓	✓	✓	✓	✓	✓
Jenter	15	✓	✓	✓	✓	✓	☐	☐	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	✓	✓	✓	☐	☐	✓	✓	✓	✓	✓	✓
Jenter	14	✓	✓	✓	✓	✓	☐	☐	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	✓	✓	✓	☐	☐	✓	✓	✓	✓	✓	✓
Jenter	13	✓	✓	☐	✓	☐	☐	☐	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	☐	✓	☐	☐	☐	✓	✓	✓	✓	✓	✓
Jenter	12	✓	✓	☐	✓	☐	☐	☐	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	☐	✓	☐	☐	☐	✓	✓	✓	✓	✓	✓
Jenter	11	✓	✓	☐	✓	☐	☐	☐	✓	✓	✓	✓	✓	✓
Gutter		✓	✓	☐	✓	☐	☐	☐	✓	✓	✓	✓	✓	✓
Jenter	10	✓	✓	☐	✓	☐	☐	☐	✓	✓	☐	✓	☐	✓
Gutter		✓	✓	☐	✓	☐	☐	☐	✓	✓	☐	✓	☐	✓
Jenter	8-9	✓	☐	☐	☐	☐	☐	☐	☐	✓	☐	☐	☐	✓
Gutter		✓	☐	☐	☐	☐	☐	☐	☐	✓	☐	☐	☐	✓