

8:00 rozgrzewka

09:00 OpenM Test Coopera

09:40 U10K bieg 255m

09:50 U10M bieg 255m

10:10 U12 K Bieg 600m

10:15 U12 M Bieg 600m

10:20 U14K Bieg 600m

10:25 U14M Bieg 600m

10:35 U16K Bieg 600m

10:40 U16M Bieg 600m

11:30 U10 5X50

12:00 U16 4x255

12:30 U14 4X255

13:00 U12 4x255

13:45 U10K 60m 4 serie

13:50 U10M 60m 2serie

14:00 U12K 60m 4 serie

14:15 U12M 60m 3 serie

14:25 U14 K 60m 5 serii

14:40 U14 M 60m 6 serii

15:00 U16 K 60m 1 seria

15:05 U16 M 60m 2 serie

09:00 U16 K Skok w dal

09:15 U16 M

09:45 U14K

10:45 U14M

11:00 U16 K Rzut pp

11:10 U16 M

11:45 U12K Skok w dal

11:40 U14 K

12:05 U14M

12:30 U12M

12:40 U12K

12:50 U12M

13:15 U10K

13:25 U10M