	PÄIVITETTY: Aikataulu Sisuhuipentuma 31.7.2022									
	Juoksut	Korkeus	Seiväs	3-loikka P2	pituus P1	Kuula	Kiekko	Keihäs	Moukari	
10:00	P 11 60m aj	T 12	P10,11	T 15 3-loikka	P 15	P10/11	T 9	P 9	P12/13	10:00
10:15	P 10 60m aj									10:15
10:25	T 11 60m aj									10:25
10:35	T 10 60m aj									10:35
11:00	P 13 60m aj			T 11 3-loikka						11:00
11:15	P 12 60 m aj						T 10/11			11:15
11:30	T 13 60m aj	T 13	P 12/13/15		P12/13	T 9			P 15	11:30
11:35								T 15		11:35
11:40	T 12 60m aj									11:40
12:20	T 15 80m aj	T 11								12:20
12:30				T 10 3-loikka	P 9				T 11	12:30
12:50	P 15 100m aj									12:50
13:05							P 12/13			13:05
13:15		T 15								13:15
13:20	P 13 200m					T 12/13		P10/11		13:20
13:30	T 13 200m									13:30
13:45	P 12 200m								T 10/ P9	13:45
14:05	T 12 200m			T 12/13 3-loikka	P 10/11					14:05
14:15	T 9 1000m	T 9								14:15
14:25	P 9 1000m									14:25
14:45	T 15 300 m					T 15	P 15	T 12/13		14:45
14:55	P 15 300m									14:55
15:00		T 10								15:00
15:10	T 15 2000m									15:10
15:35	P 15 2000m									15:35