

PROGRAM MINUTOWY OSTATECZNY

Halowe zawody ogólnopolskie Lekkoatletyka dla Każdego! 2025 Spała, 15.11.2025 r.

wersja 12.11.2025

| Godzina | BIEGI | | SKOKI | | RZUTY | Godzina |
|--------------|---------------------------|----------------|--------------|--------------|------------------|--------------|
| | Prosta | Okrężna | Skok w dal | Skok wzwyż | | |
| 10:00 | | 1000ch U12 Dz | | | | 10:00 |
| 10:15 | | 1000ch U12 Chł | | | | 10:15 |
| 10:30 | | 1000ch U14 Dz | | | | 10:30 |
| 10:40 | | 1000ch U14 Chł | | | | 10:40 |
| 10:50 | Ceremonia otwarcia | | | | | 10:50 |
| 11:00 | 60p M 1 | | Skok w dal K | | Pchnięcie kulą K | 11:00 |
| 11:03 | 60p M 2 | | | | | 11:03 |
| 11:10 | 60 M 1 | | | | | 11:10 |
| 11:13 | 60 M 2 | | | | | 11:13 |
| 11:16 | 60 M 3 | | | | | 11:16 |
| 11:19 | 60 M 4 | | | | | 11:19 |
| 11:25 | 60 K 1 | | | Skok wzwyż M | | 11:25 |
| 11:28 | 60 K 2 | | | | | 11:28 |
| 11:31 | 60 K 3 | | | | | 11:31 |
| 11:34 | 60 K 4 | | | | | 11:34 |
| 11:37 | 60 K 5 | | | | | 11:37 |
| 11:50 | 60p K 1 | | | | | 11:50 |
| 11:53 | 60p K 2 | | | | | 11:53 |
| 11:56 | 60p K 3 | | | | | 11:56 |
| 11:59 | 60p K 4 | | | | | 11:59 |
| 12:02 | 60p K 5 | | | | | 12:02 |
| 12:10 | 60 M Finał | | | | | 12:10 |
| 12:13 | 60 K Finał | | | | | 12:13 |
| 12:25 | 60p M Finał | | | | | 12:25 |
| 12:35 | 60p K Finał | | | | | 12:35 |
| 12:42 | | 200 M 1 | | | | 12:42 |
| 12:45 | | 200 M 2 | | | | 12:45 |
| 12:48 | | 200 M 3 | | | | 12:48 |
| 12:51 | | 200 M 4 | | | | 12:51 |
| 12:54 | | 200 M 5 | | | | 12:54 |
| 12:57 | | 200 M 6 | | | | 12:57 |
| 13:00 | | 200 M 7 | | | | 13:00 |

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|----------------------------|--|-----------|--------------|--------------|------------------|-------|
| 13:03 | | 200 M 8 | | | | 13:03 |
| 13:06 | | 200 M 9 | | | | 13:06 |
| 13:09 | | 200 M 10 | | | | 13:09 |
| 13:12 | | 200 M 11 | | | | 13:12 |
| 13:20 | | 200 K 1 | | | Pchnięcie kulą M | 13:20 |
| 13:23 | | 200 K 2 | | | | 13:23 |
| 13:26 | | 200 K 3 | | | | 13:26 |
| 13:29 | | 200 K 4 | | | | 13:29 |
| 13:32 | | 200 K 5 | | | | 13:32 |
| 13:35 | | 200 K 6 | Skok w dal M | Skok wzwyż K | | 13:35 |
| 13:38 | | 200 K 7 | | | | 13:38 |
| 13:41 | | 200 K 8 | | | | 13:41 |
| 13:44 | | 200 K 9 | | | | 13:44 |
| 13:47 | | 200 K 10 | | | | 13:47 |
| 13:50 | | 200 K 11 | | | | 13:50 |
| 13:53 | | 200 K 12 | | | | 13:53 |
| 13:56 | | 200 K 13 | | | | 13:56 |
| 14:05 | | 600 K 1 | | | | 14:05 |
| 14:09 | | 600 K 2 | | | | 14:09 |
| 14:13 | | 600 K 3 | | | | 14:13 |
| 14:17 | | 600 K 4 | | | | 14:17 |
| 14:25 | | 600 M 1 | | | | 14:25 |
| 14:29 | | 600 M 2 | | | | 14:29 |
| 14:33 | | 600 M 3 | | | | 14:33 |
| 14:37 | | 600 M 4 | | | | 14:37 |
| 14:41 | | 600 M 5 | | | | 14:41 |
| 14:50 | | 1000p K 1 | | | | 14:50 |
| 14:55 | | 1000p K 2 | | | | 14:55 |
| 15:00 | | 1000p K 3 | | | | 15:00 |
| 15:05 | | 1000p K 4 | | | | 15:05 |
| 15:10 | | 1000p M 1 | | | | 15:10 |
| 15:15 | | 1000p M 2 | | | | 15:15 |
| 15:20 | | 1000p M 3 | | | | 15:20 |
| 15:25 | | 1000p M 4 | | | | 15:25 |
| 15:30 | | 1000p M 5 | | | | 15:30 |
| 15:45 | | 6x200 MIX | | | | 15:45 |
| ZAKOŃCZENIE ZAWODÓW | | | | | | |