

Stadion Gitterli, Liestal



	U10M	U12M	U14M	U16M	U18M	U20M	MAN	U10W	U12W	U14W	U16W	U18W	U20W	WOM
12:00								6 x frei						
12:05	6 x frei													
12:10									6 x frei					
12:20		6 x frei												
12:30										5 x frei				
12:45			5 x frei											
12:55								3 x 600m						
13:10	3 x 600m													
13:25									3 x 600m					
13:40		3 x 600m												
13:55										3 x 1000m				
14:10			3 x 1000m											
14:30											5 x 80m			
14:45				5 x 80m										
14:50												4 x 100m		
14:55						4 x 100m								
15:00														4 x 100m
15:15											3 x 1000m			
15:30				3 x 1000m										
15:45														Américaine
16:00							Américaine							