

Tidsprogram IFK Göteborg Friidrott Klubbmästerskap 2022

| | 60m | Längd 1 | Längd 2 | Längd 3 | Längd 4 | Kula 1 | Kula 2 | Kula 3 | Prisutdel. | |
|-------|---|---------|---------|---------|---------|---------|--------|-----------|------------|-------|
| 15:45 | Samling alla aktiva i förlängda löpargången | | | | | | | | | 15:45 |
| 16:00 | Gemensam uppvärmning som leds av våra äldre aktiva | | | | | | | | | 16:00 |
| | IFK-ramsan!! | | | | | | | | | |
| 16:30 | Smäsyskon | | | | | | | | | 16:30 |
| 16:35 | P13/P14 | | | | | | | | | 16:35 |
| 16:40 | F13/F14 | | P10 | F12 | P8 | M/K/Vet | F10 | F8 | | 16:40 |
| 16:45 | | | | | | | | | | 16:45 |
| 16:50 | FP11 (2011) | P13/P14 | | | | | | | | 16:50 |
| 16:55 | | | | | | | | | | 16:55 |
| 17:00 | P9 (2013) | | | | | | | | | 17:00 |
| 17:05 | | | | | | | | | | 17:05 |
| 17:10 | F9 (2013) | | | | | | | | | 17:10 |
| 17:15 | P12 (2010) | | | | | | | | | 17:15 |
| 17:20 | F12 (2010) | | | | | | | | | 17:20 |
| 17:25 | | | | | | F13/F14 | | | | 17:25 |
| 17:30 | P10 (2012) | | | P9 | | | F9 | P/F11 | | 17:30 |
| 17:35 | F10 (2012) | P12 | | | | | | | | 17:35 |
| 17:40 | | | | | | | | | | 17:40 |
| 17:45 | P8 (2014) | | | | | | | | | 17:45 |
| 17:50 | F8 (2014) | | | | | | | | | 17:50 |
| 17:55 | | | | | | | | | | 17:55 |
| 18:00 | K/M/Vet | | | | | | | | | 18:00 |
| 18:05 | UTMARKELSER | | | | | | | | | 18:05 |
| 18:10 | SM/GM-medaljörer, Sverigestatistikettor, Klubbrekordtagare under säsong 21/22 | | | | | | | | | 18:10 |
| 18:15 | | | | | | | | | | 18:15 |
| 18:20 | | | | | | | | | | 18:20 |
| 18:25 | | | F10 | F9 | F8 | P10 | P9 | P8 | | 18:25 |
| 18:30 | | | | | | | | | | 18:30 |
| 18:35 | | K/M/Vet | | | | | | | | 18:35 |
| 18:40 | | | | | | | | | | 18:40 |
| 18:45 | | | | | | | | | | 18:45 |
| 18:50 | | | | | | | | | | 18:50 |
| 18:55 | | | | | | | | | | 18:55 |
| 19:00 | | | | | | | | | | 19:00 |
| 19:05 | | | | | | | | | | 19:05 |
| 19:10 | | | | | | | | | | 19:10 |
| 19:15 | | F13/F14 | | | P/F11 | P13/P14 | P12 | F12 | F/P 8 | 19:15 |
| 19:20 | | | | | | | | | | |
| 19:25 | | | | | | | | | | 19:25 |
| 19:30 | P10 (2012) | | | | | | | | F/P 9 | 19:30 |
| 19:35 | | | | | | | | | | 19:35 |
| 19:40 | F10 (2012) | | | | | | | | | 19:40 |
| 19:45 | | | | | | | | | | 19:45 |
| 19:50 | | | | | | | | | | 19:50 |
| 19:55 | | | | | | | | | F/P 10 | 19:55 |
| 20:00 | P/F11 (2011) | | | | | | | | | 20:00 |
| 20:05 | | | | | | | | | 20:05 | |
| 20:10 | | | | | | | | | 20:10 | |
| 20:15 | F12 (2010) | | | | | | | P/F 11 | 20:15 | |
| 20:20 | | | | | | | | | 20:20 | |
| 20:25 | P12 (2010) | | | | | | | | 20:25 | |
| 20:30 | | | | | | | | | 20:30 | |
| 20:35 | P13/P14 | | | | | | | | 20:35 | |
| 20:40 | F13/F14 | | | | | | | P/F 12 | 20:40 | |
| 20:45 | | | | | | | | | 20:45 | |
| 20:50 | K/M/Vet | | | | | | | | 20:50 | |
| 20:55 | | | | | | | | | 20:55 | |
| 21:00 | | | | | | | | P/F 13/14 | 21:00 | |
| 21:05 | | | | | | | | | 21:05 | |
| 21:10 | | | | | | | | | 21:10 | |
| 21:15 | | | | | | | | K/M/Vet | 21:15 | |