

## Vintertreningstider 2018-19

Gjelder fra mandag 5. november og ut mars 2019 (inkl innetreningene).

Lagnavn er de som gjelder i 2019. Dvs G2012 = G7, G2009 = G10, J2006 = J13 etc.

### Banefordeling Fjellsdalen

|       | Mandag                  |              | Tirsdag  |     | Onsdag     |              | Torsdag |     | Fredag     |                  |
|-------|-------------------------|--------------|----------|-----|------------|--------------|---------|-----|------------|------------------|
|       | A                       | B            | A        | B   | A          | B            | A       | B   | A          | B                |
| 16:00 |                         |              |          |     |            |              |         |     |            |                  |
| 17:00 | G13                     | J14<br>16:30 | G7<br>J7 | J8  | J12<br>J10 | J13          | G13     | G8  | (J15)      | G15<br>1630-1730 |
| 18:00 | J9<br>J11               | J15          | G12      | G11 | G10        | J14          | G9      |     | G10<br>J10 | (G16)            |
| 19:00 | Damer/J17<br>Til 20:30  | G15          | G14      | G14 | G15        | J15<br>(J17) | G14     | G14 |            |                  |
| 20:00 | Herrer/G19<br>Fra 20:30 | G16          |          |     | G16        | Damer        | Herrer  | G19 |            |                  |

### Innetider skoler

|       | Mandag | Tirsdag | Onsdag | Torsdag |       | Fredag |       |
|-------|--------|---------|--------|---------|-------|--------|-------|
|       |        | Løvvås  |        | Løvvås  | Sælen | Sælen  | Ortun |
| 17:00 |        |         |        | J14     |       | J9     |       |
| 18:00 |        |         |        | J11     |       | J15    |       |
| 19:00 |        | J12     |        |         | G12   | G14    | G9    |
| 20:00 |        | J13     |        |         | G16   |        |       |

### Opptelling

|                     |                    |                                          |                                      |
|---------------------|--------------------|------------------------------------------|--------------------------------------|
| G7 Tirs 17          | J7 Tirs 17         | G13 Man 17 Tors 17                       | J13 Tirs 20 Ons 17                   |
| G8 Tors 17          | J8 Tirs 17         | G14 Tirs 19 Tors 19 Fre 19               | J14 Man 17 Ons 18 Tors 17            |
| G9 Tors 18 Fre 19   | J9 Man 17 Fre 17   | G15 Man 19 Ons 19                        | J15 Man 18 Ons 19 Fre 17/18          |
| G10 Ons 18          | J10 Ons 17 Fre 18  | G16 Man 20:30 Ons 20 Tors 20             | J17 Man 19 (Ons 19)                  |
| G11 Tirs 18         | J11 Man 18 Tors 18 | G19 Man 20:30 Tors 20                    | Damer Man 19 Ons 20<br>VH Tors 16:30 |
| G12 Tirs 18 Tors 19 | J12 Tirs 19 Ons 17 | Herrer Man 20:30 Tors 20<br>VH Ons 20:30 |                                      |