

Kamp og treningsplan Remyra kunstgress

UKE	Tidspunkt	Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag	
18		29.04.2024	30.04.2024	01.05.2024	02.05.2024	03.05.2024	04.05.2024	05.05.2024	
	1600-1630 1630-1700		G14 G14		G16 G16			1)	
	1700-1730 1730-1800	G2015 J11 G11 G2015 J11 G11	J2015 J12 2017 J2015 J12 2017	G2015 G11 G2015 G11	J13 2016 J13 2016	G10 J12 G12 G10 J12 G12		G10 J13 G10 J13	
	1800-1830 1830-1900	G2015 J11 G11 G10_3 - Aasguten (1830) J14	J2015 J12 2017 J13_2 - Verdal/Vinne (1830) J12	G2015 G11 J12 G12	J13 2016 G12	G10 J12 G12 G10 J12 G12		G10 J13 J14/J17 J10 G12	
	1900-1930 1930-2000	J13 - Nessegutten (1830) G10_3 - Aasguten (1830) J14	J13_2 - Verdal/Vinne (1830) J12	J12 - Tangmoen/Stjørdals-Blink (1830) J12 G12	G12 G11_2 - Aasguten (1830) G11_3 - Malvik (1830)	G10 J12 G12 G10 J12 G12		J14/J17 J10 G12 J14/J17 J10 G12	
	2000-2030 2030-2100 2100-2130 2130-2200	Herrer - Kattem (2000)	J17 - Vestbyen/Nationalkameratene (2000)	G19 G19 G19	Herrer J17 Herrer J17 Herrer J17			G19 G19 G19	
	19		06.05.2024	07.05.2024	08.05.2024	09.05.2024	10.05.2024	11.05.2024	12.05.2024
		1600-1630 1630-1700				G16 G16	G11 G11		1)
		1700-1730 1730-1800	G2015 J11 G10 G2015 J11 G10	J2015 J12 2017 J2015 J12 2017	G10 G2015 J12 G10 G2015 J12	G12 - Varden Meråker (1700) 2016 2016	G10 J12 G12 G10 J12 G12		G10 J13 G10 J13
		1800-1830 1830-1900	G2015 J11 G10 J14 G10_2 - Kolstad (1830) G11 - Selbu (1830)	J2015 J12 2017 J14 - Aasguten (1830)	G10 G2015 J12 G14 J10 - Heimdal (1830) G11_2 - Sverre (1830)	G14 G14_2 - Malvik 3 / Hommelvik 3 (1830)	G10 J12 G12 G10 J12 G12		G10 J13 J14/J17 J10 G12
1900-1930 1930-2000		J14 J14	J14 - Aasguten (1830)	G14 G14	G14_2 - Malvik 3 / Hommelvik 3 (1830)	J15 - Utleira (1830)		J14/J17 J10 G12 J14/J17 J10 G12	
2000-2030 2030-2100 2100-2130 2130-2200		J15 G16 J15 G16 J15 G16	G16 - Hegra (2000)	G19 G19 G19	G19 - Varden Meråker (2000)				
20			13.05.2024	14.05.2024	15.05.2024	16.05.2024	17.05.2024	18.05.2024	19.05.2024
		1600-1630 1630-1700				G16 G16			1)
		1700-1730 1730-1800	G11 J11 G2015 G11 J11 G2015	J2015 J12 2017 J2015 J12 2017	G2015 G10 G2015 G10	J13 2016 J13 2016	G10 J12 G12 G10 J12 G12		G10 J13 G10 J13
		1800-1830 1830-1900	G11 J11 G2015 J13 - Egge (1830) G10_3 - Stjørdals-Blink 2 (1830) J14	J2015 J12 2017 J13_2 - Selbu (1830) G11_3 - Tangmoen/Fram (1830) G10	G2015 G10 G10_2 - Lånke 2 (1830) J12 G14	J13 2016 G11 G12 - Hegra (1830)	G10 J12 G12 G10 J12 G12		G10 J13 J14/J17 J10 G12
	1900-1930 1930-2000	J14 J14	J13_2 - Selbu (1830)	J12 G14 J12 G14	G11 G12 - Hegra (1830)	J15 - Utleira (1830)		J14/J17 J10 G12 J14/J17 J10 G12	
	2000-2030 2030-2100 2100-2130 2130-2200	J15 G16 J15 G16 J15 G16		G19 G19 G19	Herrer J17 Herrer J17 Herrer J17				
	21		20.05.2024	21.05.2024	22.05.2024	23.05.2024	24.05.2024	25.05.2024	26.05.2024
		1600-1630 1630-1700				G16 G16		2)	3)
		1700-1730 1730-1800	G12 - Kolstad(1700) J11 G11_2 - T.moen / Fram 2 (1700) J11	J2015 J12 2017 J2015 J12 2017	G2015 G11 J12 G2015 G11 J12	J12 - Skjelstadmark/Hegra (1700) 2016 2016	G10 G11 J12 G12 G10 G11 J12 G12		G10 J13 G10 J13
		1800-1830 1830-1900	G11 J11 G2015 G14 G10_3 - Hom.vik 2 (1830) G10_2 - Heimdal (1830)	J2015 J12 2017 J14 - Varden Meråker (1830)	G2015 G11 J12 G10 G10_2 - Lånke 2 (1830) J12 G14	J13 2016 G11 G12 - Hegra (1830)	G10 J12 G12 G10 J12 G12		G10 J13 J14/J17 J10 G12
1900-1930 1930-2000		J14 J14	J14 - Varden Meråker (1830)	J12 G14 J12 G14	J14_2 - Utleira (1830)	J11 - Sverre 2 (1830)		J14/J17 J10 G12 J14/J17 J10 G12	
2000-2030 2030-2100 2100-2130 2130-2200		J15 G16 J15 G16 J15 G16	G16 - Neset/Aasguten (2000)	Herrer - Malvik 2 / Hommelvik 2 (2000)	G19 - Neset/Aasguten (2000)			G19 G19 G19	

Oppdatert: 02.05.2024, Ulf Kristian Aaring

Grå = kamp
Gul = utleie
Hvit = trening

A1	A2	B1	B2
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A2	B2
A1	B1

Tribune Tribune

1) Trening G19 kl 1200
2) Dallfårecup 2016
3) Dallfårecup 2015
4)