Helsinki Triathlon ry

Ohjatut uintivuorot

Versio 1.0.3

ti 1. – to 1. 5065

Uimakoulu 50 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
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11:00							UO-05
11:30							UO-02
12:00							UO-13
12:30							UO, 16
13:00							
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20:45							
21:00							
21:15							

ti 1. – to 1. 5065

Jaksomäki 25 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00						UO-14 ja UO-13	
12:30						UO, 14 ja UO, 13	
13:00						UO-13	
13:30						UO-13	
14:00						UO-13	
14:30						UO-03	
15:00							
15:30							
16:00	UO-02						
16:30	UO, 02						
17:00				UO-20			
17:15				UO-20			
17:30				UO-20			
17:45				UO-20			
18:00							
18:15							
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18:45							
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20:15							
20:30							
20:45							
21:00							
21:15							

ti 1. – to 1. 5065

Jaksomäki 25 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00						UO-9	
10:30						UO, 19	
11:00						UO-03	
11:30						UO-03	
12:00						UO-14 ja UO-13	
12:30						UO, 14 ja UO, 13	
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00	UO-04						
17:15	UO-02						
17:30	UO-02						
17:45	UO-02						
18:00					UO-20		
18:15					UO-20		
18:30					UO-20		
18:45					UO-20		
19:00					UO-02		
19:15					UO-02		
19:30					UO-02		
19:45					UO-02		
20:00							
20:15							
20:30							
20:45							
21:00							
21:15							

ti 1. – to 1. 5065

Maimo, 25 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
7:00							
7:30							
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17:45							
18:00							
18:15							
18:30						UO-10	
18:45						UO-10	
19:00						UO-10	
19:15						UO-10	
19:30						UO-12	
19:45						UO-12	
20:00						UO-12	
20:15						UO-12	
20:30							
20:45							
21:00							
21:15							

ti 1. – to 1. 5065

Mikkelintörkne, 25 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
7:00							
7:30							
8:00							
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12:30							
13:00						UO-04	
13:30						UO-04	
14:00							
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15:00							
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18:45							
19:00							
19:15							
19:30							
19:45							
20:00				UO-01			
20:15				UO-01			
20:30				UO-01			
20:45				UO-01			
21:00				UO-01			
21:15				UO-01			

ti 1. – to 1. 5064

Pitkäuida, 25 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
7:00	UO-10						
7:30	UO-10						
8:00	UO-10						
8:30							
9:00							
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15:30							
16:00							
16:30							
17:00				UO-07			
17:15				UO-07			
17:30				UO-07			
17:45				UO-07			
18:00				UO-08			
18:15				UO-08			
18:30				UO-08			
18:45				UO-08			
19:00				UO-08			
19:15				UO-08			
19:30							
19:45							
20:00							
20:15		UO-16					
20:30		UO-16					
20:45		UO-16					
21:00							
21:15							

ti 1. – to 1. 5065

Vuosiuinti, 25 m rata

Kello	Ma	Ti	Ke	To	Pe	La	Su
6:00							
6:30							
7:00		UO-13		UO-10			
7:30		UO-18		UO-10			
8:00							
8:30							
9:00							
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19:00							
19:15							
19:30							
19:45							
20:00		UO-16					
20:15		UO-16					
20:30		UO-16					
20:45		UO-16					
21:00							
21:15							

Tunnus	Radat, kal	Ohjaaja	Buhmä	Huom!
UO-01	2	Johanna Kara	Taso 2	
				touko&kuusta mis ti rata
UO-02	2	Sebastian Damberg	Taso 1	ia to 1 rata
UO, 03	1	Ellen Mattila	Lihaksen muotoon triathlonkoulu	
UO-04	1	Pihla Rantala	Taso 3	
UO-05				
UO-06	1	Pihla Rantala	Taso 2	
UO-07	2	Krista Terämaa	Taso 4	
UO-08	2	Krista Terämaa	Taso 4	
UO-09	2	Merla Alvarsens. Yan Bussel ilMeria oarittomat vilkot. Yan oarilliset vilkoti	Pitkän matkan triathlonkoulut	
UO-10	2	Kim Hartia	Taso 2	
UO-11	2	Pihla Steffen	Taso 2	
UO-12	2	Krista Terämaa	Taso 3	
UO-13	1	Kim Hartia	Juniorien vanhemmat	
UO, 14	1	Kim Hartia	Juniorinuiksi	
UO-15	2	Pihla Steffen	Taso 1	
UO-16	2	Pihla Steffen	Taso 3	
UO-18	2	Kim Hartia	Taso 2	
UO-19	2	Yan Bussel. N/A Yitan oarittomat vilkot. N/A oarilliset vilkoti	Pitkän matkan triathlonkoulu / teknisiikkakurssit	
UO-20	1	Sebastian Damberre	Taso 3	