Laufabend am Freitag, den 23.August 2019

Zeit	Männer/ U23	MJ U20	MJ U18	Frauen/ U23	WJ U23	WJ U18	MJ U16	WJ U16	MJ U14	WJ U14	MK U12	WK U12
17:00	100 m	100 m	100 m									
17:15				100 m	100 m	100 m						
17:30									75 m	75 m		
17:45											50 m	50 m
18:00												
18:15							300m	300m				
18:30	200m	200m	200m									
18:45				200m	200m	200m						
19:00												
19:15									800m		800m	
19:30										800m		800m
19:45	800m	800m	800m				800m					
20:00				800m	800m	800m		800m				
20:15												
20:30	Meile (1500m)			Meile (1500m)								
20:45												
21:00	Fun Staffel											
21:15												