

**Baden-Württ. Seniorenmeisterschaften  
11./12. Juni 2016  
Essingen**

**Samstag, 11 Juni**

W 30/35	W 40/45	W 50/55	W 60/65	W 70/75+	ZEIT	M 30/35	M 40/45	M 50/55	M 60/65	M 70/75	M 80+
					11:00	Diskus	Diskus	Kugel	Speer		
					11:10						(80m Hü)
			80m Hü		11:20						
Hoch	Hoch	Hoch	Hoch		11:30					80m Hü	
		80m Hü			11:40						
	80m Hü				11:50						
					12:00				100m Hü		
100m Hü					12:10					Weit	Weit
					12:15	Speer	Speer	Diskus		Kugel	
					12:20			100m Hü			
				(Hoch)	12:30	110m Hü	110m Hü				
					12:40						
					12:50					300m Hü	
			(300m Hü)		13:00				Weit		
					13:10	Kugel			300m Hü		
		300m Hü			13:20				Diskus M60		
400m Hü	400m Hü				13:30						
					13:40			400m Hü			
					13:45						Speer
					13:50	(400m Hü)	400m Hü				
					14:00		Kugel	Weit			
1500m	1500m	1500m	1500m	1500m	14:10						
					14:20				Diskus M65		
Drei	Drei	(Drei)	(Drei)	(Drei)	14:30	1500m	1500m				
					14:40			1500m	1500m		
					14:50					1500m	1500m
400m	400m	400m			15:00						
			400m	400m	15:10	400m		Speer			
					15:20		400m			Diskus	
					15:30			400m			Kugel
					15:40	Weit	Weit				
					15:50				400m		
					16:00					400m	400m
3000m	3000m	3000m	3000m	(3000m)	16:10						
					16:20				Kugel		
					16:30						
					16:40						
					16:50						
					17:00					Speer	Diskus
					17:10				5000m	5000m	5000m
					17:20						
					17:30						
					17:40	5000m	5000m	5000m			
					17:50						
					18:00						
					18:10						
					18:20						
					18:30						
					18:40						
					18:50						
					19:00						

**Baden-Württ. Seniorenmeisterschaften  
11./12. Juni 2016  
Essingen**

**Sonntag, 12. Juni**

W 30/35	W 40/45	W 50/55	W 60/65	W 70/75+	ZEIT	M 30/35	M 40/45	M 50/55	M 60/65	M 70/75	M 80+
Diskus	Diskus	Kugel		100m VL	<b>10:00</b>						
			100m VL		<b>10:05</b>						
		100m VL			<b>10:10</b>						
	100m VL				<b>10:15</b>						
100m VL					<b>10:20</b>						
					<b>10:30</b>			Hoch			
(100m E)	100m E	(100m E)	(100m E)	(100m E)	<b>10:40</b>						
					<b>10:50</b>	100m VL					
			Speer	Speer	<b>11:00</b>		100m VL				
			Weit	Weit	<b>11:10</b>			100m VL			
					<b>11:20</b>				100m VL		
Kugel	Kugel	Diskus			<b>11:30</b>					100m VL	
					<b>11:40</b>						100m VL
					<b>11:50</b>	(100m E)	100m E				
					<b>12:00</b>			100m E	(100m E)		
Weit	Weit				<b>12:10</b>	Hoch	Hoch			(100m E)	(100m E)
800m	800m	800m	800m	800m	<b>12:20</b>						
Stab	(Stab)	(Stab)	(Stab)	(Stab)	<b>12:30</b>	Stab	Stab	Stab	Stab	Stab	(Stab)
					<b>12:40</b>	200m					
					<b>12:50</b>		200m				
		Speer	Diskus	Diskus	<b>13:00</b>			200m			
					<b>13:10</b>				200m		
					<b>13:20</b>				Hoch	200m	
					<b>13:30</b>						200m
					<b>13:40</b>						
					<b>13:50</b>						
Speer	Speer			200m	<b>14:00</b>						
			200m		<b>14:10</b>						
		200m			<b>14:20</b>	Drei	Drei	Drei	Drei	Drei	(Drei)
		Weit	Kugel	Kugel	<b>14:30</b>						
	200m				<b>14:40</b>						
					<b>14:50</b>						
200m					<b>15:00</b>					Hoch	Hoch
					<b>15:10</b>						
					<b>15:20</b>	800m	800m				
					<b>15:30</b>			800m			
					<b>15:40</b>				800m	800m	800m
					<b>15:50</b>						
4x100m	4x100m	4x100m	(4x100m)	4x100m	<b>16:00</b>						
					<b>16:10</b>						
					<b>16:20</b>	(4x100m)	4x100m	(4x100m)	(4x100m)	(4x100m)	(4x100m)
					<b>16:30</b>						
					<b>16:40</b>						
					<b>16:50</b>						
					<b>17:00</b>						