



Sonntag	Männer	Frauen	MJ U20	WJ U20	M15	M14	W15	W14	Sonntag
10:00								Speer	10:00
10:30							300mH F		10:30
10:40	Hammer		Hammer		300mH F				10:40
10:45		Drei							10:45
10:50				400m H F					10:50
10:55		400m H ZEL							10:55
11:05			400m H F						11:05
11:10	400m H ZEL								11:10
11:25						Speer			11:25
11:30				200m VL					11:30
11:45		200m VL							11:45
11:50		Hammer							11:50
12:00			Stabhoch						12:00
12:05			200m VL				Drei		12:05
12:20	200m VL								12:20
12:35							Speer		12:35
12:50				200m F BA					12:50
13:00		200m F BA		Hammer					13:00
13:10			200m F BA						13:10
13:30	200m F BA				Speer				13:30
13:35		Stabhoch		Stabhoch					13:35
13:40				Drei				80mH VL	13:40
14:05							80mH VL		14:05
14:15					Hammer	Hammer			14:15
14:25						80mH VL			14:25
14:30		Speer							14:30
14:35					80mH VL				14:35
14:45				100mH VL					14:45
14:55		100mH VL							14:55
15:05			110mH F						15:05
15:10	110mH F								15:10
15:15	Drei		Drei		Drei				15:15
15:20								80mH F BA	15:20
15:25									15:25
15:30							80mH F		15:30
15:40			Speer	Speer		80mH F			15:40
15:45					80mH F		Hammer	Hammer	15:45
15:55				100mH F					15:55
16:00	Stabhoch	100mH F							16:00
16:05			110mH Einlage						16:05
16:10	110mH Einlage								16:10
16:20								800m ZEL	16:20
16:35							800m ZEL		16:35
16:40	Speer								16:40
16:45					800m F	800m F			16:45
16:50				1500m F					16:50
16:55		1500m ZEL							16:55
17:05			1500m F						17:05
17:10	1500m ZEL								17:10
17:20	Bahngehen 3.000m (WJU18, M15, M14, W15, W14) + 5.000m (M, MU23, MJU20, MJU18)								17:20