

	M/Sen.	MJ U20	MJ U18	F/Sen.	WJ U20	WJ U18	M11	M10	W11	W10	
09:00											09:00
09:10					Vereinsgespräch						09:10
09:20											09:20
09:30	110m H ZL	110m H ZL	110m H ZL	Speer	Speer	Speer	Weit I	Weit II	Ball I	Ball II	09:30
09:40											09:40
09:50					100m H ZL	100m H ZL					09:50
10:00											10:00
10:10											10:10
10:20										50m ZL	10:20
10:30											10:30
10:40	Speer	Speer	Speer	Weit	Weit	Weit					10:40
10:50									50m ZL		10:50
11:00											11:00
11:10								50m ZL			11:10
11:20	Hoch	Hoch	Hoch								11:20
11:30							50 m ZL				11:30
11:40											11:40
11:50											11:50
12:00				100m ZL	100 m ZL	100m ZL					12:00
12:10							Ball I	Ball II	Weit I	Weit II	12:10
12:20	100m ZL	100m ZL	100m ZL	Hoch	Hoch	Hoch					12:20
12:30											12:30
12:40											12:40
12:50											12:50
13:00							4x50m ZL				13:00
13:10											13:10
13:20									4x50m ZL		13:20
13:30	Weit	Weit	Weit								13:30
13:40				200m ZL	200m ZL	200m ZL					13:40
13:50	200m ZL	200m ZL	200m ZL								13:50
14:00							800m ZL				14:00
14:10	Kugel	Kugel	Kugel	Diskus	Diskus	Diskus +WU16					14:10
14:20								800m ZL			14:20
14:30									800m ZL		14:30
14:40											14:40
14:50										800m ZL	14:50

	M/Sen.	MJ U20	MJ U18	F/Sen.	WJ U20	WJ U18	M11	M10	W11	W10	
15:00											15:00
15:10	4x100m ZL	4x100m ZL	4x100m ZL	4x100m ZL	4x100m ZL	4x100m ZL					15:10
15:20											15:20
15:30	Diskus	Diskus	Diskus +MU16	Kugel	Kugel	Kugel					15:30
15:40											15:40
15:50	400m ZL	400m ZL	400m ZL	400m ZL	400m ZL	400m ZL					15:50
16:00											16:00
16:10											16:10
16:20											16:20
16:30											16:30
16:40											16:40
16:50											16:50
17:00											17:00
Hochsprung 1,35m -1,55m + 5cm, danach + 3 cm				Hochsprung 1,25m -1,45m + 5cm, danach + 3 cm							