

Zeit	W12 (Jg. 2014)	M12 (Jg. 2014)	W13 (Jg. 2013)	M13 (Jg. 2013)	W14 (Jg. 2012)	M14 (Jg. 2012)	W15 (Jg. 2011)	M15 (Jg. 2011)	WU18 (Jg. 10/09)	MU18 (Jg. 10/09)	WU20 (Jg. 08/07)	MU20 (Jg. 08/07)	Zeit
09:00	Eröffnung												09:00
09:30	75m V		Kugel I (2kg)	Kugel II (3kg)	Speer I (500g)	Speer II (600g)	Hoch I	Hoch II	Weit I	Weit II	Weit I	Weit I	09:30
09:45		75m V											09:45
09:55			75m V										09:55
10:05				75m V									10:05
10:10													10:10
10:20					100m V								10:20
10:30	Hoch I	Hoch II	Weit I	Weit II		100m V			Speer I (500g)	Speer II (700g)	Speer I (600g)	Speer I (800g)	10:30
10:40					Kugel I (3kg)	Kugel II (4kg)	100m V						10:40
10:50								100m V					10:50
11:00									100m V				11:00
11:10										100m V			11:10
11:20					100m E	100m E							11:20
11:30			Ball I (200g)	Ball II (200g)			100m E	100m E					11:30
11:40					Hoch I	Hoch II	Weit I	Weit II	100m E	100m E	100m E	100m E	11:40
11:50													11:50
12:00	75m E	75m E											12:00
12:10	Ball I (200g)	Ball II (200g)	75m E	75m E									12:10
12:20													12:20
12:30									4 x 100m*	4 x 100m**	4 x 100m*	4 x 100m**	12:30
12:45					4 x 100m*	4 x 100m**	4 x 100m*	4 x 100m**					12:45
12:50									Hoch I	Hoch II	Hoch I	Hoch II	12:50
13:00		4 x 75m**		4 x 75m**	Weit I	Weit II	Kugel I (3kg)	Kugel II (4kg)					13:00
13:15	4 x 75m*		4 x 75m*										13:15
13:30													13:30
13:45													13:45
14:00			Hoch I	Hoch II			Speer I (500g)	Speer II (600g)	Kugel I (3kg)	Kugel II (5kg)	Kugel I (4kg)	Kugel I (6kg)	14:00
14:10	Weit I	Weit II			800m								14:10
14:20						800m							14:20
14:30							800m						14:30
14:40								800m					14:40
14:50									800m		800m	800m	14:50
15:00										800m			15:00
15:10			800m										15:10
15:20				800m									15:20
15:30		800m											15:30
15:40	800m												15:40
ca. 15:45	Abschluss												ca. 15:45

* Alle w laufen eine gemeinsame Staffel

Absprung vom Brett!!

** Alle m laufen eine gemeinsame Staffel