

Rahmenzeitplan

Samstag

	Männer	M U23	MJ U20	MJ U18	MJ U18	M15	M14		Frauen	W U23	WJ U20	WJ U18		W15	W14		
	10-K	10-K	5-K/10-K	5-K/10-K	5-K/10-K	9-K	9-K		7-K	7-K	4-K/7-K	4-K/7-K		7-K	7-K		
	Riege 1	Riege 2	Riege 3	Riege 4	Riege 5	Riege 6	Riege 7		Riege 11	Riege 12	Riege 13	Riege 14	Riege 15	Riege 16	Riege 17	Riege 18	
11:30	100m	100m						11:30									11:30
11:40			100m					11:40									11:40
11:50				100m	100m			11:50									11:50
12:00	Weit 1	Weit 2						12:00									12:00
12:10			Weit 3			100m	100m	12:10									12:10
12:20								12:20			100m H						12:20
12:30								12:30				100m H					12:30
12:40								12:40					100m H				12:40
12:50				Weit 1	Weit 2	Weit 3	Weit 3	12:50			Hoch 3						12:50
13:00								13:00				Hoch 2					13:00
13:10	Kugel 1	Kugel 1	Kugel 2					13:10					Hoch 1				13:10
13:20								13:20									13:20
13:30								13:30									13:30
13:40								13:40									13:40
13:50								13:50							80m H	80m H	13:50
14:00								14:00						80m H			14:00
14:10								14:10									14:10
14:20								14:20		100m H							14:20
14:30				Kugel 1	Kugel 2	Diskus	Diskus	14:30						Weit 2	Weit 3	Speer 1	14:30
14:40								14:40									14:40
14:50								14:50	100m H								14:50
15:00								15:00									15:00
15:10								15:10									15:10
15:20								15:20		Hoch 2							15:20
15:30								15:30	Hoch 1								15:30
15:40	Hoch 3	Hoch 3	Hoch 3					15:40				Kugel 1					15:40
15:50								15:50					Kugel 2				15:50
16:00								16:00									16:00
16:10								16:10									16:10
16:20								16:20									16:20
16:30								16:30						Speer 2	Speer 1	Weit 3	16:30
16:40						Stab 1	Stab 2	16:40									16:40
16:50								16:50									16:50
17:00								17:00									17:00
17:10				Hoch 1	Hoch 2			17:10									17:10
17:20								17:20	Kugel 1	Kugel 1	Kugel 2						17:20
17:30								17:30									17:30
17:40								17:40				100m	100m				17:40
17:50								17:50									17:50
18:00								18:00								100m	18:00
18:10								18:10							100m		18:10
18:20	400m	400m						18:20									18:20
18:30			400m					18:30									18:30
18:40								18:40						100m			18:40
18:50								18:50									18:50
19:00				400m	400m			19:00									19:00
19:10								19:10									19:10
19:20								19:20		200m							19:20
19:30								19:30	200m								19:30
19:40								19:40			200m						19:40
19:50								19:50									19:50
20:00								20:00									20:00
TN	7	8	9	17	18	7	8		10	13	23	20	20	21	14	14	

Rahmenzeitplan

Sonntag

	Männer	M U23	MJ U20	MJ U18	MJ U18	M15	M14		Frauen	W U23	WJ U20	WJ U18		W15	W14		
	10-K	10-K	10-K	10-K	10-K	9-K	9-K		7-K	7-K	7-K	7-K		7-K	7-K		
	Riege 1	Riege 2	Riege 3	Riege 4	Riege 5	Riege 6	Riege 7		Riege 11	Riege 12	Riege 13	Riege 14	Riege 15	Riege 16	Riege 17	Riege 18	
09:00				Diskus	Diskus			09:00	Weit 1	Weit 1	Weit 2	Weit 3	Speer 1				09:00
09:10								09:10									09:10
09:20								09:20									09:20
09:30								09:30									09:30
09:40								09:40									09:40
09:50						80m H		09:50									09:50
10:00							80m H	10:00						Kugel 2	Hoch 2	Hoch 3	10:00
10:10								10:10									10:10
10:20								10:20									10:20
10:30			110m H					10:30	Speer 3	Speer 3		Speer 1	Weit 3				10:30
10:40						Kugel 1	Kugel 1	10:40									10:40
10:50								10:50									10:50
11:00								11:00									11:00
11:10			Diskus	110m H	110m H			11:10									11:10
11:20								11:20						Hoch1			11:20
11:30	110m H	110m H		Stab 1	Stab 2			11:30									11:30
11:40								11:40									11:40
11:50								11:50									11:50
12:00								12:00			Speer 1				Kugel 1	Kugel 2	12:00
12:10								12:10									12:10
12:20								12:20									12:20
12:30								12:30				800m	800m				12:30
12:40	Diskus	Diskus						12:40									12:40
12:50								12:50	800m								12:50
13:00								13:00		800m							13:00
13:10								13:10									13:10
13:20								13:20									13:20
13:30								13:30									13:30
13:40			Stab 1					13:40							800m	800m	13:40
13:50								13:50									13:50
14:00								14:00						800m			14:00
14:10	Stab 2	Stab 2		Speer 1	Speer 2	Speer 3	Speer 3	14:10									14:10
14:20								14:20			800m						14:20
14:30								14:30									14:30
14:40								14:40									14:40
14:50								14:50									14:50
15:00								15:00									15:00
15:10								15:10									15:10
15:20								15:20									15:20
15:30								15:30									15:30
15:40			Speer 2					15:40									15:40
15:50							1000m	15:50									15:50
16:00						1000m		16:00									16:00
16:10				1500m	1500m			16:10									16:10
16:20								16:20									16:20
16:30	Speer 1	Speer 1						16:30									16:30
16:40								16:40									16:40
16:50								16:50									16:50
17:00								17:00									17:00
17:10			1500m					17:10									17:10
17:20								17:20									17:20
17:30								17:30									17:30
18:00	1500m	1500m						18:00									18:00
TN	7	8	9	14	14	7	8		10	13	23	20	20	21	14	14	