

Rahmenzeitplan nach Meldeschluss

Samstag

	Männer	M U23	MJ U20	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	9-K	9-K		4-K/7-K	7-K	7-K	4-K/7-K	7-K	7-K	7-K	7-K		
	Riege 1	Riege 2	Riege 3	Riege 4	Riege 5	Riege 6		Riege 11	Riege 12	Riege 13	Riege 14	Riege 15	Riege 16	Riege 17	Riege 18	Riege 19	
11:30	100m	100m															11:30
11:40				100m													11:40
11:50			100m														11:50
12:00	Weit 1	Weit 2			100m	100m											12:00
12:10																	12:10
12:20											100m H	100m H					12:20
12:30								100m H									12:30
12:40																	12:40
12:50				Weit 2	Weit 3	Weit 3					Hoch 2						12:50
13:00								Hoch 3			Hoch 2	Hoch 1					13:00
13:10			Weit 1														13:10
13:20	Kugel 1	Kugel 1															13:20
13:30															80m H	80m H	13:30
13:40																	13:40
13:50													80m H	80m H			13:50
14:00																	14:00
14:10																	14:10
14:20									100m H								14:20
14:30			Kugel 1	Kugel 2	Diskus	Diskus							Weit 1	Weit 2	Weit 3	Speer 1	14:30
14:40																	14:40
14:50									100m H								14:50
15:00																	15:00
15:10																	15:10
15:20									Hoch 2								15:20
15:30										Hoch 1							15:30
15:40	Hoch 3	Hoch 3									Kugel 1						15:40
15:50												Kugel 2	Speer 2		Speer 1		15:50
16:00																	16:00
16:10																	16:10
16:20																Weit 3	16:20
16:30																	16:30
16:40					Stab 1	Stab 2											16:40
16:50																	16:50
17:00														Speer 2			17:00
17:10			Hoch 1	Hoch 2													17:10
17:20								Kugel 2	Kugel 1	Kugel 1							17:20
17:30											100m	100m					17:30
17:40																	17:40
17:50															100m	100m	17:50
18:00																	18:00
18:10													100m	100m			18:10
18:20																	18:20
18:30	400m	400m															18:30
18:40																	18:40
18:50								200m									18:50
19:00																	19:00
19:10									200m								19:10
19:20										200m							19:20
19:30				400m													19:30
19:40			400m														19:40
19:50																	19:50
20:00																	20:00
TN	17	7	21	18	10	8		18	15	10	22	18	18	15	19	17	

Rahmenzeitplan nach Meldeschluss

Sonntag

	Männer	M U23	MJ U20	MJ U18	M15	M14		Frauen	W U23	WJ U20	WJ U18	W15	W14			
	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 11	Riege 12	Riege 13	Riege 14	Riege 15	Riege 16	Riege 17	Riege 18	Riege 19
09:00				Diskus			09:00	Weit 1			Speer 1					09:00
09:10							09:10									09:10
09:20							09:20									09:20
09:30							09:30		Weit 2							09:30
09:40							09:40			Weit 3						09:40
09:50							09:50					Speer 2			Hoch 1	Hoch 2
10:00							10:00						Kugel 1	Kugel 2		10:00
10:10			110m H				10:10									10:10
10:20				110m H			10:20	Speer 1								10:20
10:30					80m H		10:30				Weit 3					10:30
10:40						80m H	10:40									10:40
10:50							10:50									10:50
11:00				Diskus	Stab 1+2		11:00									11:00
11:10						Hoch 3	Hoch 3	11:10								11:10
11:20							11:20									11:20
11:30							11:30									11:30
11:40		110m H					11:40		Speer 1				Hoch 1	Hoch 2	Kugel 1	Kugel 2
11:50							11:50					Weit 3				11:50
12:00							12:00									12:00
12:10							12:10									12:10
12:20		Diskus					12:20									12:20
12:30	110m H						12:30									12:30
12:40			Stab 1+2				12:40									12:40
12:50							12:50	800m		Speer 1						12:50
13:00							13:00		800m							13:00
13:10	Diskus				Kugel 1	Kugel 2	13:10									13:10
13:20							13:20				800m	800m				13:20
13:30							13:30									13:30
13:40							13:40								800m	800m
13:50							13:50									13:50
14:00				Speer 1			14:00						800m	800m		14:00
14:10					Speer 2	Speer 2	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	Stab 1+2	Stab 1+2					15:00									15:00
15:10							15:10									15:10
15:20							15:20									15:20
15:30			Speer 2				15:30									15:30
15:40						1000m	15:40									15:40
15:50					1000m		15:50									15:50
16:00				1500m			16:00									16:00
16:10							16:10									16:10
16:20							16:20									16:20
16:30							16:30									16:30
16:40							16:40									16:40
16:50							16:50									16:50
17:00							17:00									17:00
17:10							17:10									17:10
17:20			1500m				17:20									17:20
17:30	Speer 1	Speer 2					17:30									17:30
17:40							17:40									17:40
17:50							17:50									17:50
18:00							18:00									18:00
18:10							18:10									18:10
18:20							18:20									18:20
18:30		1500m					18:30									18:30
18:40	1500m						18:40									18:40
18:50							18:50									18:50
TN	17	7	18	16	10	8		18	15	18	20	19	17	16	18	18