

Zeitplan Aschheimer Mehrkampftag 21. April 2018



Jahrg.	Läufe	U16M		U16W		U14M		U14W			U12M			U12W			U10M		U10W		Jahrg.	
		M15/14	W15/14	M13	W13	M12	W12	M11	W11	M10	W10	M9	W9	M8	W8	M7	W7	M6	W6			
Riege		17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Riege			
		4-K	4-K	4-K	4-K	4-K	4-K	4-K	3-K	3-K	3-K	3-K	3-K	3-K	3-K	3-K	3-K	3-K				
10:00	4x50 W							Ball 2	Weit 2	Weit 1				4 x 50 m	4 x 50 m	4 x 50 m					10:00	
10:10	4x50 M																				10:10	
10:20	4x50 W			Hoch2	Hoch 1						4 x 50 m	4 x 50 m									10:20	
10:30	4x50 M																				10:30	
10:40	4x75 W								4 x 75 m	4 x 75 m	4 x 75 m										10:40	
10:50	4x75 W																				10:50	
11:00	4x75 W													Weit 2	Weit 1	Ball 2	Ball 1				11:00	
11:10	40m W																				11:10	
11:20	40m W								Siegerehrung											40m	40m	11:20
11:30	40m W																					11:30
11:40	40m M								Hoch 1		Ball 1									40m	40m	11:40
11:50	4x75 M																					11:50
12:00	4x75 M			4 x 75 m	4 x 75 m																	12:00
12:10																						12:10
12:20	50m W	Weit 1 (Wind)																				12:20
12:30	50m W																					12:30
12:40	50m W										Ball 1											12:40
12:50	50m M																					12:50
13:00	50m M																					13:00
13:10	50m M																					13:10
13:20		Hoch 2	Kugel T2																			13:20
13:30	75m W																					13:30
13:40	75m W																					13:40
13:50	75m W																					13:50
14:00	75m M																					14:00
14:10	75m M																					14:10
14:20																						14:20
14:30																						14:30
14:40		100m	100m																			14:40
14:50																						14:50
15:00																						15:00
15:10																						15:10
15:20		Kugel T1																				15:20
15:30	800m																					15:30
15:40	800m																					15:40
15:50	800m																					15:50
16:00	800m																					16:00
16:10	800m																					16:10
16:20	800m																					16:20
16:30																						16:30
16:40																						16:40
16:50																						16:50
17:00	800m																					17:00
17:10	800m																					17:10
17:20	800m	800m	800m	800m	800m	800m	800m	800m														17:20
17:30																						17:30
17:40																						17:40

Anfangshöhe Hochsprung M U14 (Schüler B) 1,10cm Steigerung um 3 cm
 Anfangshöhe Hochsprung W U14 (Schülerinnen B) 1,00cm Steigerung um 3 cm
 Anfangshöhe Hochsprung M U16 (Schüler A) 1,30cm Steigerung um 3 cm
 Anfangshöhe Hochsprung W U16 (Schülerinnen A) 1,20cm Steigerung um 3 cm