

| Zeit | W13 | W 12 | M 13 | M 12 |
|-------------|---------------|-------------|---------------|----------------|
| 10:00 | 4 x 75 m | | | |
| 10:20 | | | 4 x 75 m | |
| 10:40 | 60 m H. | | Hoch 1 | Weit 1/2 |
| 11:00 | | 60 m H. | | |
| 11:15 | Speer | | 60 m H. | |
| 11:30 | | Kugel | Diskus | 60 m H. |
| 11:50 | 75 m V | | | Hoch 1 |
| 12:10 | | 75 m V | | Speer |
| 12:30 | Weit 1/2 | | 75 m V | |
| 12:50 | | Diskus | | 75 m V |
| 13:10 | 75 m E | Hoch 1 | Kugel | |
| 13:20 | | 75 m E | | |
| 13:30 | | | 75 m E | |
| 13:50 | Diskus | Weit 1/2 | Speer | 75 m E |
| 14:50 | Hoch1 | | | 800 m |
| 15:00 | Stab Kugel | Stab | Stab 800 m | Stab Diskus |
| 15:10 | | 800 m | | |
| 15:20 | 800 m | Speer | Weit 1/2 | |
| 15:30 | 2 000 m | 2 000 m | 2 000 m | 2 000 m |
| 16:00 | | | | Kugel |