

Zeit	M10	M11	W10	W11	M12	M13	W12	W13
10:00	50m	50m					Speer	Speer
10:15			50m	50m				
10:30	Ball1	Ball2			60m Hürden	60m Hürden		
10:45			Weit1	Weit2	Kugel	Kugel	60m Hürden	60m Hürden
11:00							Hoch	Hoch
11:15								
11:30	50m E	50m E			Speer	Speer		
11:45	Weit1	Weit2						
12:00			50m E	50m E				
12:15			Ball1	Ball2	75m	75m		
12:30							75m	75m
12:45					Hoch	Hoch		
13:00	800m	800m					Weit 1	Weit 2
13:15			800m	800m				
13:30								
13:45								
14:00								
14:15					75m E	75m E	75m E	75m E
14:30					Weit 1	Weit 2	Kugel	Kugel
14:45								
15:00								
15:15							Diskus	Diskus
15:30								
15:45					Diskus	Diskus		
16:00								
16:15					4x75m	4x75m	4x75m	4x75m
16:30								
16:45					800m	800m		
17:00							800m	800m
17:30					2000m	2000m		
17:45							2000m	2000m