

Zeit	M10	M11	W10	W11	M12	M13	W12	W13	W14	W15	M14	M15		Zeit
10:00	50m V	50m V					Speer	Speer	Speer	Speer	Kugel	Kugel		10:00
10:15			50m V	50m V										10:15
10:30	Ball1	Ball2			60m Hürden	60m Hürden	60m Hürden	60m Hürden						10:30
10:45			Weit1	Weit2	Kugel	Kugel			80m Hürden	80m Hürden				10:45
11:00							Hoch	Hoch	Hoch	Hoch	80m Hürden	80m Hürden		11:00
11:15														11:15
11:30	50m E	50m E			Speer	Speer					Speer	Speer		11:30
11:45	Weit1	Weit2												11:45
12:00			50m E	50m E			Kugel	Kugel	Kugel	Kugel				12:00
12:15			Ball1	Ball2	75m V	75m V								12:15
12:30							75mV	75m V						12:30
12:45									100m	100m	100m	100m	Zeitendlauf	12:45
13:00	4x50m	4x50m			Hoch	Hoch	Weit 1	Weit 1	Weit 2	Weit 2	Hoch	Hoch		13:00
13:15			4x50m	4x50m										13:15
13:30														13:30
13:45	800m	800m												13:45
14:00			800m	800m										14:00
14:15					75m E	75m E	75m E	75m E						14:15
14:30					Weit 1	Weit 1	Diskus	Diskus	Diskus	Diskus	Weit 2	Weit 2		14:30
14:45														14:45
15:00														15:00
15:15														15:15
15:30														15:30
15:45					Diskus	Diskus	4x75m	4x75m			Diskus	Diskus		15:45
16:00					4x75m	4x75m								16:00
16:15									4x100m	4x100m	4x100m	4x100m		16:15
16:30					800m	800m	800m	800m						16:30
16:45									800m	800m	800m	800m		16:45
17:00					2000m	2000m	2000m	2000m	2000m	2000m	2000m	2000m		17:00
17:15										300m		300m		17:15
Zeit	M10	M11	W10	W11	M12	M13	W12	W13	W14	W15	M14	M15		Zeit