

Samstag, 8. September 2018

	MJ U20	WJ U20	MJ U18	WJ U18	MJ U16 M15 / M14	WJ U16 W15 / W14	MJ U14 M13 / M12	WJ U14 W13 / W12	MJ U12 M11 / M10	WJ U12 W11 / W10	
13:00						80m H Zt	Kugel		Weit	Schlagball	13:00
13:10					80m H Zt	Hoch					13:10
13:20					Speer						13:20
13:30								60m H Zt			13:30
13:40							60m H Zt				13:40
13:50								Weit			13:50
14:00					Hoch				50m Zt	50m Zt	14:00
14:10											14:10
14:20						Speer					14:20
14:30							75m Zt		Schlagball	Weit	14:30
14:40								75m Zt			14:40
14:50	100m Zt	100m Zt	100m Zt	100m Zt							14:50
15:00					100m Zt		Hoch				15:00
15:10						100m Zt					15:10
15:20								Speer			15:20
15:30					Kugel	Weit			4 x 50m	4 x 50m	15:30
15:40	200m Zt	200m Zt	200m Zt	200m Zt							15:40
15:50											15:50
16:00							4 x 75m	4 x 75m			16:00
16:10											16:10
16:20					4 x 100m	4 x 100m	Speer	Hoch			16:20
16:30									800m	800m	16:30
16:40					Weit	Kugel					16:40
16:50	400m Zt	400m Zt	400m Zt	400m Zt							16:50
17:00											17:00
17:10											17:10
17:20							Weit	Kugel			17:20
17:30		800m		800m		800m					17:30
17:40	800m		800m		800m						17:40
17:50											17:50
18:00							800m	800m			18:00

Anfangshöhen Hochsprung:
(Steigerung + 5 cm)

MJ U16	WJ U16	MJ U14	WJ U14
1,30m	1,15m	1,15m	1,00m

Änderungen vorbehalten
Läufe haben Priorität