

Zeit	W10	W11	M10	M11	W12	W13	M12	M13	W14	W15	M14	M15
11:00	Weit 2	Weit 3	Ball	Hoch 1	Diskus	Diskus	Diskus	Diskus			80 mH ZL	80 mH ZL
11:05												
11:15									80 mH ZL	80 mH ZL		
11:20												
11:30							60 mH ZL	60 mH ZL	Diskus	Diskus	Diskus	Diskus
11:35												
11:45			Hoch 2	Ball		60mH ZL						
11:50					60mH ZL							
12:00	50m VL				Hoch 1	Hoch 1			Weit 1	Weit 1		
12:20		50m VL										
12:40	Ball		50m VL									
13:00				50m VL			Weit 2	Weit 2			Hoch 2	Hoch 2
13:20					75m VL							
13:40		Ball				75m VL			Hoch 1	Hoch 1		
14:00					Weit 3	Weit 3	75m VL				Kugel	Kugel
14:20								75m VL				
14:30							Kugel	Kugel			Weit 1	Weit 1
14:40												
14:50												
15:00												
15:10	50m E											
15:15		50m E										
15:20	Hoch 2	Hoch 2	50m E						Kugel	Kugel		
15:25				50m E								
15:30			Weit 2	Weit 3	75m E							
15:35						75m E						
15:40							75m E					
15:45								75m E				
15:50					Speer	Speer	Speer	Speer	100m ZE	100m ZE		
15:55												
16:00											100m ZE	100m ZE
16:15	4x50m ZL	4x50m ZL										
16:25			4x50m ZL	4x50m ZL								
16:35					4x75m ZL	4x75m ZL						
16:45					Kugel	Kugel	4x75m ZL	4x75m ZL				
16:55							Hoch 1	Hoch 1	4x100m ZL	4x100m ZL		
17:15	800m ZL										4x100m ZL	4x100m ZL
17:20		800m ZL							Speer	Speer	Speer	Speer
17:25			800m ZL									
17:30				800m ZL								
17:35					800m ZL							
17:40						800m ZL						
17:45							800m ZL					
17:50								800m ZL				
17:55									800m ZL	800m ZL		
18:00											800m ZL	800m ZL