

Vorläufiger Zeitplan 14.05.2023

| | M/U20/U18 | F/U20/U18 | M11 | M10 | W11 | W10 | |
|-------|--|-------------------------------|----------------------------|--------------|----------------------------|--------------|-------|
| 09:30 | Vereinsgespräch: alle teilnehmenden Vereine müssen vertreten sein | | | | | | 09:30 |
| 10:00 | 110mH ZL Speer | | Hoch 1 | Hoch 2 | Weit*1+2 | Weit* 3 | 10:00 |
| 10:15 | | 100mH ZL | | | | | 10:15 |
| 10:30 | | Kugel | 50m VL | | | | 10:30 |
| 10:45 | | | | 50m VL | | | 10:45 |
| 11:00 | | Speer | | | 50m VL | | 11:00 |
| 11:15 | | | | | | 50m VL | 11:15 |
| 11:30 | 100m VL | | Weit* 1 | Weit*2 | | | 11:30 |
| 11:45 | Hoch 1 | 100m VL | | | | | 11:45 |
| 12:00 | | | 50m ZWL | 50m ZWL | Schlagball 1 | Schlagball 2 | 12:00 |
| 12:15 | | | | | 50m ZWL | 50m ZWL | 12:15 |
| 12:30 | | | | | | | 12:30 |
| 12:45 | 100m EL | 100m EL | | | | | 12:45 |
| 13:00 | Weit | | 50m EL | 50m EL | | | 13:00 |
| 13:15 | | Diskus | Schlagball 1 | Schlagball 2 | 50m EL | 50m EL | 13:15 |
| 13:30 | | | | | | | 13:30 |
| 13:45 | 300mH ZL U16 | | | | Hoch 1 | Hoch 2 | 13:45 |
| 14:00 | 200m ZL | | | | | | 14:00 |
| 14:15 | Kugel | 200m ZL | | | | | 14:15 |
| 14:30 | Drei + MU16 | Drei + WU16 | 4x50m ZL | | | | 14:30 |
| 14:45 | | | 4x50m ZL | | | | 14:45 |
| 15:00 | 4x100m ZL | 4x100m ZL | | | | | 15:00 |
| 15:15 | Diskus | Hoch 2 | 800m ZL | 800m ZL | | | 15:15 |
| 15:30 | | | | | 800m ZL | 800m ZL | 15:30 |
| 15:45 | 800m ZL | 800m ZL | | | | | 15:45 |
| 16:00 | | Weit 1+2 | | | | | 16:00 |
| 16:15 | 400m ZL | 400m ZL | | | | | 16:15 |
| 16:30 | | | | | | | 16:30 |
| Hoch | 1,45-1,50-1,55m weiter 3cm | 1,30-1,35-1,40m weiter 3cm | 0,90-0,95-1,00m weiter 3cm | | 0,90-0,95-1,00m weiter 3cm | | Hoch |

Änderungen vorbehalten

*Weit Zone

*Weit Zone

*Weit Zone

*Weit Zone

VL = Vorläufe

ZWL = Zwischenläufe

EL = Endläufe

ZL=Zeitläufe