

Zeit	U18 m (TN)	U18 w (TN)	U16 m (TN)	U16 w (TN)	U14 m (TN)	U14 w (TN)	Zeit	U12 m (TN)	U12 w (TN)	U10m+w (TN)
10:30	50m (1)		Kugel	Kugel	Hoch 1	Hoch 2	10:30			
10:35		50m (1)					10:35			
10:40	50m (2)						10:40			
10:45		50m (2)					10:45			
10:50							10:50			
11:00	Hoch 1	Hoch 1	Hoch 2	Hoch 2	50 m (1)		11:00			
11:15					50 m (2)		11:15			
11:20						Kugel	11:20			
11:30							11:30			
11:40							11:40			
11:50						50 m (1)	11:50			
12:00	Kugel	Kugel					12:00			
12:05						50 m (2)	12:05			
12:15			50m (1)	50m (1)			12:15			
12:30			50m (2)	50m (2)	Kugel		12:30			
13:00							13:00			
Umbau										
13:30							13:30		MB-Stoßen	Hoch-Weit (Einstiegshöhe 60 cm)
13:40							13:40			
13:50							13:50	50 m		
14:00							14:00			
14:10							14:10			
14:20							14:20		50 m	
14:30							14:30	MB-Stoßen		40 m
14:40							14:40			
14:50							14:50			
15:00							15:00		5-Sprung	
15:20							15:20			
15:30							15:30	5-Sprung		40 m Hindernisstaffel (4 Hindernisse)
15.45							15.45			
16:00							16:00		Siegerehrung	
16:15							16:15	Siegerehrung		
16:30							16:30			Siegerehrung

Anfangshöhe-Hoch U18m 1,40 m, U18w 1,25 m, U16 m1,20m, U16w 1,10 m, U14 m 1,00 m, U 14w 0,95 m* Steigerung 5x5 cm, dann 3 cm

Stand 24.01.2024