

# Zeitplan LM AK und U16

Samstag, 24.06.23

Männer			Zeit	Frauen		
Lauf	Sprung	Wurf		Lauf	Sprung	Wurf
		Speer	10:00	80m Hü (U16)		Speer
			10:10			
100m Hü (U16)			10:20			
			10:30	100m Hü		
110m Hü			10:40			
			10:50			
	Stab	Kugel	11:00	800m	Stab	Kugel
800m			11:10			
			11:20			
			11:30	100m		
100m			11:40			
			11:50			
	Drei		12:00		Drei	
1000m (U16)			12:10	1000m (U16)		
PAUSE						
200m		Diskus	15:00	200m		Diskus
			15:10			
	Weit		15:20			
			15:30		Hoch	
300m (U16)			15:40	300m (U16)		
			15:50			
			16:00			
400m			16:10			
		Hammer (AK, U20, U18)	16:20	400m	Weit	Hammer (AK, U18)
			16:30			
			16:40			
	Hoch		16:50			
1500m			17:00	1500m		
			17:10			
3000m (U16)			17:20	3000m (U16)		
			17:30			
			17:40	4x100m		
4x100m			17:50			
5000m			18:00	5000m		