

Vorarlberger Landesmeisterschaften U12 – AK mit internationalem Meeting

ZEITPLAN NEU

Freitag, 14. Juli 2023

	AKM MU20	AKW WU20	MU18	WU18	MU16	WU16	MU14	WU14	MU12	WU12	
16:30							Stabweit 3	Weit 1+2	4x50m		16:30
16:40										4x50m	16:40
16:55									50m VL		16:55
17:05		Diskus		Diskus		Diskus				50m VL	17:05
17:30	400m		400m						Weit 1+2		17:30
17:40		400m		400m						Ball Gr 1	17:40
18:15							4x100m				18:15
18:20								4x100m			18:20
18:25						300m				Ball Gr 2	18:25
18:30					300m						18:30
18:35	Diskus		Diskus		Diskus		Weit 1		Stabweit 3	Stabweit 4	18:35
18:40									50m F		18:40
19:00									Ball Gr 1		19:00
19:10										50m F	19:10
19:25								1000m			19:25
19:30						1000m		Stabweit 3	Ball Gr 2	Weit 1+2	19:30
19:35							1000m				19:35
19:40					1000m						19:40
19:50	5000m	5000m									19:50

Gruppeneinteilung U12

Gruppe 1:

- Raiffeisen TS Gisingen
- Sparkasse SG Götzis
- SV Lochau
- SVD Diepoldsau
- TS Bludenz
- TS Bregenz-Vorkloster
- TS Egg
- TS Lustenau
- TS Weiler
- ULC Dornbirn

Gruppe 2:

- TS Jahn Lustenau
- TS Lauterach

Samstag, 15. Juli 2023

	AKM MU20	AKW WU20	MU18	WU18	MU16	WU16	MU14	WU14	
9:30	110mHü ZL					Weit	Kugel	Hoch 1	9:30
9:40			110mHü ZL						9:40
9:55		100mHü ZL		100mHü ZL					9:55
10:05					100mHü ZL				10:05
10:20						80m Hü ZL			10:20
10:30	Kugel		Hoch 2				60m Hü ZL		10:30
10:40					Weit			60m Hü ZL	10:40
11:00				100m VL					11:00
11:15		100m-VL							11:15
11:30	100m VL (nur AKM)						Hoch 2	Kugel	11:30
11:40			100m-VL						11:40
11:50				100m F					11:50
12:00	Weit				100m VL				12:00
12:10									12:10
12:20						100m VL			12:20
12:30		Kugel							12:30
12:40		100m F							12:40
12:45			100m F			Hoch 1			12:45
13:00				Weit	100m F		Vortex		13:00
13:05	100m F								13:05
13:15									13:15
13:30					Kugel				13:30
13:45									13:45
14:00		Hoch 1	Weit	Hoch 1		100m F		Vortex	14:00
14:15									14:15
14:30						Kugel			14:30
14:45							60m VL		14:45
15:00									15:00
15:05									15:05
15:15	Hoch 1	Weit							15:15
15:30				Kugel				60m VL	15:30
15:45							60m F		15:45
16:00									16:00
16:15					Hoch 1				16:15
16:30			Kugel					60m F	16:30

Sonntag, 16. Juli 2023

	AKM MU20	AKW WU20	MU18	WU18	MU16	WU16	
09:30				Speer			09:30
10:00	Stab	Stab	Stab	Stab	Stab	Stab	10:00
10:00	200m ZL						10:00
10:15		200m ZL		200m ZL		Speer	10:15
10:30			200m ZL				10:30
10:45							10:45
11:00							11:00
11:15							11:15
11:30	4x100m ZL	Speer					11:30
11:45							11:45
12:00			4x100m ZL		4x100m ZL		12:00
12:15							12:15
12:15						4x100m ZL	12:15
12:30		4x100m ZL					12:30
12:45	Speer			4x100m ZL			12:45
13:00	800m		800m				13:00
13:15		800m		800m			13:15
13:30							13:30
13:45			Speer		Speer		13:45