

Zeitplan LM AK und U16

Samstag, 15.06.2024

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