

Samstag (TN) Riege	M15 (13) 1151	M15 (12) 1152	M14 (20) 1141	W15 (16) 2151	W15 (17) 2152	W14 (17) 2141	W14 (18) 2142	W14 (17) 2143
13:00	Kugel			Hoch 1	Hoch 2	Weit 1	Weit 2	
13:15			100m					
13:30								100m
13:45		Kugel						
14:00								
14:15	Weit 1							
14:30			Kugel			Hoch 1	Hoch 2	Weit 2
14:45								
15:00		Weit 1						
15:15								
15:30				Weit 2	Kugel			
15:45	100m							
16:00								
16:15		100m	Hoch 1			Kugel		Hoch 2
16:30							100m	
16:45					Weit 2			
17:00								
17:15				Kugel				
17:30						100m		
17:45		Hoch 2						
18:00	Hoch 1		Weit 1+2		100m		Kugel	
18:15								
18:30				100m				
18:45								Kugel

Sonntag (TN) Riege	M15 (17) 1153	M14 (10) 1141	W15 (13) 2151	W15 (13) 2152	W14 (17) 2141	W14 (18) 2142	Lang- strecken
10:30	Speer	Stab					2.000m W10-W15
10:45							2.000m M10-M13
11:00							3.000m/5.000m M60-M80
11:15							
11:30					Speer		
11:45	80m Hü.						
12:00							
12:15						Speer	4x400m
12:30	Stab	80m Hü.					
12:45			80m Hü.				
13:00				80m Hü.			
13:15		Speer			80m Hü.		
13:30						80m Hü.	
13:45							3x800m/3x1.000m
14:00			Speer				5.000m mJU20-M55
14:15		Diskus					
14:30					800m	800m	
14:45				Speer			
15:00	Diskus						5.000m wJU20-W85
15:15							
15:30							
15:45			800m	800m			
16:00		1.000m					
16:15	1.000m						