

Zeitplan / timetable

Technik / field	Bahn / track	Zeit	Bahn / track	Technik / field
Rahmenprogramm				
	100m alle Klassen M ZL (7 Läufe)	11:00		
		11:10		
		11:25	100m alle Klassen W ZL (7 Läufe)	
		11:30		
	75m mU14 ZL (2 Lauf)	11:55		
		12:00	75m wU14 ZL (3 Läufe)	
	800m alle M-Klassen (max. 3 ZL)	12:10		
		12:25	800m alle W-Klassen (max. 3 ZL)	
	4 x 100m alle M-Klassen ZL (1 Lauf)	12:40		
		12:45	4 x 100m alle W-Klassen ZL (2 Läufe)	
Hauptprogramm				
		13:00		Stabhoch / Pole vault U20
		13:15		
	110m Hürden / hurdles VL	13:30		Speer / Javelin throw
	110m Hürden / hurdles men 1. race	13:45		
		14:00	100m Hürden / hurdles VL	Hammer / hammer throw
	110m Hürden / hurdles EL B/A	14:30		
	110m Hürden / hurdles men 2. race	14:40		
Kugel / Shot put		14:50	100m Hü. / hurdles EL B/A	Drei / Triple jump
	100 m VL	15:00		
		15:10		
		15:30	100 m VL	
		15:40		
	400m ZL	16:00		Stabhoch / Pole vault women
		16:10		Kugel / Shot put
		16:15	400m ZL	
Hammer / hammer throw		16:30		
	100 m U23	16:35		
	100 m U20 EL B/A	16:40		
Drei / Triple jump		16:50	100 m U23	
		16:55	100 m U20 EL B/A	
		17:10		
		17:15	1.500 m ZL	
		17:20		
Diskus / discus throw	1.500 m ZL	17:30		
		17:35		
	4 x 100 m / 1.Lauf / race	17:45		
		18:00	4 x 100 m / 1.Lauf / race	
		18:10		
		18:20	1.500 m women	
	800 m men	18:30		

Technik / field	Bahn / track	02.07.	Bahn / track	Technik / field
Stabhoch / Pole vault		11:00		
Weit / Long jump		11:10		
		11:20		Hoch / High jump
		11:30		
	400 m Hürden / hurdles ZL	11:45		Diskus / discus throw
		11:50		
		12:00	400 m Hürden / hurdles ZL	
		12:10		
	4 x 100 m 2.Lauf / race	12:30		
		12:40	4 x 100 m 2.Lauf / race	
	800 m ZL	13:00		Weit / Long jump
Speer / Javelin throw		13:15	800 m ZL	
Hoch / High jump		13:20		
	200 m ZL	13:30		
		13:35		
		13:40		
		13:45		
		14:00	200 m ZL	
		14:10		
	4 x 400 m ZL	14:30		
		14:40	4 x 400 m ZL	

Bitte beachten Sie auch : <http://www.junioren-gala.de>