

# Zeitplan DJMM /DSMM Vorkampf mit Sprint-Cup Finale 07.09.2025



10:00 Kampfrichterbesprechung

|       | MJU 12 | WJU 12 | MJU 14 | WJU 14 | WJU 16  | MJU 18 | WJU 18 | Heinz Nixdorf-Sprintcup |
|-------|--------|--------|--------|--------|---------|--------|--------|-------------------------|
| 10:30 | Hoch   | Hoch   |        |        | 80m Hü  |        |        |                         |
| 10:45 |        |        | 60m Hü | 60m Hü | Kugel   | Kugel  | Kugel  |                         |
| 11:00 |        |        |        |        |         |        |        |                         |
| 11:15 |        |        | Ball 1 | Ball 2 |         |        |        |                         |
| 11:30 |        |        |        |        | 100m    | 100m   | 100m   | 100m F (2010/2011)      |
| 11:45 |        |        |        |        |         |        |        |                         |
| 12:00 |        |        | 75m    | 75m    | Weit    | Weit   | Weit   | 75m F (2012/2013)       |
| 12:15 | 50m    | 50m    |        |        |         |        |        |                         |
| 12:30 |        |        | Hoch   | Hoch   |         |        |        | 50m F (2014)            |
| 12:45 | Weit 1 | Weit 2 |        |        |         |        |        |                         |
| 13:00 |        |        |        |        |         |        |        |                         |
| 13:15 |        |        |        |        |         |        |        |                         |
| 13:30 |        |        |        |        | 4x 100m | 4x100m | 4x100m |                         |
| 13:45 |        |        |        |        |         |        |        |                         |
| 14:00 |        |        | 4x75m  | 4x75m  | Speer   | Speer  | Speer  |                         |
| 14:15 | 4x50m  | 4x50m  |        |        |         |        |        |                         |
| 14:30 |        |        |        |        |         |        |        |                         |
| 14:45 | Ball 1 | Ball 2 | Weit 1 | Weit 2 | Hoch    | Hoch   | Hoch   |                         |
| 15:00 |        |        |        |        |         |        |        |                         |
| 15:15 |        |        |        |        |         |        |        |                         |
| 15:30 |        |        |        |        |         |        |        |                         |
| 15:45 | 800m   | 800m   |        |        |         |        |        |                         |
| 16:00 |        |        |        | 800m   |         |        |        |                         |
| 16:15 |        |        | 800m   |        | 800m    |        |        |                         |
| 16:30 |        |        |        |        |         | 800m   | 800m   |                         |
| 16:45 |        |        |        |        |         |        |        |                         |
| 17:00 |        |        |        |        |         |        |        |                         |

Für den Zeitplan gilt: Änderung vorbehalten

Stand: 10.06.2025

Die Gerätekontrolle wird vor Ort durchgeführt.  
Pro Athlet\*in sind max. 2 Geräte pro Disziplin zugelassen.