Zeit	M	MJ	MJ	F	WJ	WJ	MJ		WJ		MJ		WJ		MK		WK		MK		WK	
		U20	U18		U20	U18	U16		U16		U14		U14		U12		U12		U10		U10	
							M15	M14	W15	W14	M13	M12	W13	W12	M11	M10	W11	W10	M9	M8	W9	W8
	Wurf														**Wurf und Sprung**							
10:00 – 10:30	Kugel			Diskus			Speer				Speer				Ball		Weitsprung		Ball		Weitsprung	
10:30 – 11:00																						
11:00 – 11:30															Weitsprung		Ball		Weitsprung		Ball	
11:30 – 12:00																						
12:00 – 12:30				Speer			Kugel		Diskus		Kugel		Diskus									
12:30 – 13:00																						
13:00 – 13:30																						
13:30 – 14:00																						
14:00 – 14:30	Speer						Diskus		Kugel		Diskus		Kugel									
14:30 – 15:00																						
15:00 – 15:30																						
15:30 – 16:00																						
16:00 – 16:30	Diskus			Kugel					Speer				Speer									
16:30 – 17:00																						
17:00 – 17:30																						
17:30 – 18:00																						
	Lauf																					
11:30 – 12:00											1: W12/W13, 75m 2: M12/M13, 75m 3: M10/M11, 50m 4: W10/W11, 50m 5: 800m											
12:00 – 12:30																						
12:30 – 13:30																						
13:00 – 13:30																						
13:30 – 14:00																						
14:00 – 14:30																						
14:30 – 15:00	1: 100m 2: 200m 3: 400m 4: 800m 5: 3000m																					
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