

9. Internationales EMM-Athletik-Sportfest am 26.04.2026									
Zeitplan U12 & U14									
Zeit	MJU14		MKU12		WJU14		WKU12		Zeit
	M13	M12	M11	M10	W13	W12	W11	W10	
10:00		60m H ¹	Weit 1	Weit 2		60m H ¹	Weit 3	Weit 4	10:00
10:05		H: 68,6 cm				H: 68,6 cm			10:05
10:10	60m H				60m H				10:10
10:15	H: 76,2 cm				H: 76,2 cm				10:15
10:20									10:20
10:25									10:25
10:30									10:30
10:35									10:35
10:40									10:40
10:45									10:45
10:50									10:50
10:55									10:55
11:00	Weit 1	Weit 2	Ball 1	Ball 1	Weit 3	Weit 4	Ball 2	Ball 2	11:00
11:05									11:05
11:10									11:10
11:15									11:15
11:20									11:20
11:25									11:25
11:30									11:30
11:35									11:35
11:40									11:40
11:45									11:45
11:50									11:50
11:55			50m	50m					11:55
12:00									12:00
12:05									12:05
12:10							50m	50m	12:10
12:15									12:15
12:20									12:20
12:25	75m	75m							12:25
12:30									12:30
12:35									12:35
12:40					75m	75m			12:40
12:45									12:45
12:50									12:50
12:55									12:55
13:00									13:00
13:05			800m	800m					13:05
13:10							800m	800m	13:10
13:15									13:15
13:20									13:20
13:25									13:25
13:30									13:30
13:35									13:35
13:40	Hoch	Hoch			Hoch	Hoch			13:40
13:45									13:45
13:50	800m	800m							13:50
13:55					800m	800m			13:55
14:00									14:00

¹ Der 60m Hürdenlauf der M12/W12 wird nach den Bedingungen des Pilotprojekts des LV Nordrhein durchgeführt.
Informationen dazu in der Ausschreibung.

9. Internationales EMM-Athletik-Sportfest am 26.04.2026											
Zeitplan U16, U18, U20, Männer & Frauen											
Zeit	M	MJU20	MJU18	MJU16		W	WJU20	WJU18	WJU16		Zeit
				M15	M14				W15	W14	
10:20											10:20
10:25				80m H	80m H						10:25
10:30				H: 83,8 cm	H: 83,8 cm						10:30
10:35									80m H	80m H	10:35
10:40									H: 76,2 cm	H: 76,2 cm	10:40
10:45											10:45
10:50								100m H			10:50
10:55								H: 76,2 cm			10:55
11:00							100m H				11:00
11:05						100m H	H: 83,8 cm				11:05
11:10						H: 83,8 cm					11:10
11:15			110m H								11:15
11:20			H: 91,4 cm								11:20
11:25		110m H									11:25
11:30		H: 99,1 cm									11:30
11:35	110m H										11:35
11:40	H: 106,7 cm										11:40
11:45											11:45
11:50											11:50
11:55											11:55
12:00				Hoch	Hoch				Hoch	Hoch	12:00
12:05											12:05
12:10											12:10
12:15											12:15
12:20						Weit 2	Weit 3	Weit 4			12:20
12:25											12:25
12:30											12:30
12:35											12:35
12:40											12:40
12:45											12:45
12:50											12:50
12:55											12:55
13:00											13:00
13:05											13:05
13:10											13:10
13:15											13:15
13:20	4x100m	4x100m	4x100m								13:20
13:25				4x100m							13:25
13:30									4x100m		13:30
13:35						4x100m	4x100m	4x100m			13:35
13:40											13:40
13:45											13:45
13:50	Weit 2	Weit 3	Weit 4	800m	800m						13:50
13:55									800m	800m	13:55
14:00											14:00
14:05											14:05
14:10											14:10
14:15											14:15
14:20											14:20
14:25						100m	100m	100m			14:25
14:30											14:30
14:35											14:35
14:40											14:40
14:45									100m	100m	14:45
14:50											14:50
14:55											14:55
15:00				100m	100m						15:00
15:05											15:05
15:10						Drei	Drei	Drei	Drei		15:10
15:15	100m	100m	100m								15:15
15:20						Hoch	Hoch	Hoch			15:20
15:25											15:25
15:30				Weit 3	Weit 4						15:30
15:35											15:35
15:40											15:40
15:45	400m	400m	400m								15:45
15:50											15:50
15:55						400m	400m	400m			15:55
16:00											16:00
16:05											16:05
16:10											16:10
16:15	200m	200m	200m								16:15
16:20											16:20
16:25											16:25
16:30						200m	200m	200m			16:30
16:35											16:35
16:40	Drei	Drei	Drei	Drei					Weit 3	Weit 4	16:40
16:45											16:45
16:50	Hoch	Hoch	Hoch						300m H		16:50
16:55									H: 76,2 cm		16:55
17:00				300m H							17:00
17:05				H: 83,8 cm							17:05
17:10						400m H	400m H	400m H			17:10
17:15						H: 76,2 cm	H: 76,2 cm	H: 76,2 cm			17:15
17:20			400m H								17:20
17:25	400m H	400m H	H: 83,8 cm								17:25
17:30	H: 91,4 cm	H: 91,4 cm									17:30
17:35											17:35
17:40											17:40