Zeitplan

Westfalen-Therme Meeting

06.12.2026

Stand: 23.10.2026

	M	MJ U20	MJ U18	MJ U16	F	WJ U20	WJ U18	WJ U16	
10:30	Hoch Stab	Hoch Stab	Kugel Stab	Kugel Stab	Weit 1 Stab	Weit 1 Stab	 Stab	60m VL Stab	10:30
10:40									10:40
10:50							60m VL		10:50
11:00						60m VL			11:00
11:10					60m VL				11:10
11:20				60m VL					11:20
11:30									11:30
11:40			60m VL						11:40
11:50		60m VL							11:50
12:00	60m VL		Weit 1	Weit 2	Kugel	Kugel	Hoch	Hoch	12:00
12:10							60m E	60m E	12:10
12:20					60m E	60m E			12:20
12:30									12:30
12:40			60m E	60m E					12:40
12:50		60m E							12:50
13:00	60m E								13:00
13:10	Einlageläufe Heinz Nixdorf-Sprintcup Finale 2026								13:10
13:20							Kugel	Kugel	13:20
13:30	Weit 1	Weit 1			Hoch	Hoch			13:30
13:40								800m	13:40
13:50							800m		13:50
14:00					800m	800m			14:00
14:10			800m	800m					14:10
14:20	800m	800m							14:20
14:30	Stab	Stab	Stab	Stab	3000m Stab	3000m Stab	3000m Stab	Stab	14:30
14:40									14:40
14:50	3000m	3000m	3000m						14:50
15:00									15:00
15:10			Hoch	Hoch			Weit 1	Weit 2	15:10
15:20	Kugel	Kugel							15:20
15:30	1500m	1500m	1500m						15:30
15:40									15:40
15:50					1500m	1500m	1500m		15:50
16:00									16:00
16:10	200m								16:10
16:20		200m							16:20
16:30			200m						16.30
16:40					200m				16:40
16.50						200m			16:50
17:00							200m		17:00
17:10									17:10
17:20	ab 17.20 Uhr: 4x200m Staffel beginnend mit F, WJU20, WJU18, WJU16, MJU16, MJU18, MJU20, M im Anschluss daran 4x100m Staffel für WJU14 und MJU 14								17:20