

Zeitplan 07.06.2020 Solingen

Änderungen vorbehalten!

Zeit	W10/11	M10/11	W12	W13	M12	M13	W14	W15	M14	M15	wU18	mU18	wU20	mU20	F	M	Zeit	
09:15			Kampfrichter Besprechung														09:15	
10:00			Stabhochsprung (Anfangshöhe 1,60m)														10:00	
10:10																	10:10	
10:20																	10:20	
10:30													400mHü				10:30	
10:40							300mHü						Weit 1		Weit 1		Weit 1	10:40
10:50													Kugel			Kugel		10:50
11:00	50m																	11:00
11:10	Ballwurf	50m																11:10
11:20									Kugel									11:20
11:30			75m									Weit 1		Weit 1		Weit 1		11:30
11:40				75m														11:40
11:50					75m	75m												11:50
12:00			Kugel				100m											12:00
12:10		Ballwurf						100m										12:10
12:20									100m	100m								12:20
12:30									Weit 1			100m	100m					12:30
12:40					Weit 2								100m	100m				12:40
12:50															100m			12:50
13:00											Kugel						100m	13:00
13:10	4x50m																	13:10
13:20		4x50m																13:20
13:30			4x75m											Speer	Speer	Speer	Speer	13:30
13:40					4x75m													13:40
13:50							4x100m				4x100m		4x100m		4x100m			13:50
14:00			Weit 1	Weit 2					4x100m			4x100m		4x100m		4x100m		14:00
14:10					Kugel													14:10
14:20																		14:20
14:30															4x400m Mixed			14:30
14:40													Medley Staffel					14:40
14:50							Kugel		Weit 1									14:50
15:00					2000m													15:00
15:10						2000m												15:10
15:20			2000m															15:20
15:30				2000m			2000m											15:30
15:40																		15:40
15:50								3000m	3000m	3000m	3000m	3000m						15:50
16:00																		16:00
16:10													5000m	5000m	5000m	5000m		16:10
16:20																		16:20
16:30																		16:30

Stabhochsprung U14 + U16:

1,60m / 10cm Steigerungen