

| Zeit | U6-U10 m+w | m U12 | m U14 | m U16 | m U18 - Sen | w U12 | w U14 | w U16 | w U18 - Senn | Zeit | |
|-------|-----------------------|--------|----------|-----------------|-------------|----------------|----------|-----------------|--------------|----------|-------|
| 09.30 | Beginn | | | | | | | | | 09.30 | |
| 09.45 | Kinder-Leichtathletik | | | | | 50m ZL | | | | 09.45 | |
| 10.00 | | 50m ZL | Hoch | | | | S-Ball | Weit 1 | Weit 2 | 10.00 | |
| 10.20 | | | | | 100m ZL | | | | | 10.20 | |
| 10.35 | | | | 100m ZL | | | | | | 10.35 | |
| 10.45 | | | | | | | S-Ball | | 100m ZL | 10.45 | |
| 10.55 | | | | | | | | | 100m ZL | 10.55 | |
| 11.10 | | | Weit 1+2 | 75m ZL | Hoch | Hoch | | | | | 11.10 |
| 11.25 | | | | | | | | 75m ZL | | | 11.25 |
| 11.45 | | | | Ball (200g) | | 100m Einladung | | | | | 11.45 |
| 11.55 | | | | | 800m ZL | | | | 800m ZL | | 11.55 |
| 12.05 | | | | | | | 600m ZL | 600m ZL | | | 12.05 |
| 12.15 | | | 600m ZL | | | | | | | | 12.15 |
| 12.20 | | | | | | | | | | | 12.20 |
| 12.25 | | | | 600m ZL | | | Weit 1+2 | | | | 12.25 |
| 12.40 | | | S-Ball | | | 1500m ZL | | | | 1500m ZL | 12.40 |
| | | | | | | Kugel | | | | | |
| 12.55 | | | | 4x75m ZL | | | | 4x75m ZL | | | 12.55 |
| 13.15 | | | | | 200m ZL | 200m ZL | | | | | 13.15 |
| 13.25 | | | | | | | | | | | 13.25 |
| 13.30 | | | | | | | | Weit 1 | 200m ZL | 200m ZL | 13.30 |
| 13.45 | | | | | Kugel | | | | Kugel | Kugel | 13.45 |
| 13.50 | | | | | | | 4x50m ZL | | | | 13.50 |
| 14.00 | | | 4x50m ZL | | | | | | | | 14.00 |
| 14.25 | | | | 4x100m ZL | 4x100m ZL | | | 4x100m ZL | 4x100m ZL | 14.25 | |
| 14.35 | | | | | 4x400m ZL | | | | 4x400m ZL | 14.35 | |
| 14.45 | | | | | 3x1000m ZL | | | | 3x800m ZL | 14.45 | |
| 14.55 | | | | Schwedenstaffel | | | | Schwedenstaffel | | 14.55 | |
| Zeit | U6-U10 m+w | m U12 | mU14 | m U16 | m U18 - Sen | w U12 | w U14 | w U16 | w U18 - Senn | Zeit | |