

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						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 2					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	m U14	m U16	m U18 - Sen	w U12	w U14	w U16	w U18 - Senn	Zeit	