

Juniorinnen / women		Zeit	Junioren / men	
Technik / field	Bahn / track	23.06.	Bahn / track	Technik / field
VORPROGRAMM	100m mU16-M15/14 ZL	11:00	VORPROGRAMM	VORPROGRAMM
Metropol-Rahmenwettbewerbe	100m Männer/mU20/mU18 ZL	11:10	100m wU16-W15/14 ZL	Metropol-Rahmenwettbewerbe
Startzeiten circa		11:30	100m Frauen/wU20/wU18 ZL	Startzeiten circa
		11:55		
		12:10		
	800m alle M-Klassen max. 2 ZL	12:20		
		12:30	800m alle W-Klassen max. 2 ZL	
	4 x 100m alle M-Klassen ZL	12:40		
		12:50	4 x 100m alle W-Klassen ZL	
		13:00		Stabhoch / Pole vault U20
Kugel 1 / Shot put U20	110m hurdles (100cm) U20 VL	13:30		Hammer throw U20 *
		14:15	100m hurdles U20 VL	Speer / Javelin throw U20
		14:45		Drei / Triple jump U20
	110m hurdl. (100cm) U20 EL B/A	14:50		
Hammer throw U20 *		15:00		
Kugel 2 / Shot put U20		15:05		
		15:30	100m hurdles U20 EL B/A	
	100 m U20 VL	16:00		
		16:05		
		16:20	100 m U20 VL	
Diskus throw U20		16:35		
		16:40		Kugel / Shot put U20
Drei / Triple jump U20	400 m U20 ZL	16:50		
		17:00	400 m U20 ZL	
	100 m U20 EL A/B	17:20		
		17:40	100 m U20 EL A/B	
		18:00	1500 m U20 ZL	
	1500 m U20 ZL	18:10		
	4 x 100 m U20 / 1.Lauf	18:25		
		18:45	4 x 100 m U20 / 1.Lauf	
*) Hammerwerfen in Schönau			*) Hammerwerfen in Schönau	

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	VORPROGRAMM		VORPROGRAMM	
	Rahmenwettbewerbe		Rahmenwettbewerbe	
Stabhoch / Pole vault U20	75m mU14-M13/12 ZL	11:00	75m wU14-W13/12 ZL	
		11:15		
Weit / Long jump U20	4 x 75m mU14-Schüler B ZL	11:30	4 x 75m wU14-Schülerinnen B ZL	
		11:35		Hoch / High jump U20
		11:45		Diskus throw U20
	400 m hurdles U20 ZL	12:00		
		12:15		
		12:20	400 m hurdles U20 ZL	
	4 x 100 m U20 / 2.Lauf	12:45		
		13:00	4 x 100 m U20 / 2.Lauf	
		13:15		Weit / Long jump U20
Hoch / High jump U20		13:30		
	200 m U20 ZL	13:45		
		13:50		
Speer / Javelin throw U20		14:00		
		14:05	200 m U20 ZL	
		14:15		
	800 m U20 ZL	14:30		
		14:45	800 m U20 ZL	
		14:55		
	4 x 400 m ZL	15:00		
		15:10	4 x 400 m ZL	
		15:20		
	Speedy-Cup Kinderlauf 50m	ca. 15:20	Speedy-Cup Kinderlauf 50m	

