

Aktueller Zeitplan

Samstag, 28. Januar 2012

Männer	MJ U18	Zeit	Frauen	WJ U18
	Hoch F / Weit F	11:00		200m V / Stab F
	<i>200m V</i>	11:15		
<i>60m V</i>		11:45		
		12:35	60m V	
Weit F		12:45		
		13:15	400m V	
60m Z		13:35		
		13:50	60m Z	
800m V / Hoch F		14:00		
400m V		14:10		
		14:30	Stab F	
60m F	<i>Drei F</i>	14:45		
		14:50	60m F	
	200m F	15:00		
		15:05		200m F
		15:15	3000m F	
3000m F		15:35	<i>Drei F</i>	
		15:55		800m ZL
	800m ZL	16:05		
		16:30	200m V	<i>Drei F</i>
200m V		16:50		
3x1000m ZL		17:20		

Änderungen vorbehalten.

Änderungen *kursiv*

Sprunghöhen:

Männer Hoch 1,90 - 1,95 - 2,00 - 2,05*) Stab 4,20 - 4,40 - 4,50 - 4,60*)

Frauen Hoch 1,60 - 1,65 - 1,70 - 1,75*) Stab 2,80 - 3,00 - 3,10 - 3,20*)

MJ U18: Hoch 1,75 - 1,80 - 1,85 - 1,90*) Stab 3,50 - 3,70 - 3,80 - 3,90*)

WJ U18: Hoch 1,55 - 1,60 - 1,63 - 1,66*) Stab 2,60 - 2,80 - 2,90 - 3,00*)

Sonntag, 29. Januar 2012

Männer	MJ U18	Zeit	Frauen	WJ U18
Drei F	Stab F	11:00		Kugel F
		11:40		60m V
	60m V	12:15		
		12:30	Hoch F	
		12:55	800m ZL	
800m F		13:00	<i>Kugel F</i>	<i>Weit F</i>
		13:10	400m F	
400m F		13:15		
		13:25		60m Z
	60m Z	13:40		
		13:55		1500m F
<i>Kugel F</i>	1500m F	14:00		
1500m F		14:10		
Stab F		14:15	1500m ZL	
		14:20		60m F
	60m F	14:25		
		14:35	200m F	
200m F		14:40		
		14:45		Hoch F
		14:50	<i>Weit F</i>	60mHü V
	Kugel F	15:10	60mHü V	
	60mHü V	15:30		
60mHü V		15:50		
		16:05		60mHü F
		16:10	60mHü F	
	60mHü F	16:20		4x200m ZL
		16:40		
		16:45	4x200m ZL	
60mHü F		16:55		
4x200m ZL		17:00		
	4x200m ZL	17:10		
4x400m ZL		17:30		
		17:45	4x400m ZL	

Änderungen vorbehalten

Änderungen *kursiv*