

Zeit	Bambini M/W	W U 14	W U16	W U18	W U20	Frauen + AK	M U14	M U16	M U18	M U20	Männer + AK
16:50	30m										
16:55	50m										
17:05		75m					75m				
17:20								300 Hürden			
17:25			300 Hürden			300 Hürden W50+55					300 Hürden M60+65
17:35				400 Hürden	400 Hürden	400 Hürden F-W45					
17:40								400 Hürden			400 Hürden M50-M55
17:45									400 Hürden		400 Hürden M-M45
18:00		4x75 m					4x75 m				
18:10			100m	100m	100m	100m					
18:25								100m	100m	100m	100m
18:40		800m	800m	800m	800m	800m					
18:50							800m	800m	800m	800m	800m
19:05			4x100	4x100	4x100	4x100		4x100	4x100	4x100	4x100
19:30								200m	200m	200m	200m
19:40			200m	200m	200m	200m					
20:00			3000m L1	3000m L1	3000m L1	3000m L1		3000m L1	3000m L1	3000m L1	3000m L1
20:20				4x400	4x400	4x400			4x400	4x400	4x400

Änderungen in Gelb