

Aktualisierter Zeitplan

| Zeit | U12 | U14 | U16 | U18 | U20 | Aktive | Sen. | Zeit |
|-------|--------|------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------|-------|
| 12:10 | Weit C | Weit C | | | | | | 12:10 |
| 13:00 | | Speer A | Speer A Drei | Speer A Drei | Speer A Drei 4x400 | Speer A Drei 4x400 | Speer A Drei | 13:00 |
| 13:10 | | Hoch A | Hoch A W 100 | Hoch A W 100 | Hoch A W 100 | Hoch A W 100 | | 13:10 |
| 13:20 | | | | | | | | 13:20 |
| 13:30 | | | M 100 | M 100 | M 100 | M 100 | | 13:30 |
| 13:40 | | | | | | | | 13:40 |
| 13:50 | W 50 | | | | | | | 13:50 |
| 14:00 | M 50 | | | | | | | 14:00 |
| 14:10 | | Kugel A W 75 | Kugel A | Kugel A | Kugel A | Kugel A | Kugel A | 14:10 |
| 14:15 | Weit A | Weit A | | | | | | 14:15 |
| 14:20 | | M 75 | | | | | | 14:20 |
| 14:30 | | Speer B | Speer B 100 Finale | Speer B 100 Finale | Speer B 100 Finale | Speer B 100 Finale | Speer B | 14:30 |
| 14:40 | | | | | | | | 14:40 |
| 14:45 | | Hoch B W 60 H | Hoch B | Hoch B | Hoch B | Hoch B | | 14:45 |
| 14:50 | | M 60 H | | | | | | 14:50 |
| 15:00 | | | W 80 H | | | | | 15:00 |
| 15:05 | Weit B | Weit B | | | | | | 15:05 |
| 15:10 | | | | | | | | 15:10 |
| 15:15 | | | M 80 H | | | | | 15:15 |
| 15:20 | | | | | | | | 15:20 |
| 15:30 | | | | W 100 H | | | | 15:30 |
| 15:40 | | | | | W 100 H | W 100 H | | 15:40 |
| 15:45 | | Kugel C | Kugel C | Kugel C M 110 H | Kugel C M 110 H | Kugel C M 110 H | Kugel C | 15:45 |
| 15:50 | | | | | | | | 15:50 |
| 16:00 | | | Speer C Weit A W 200 | Speer C Weit A W 200 | Speer C Weit A W 200 | Speer C Weit A W 200 | Speer C | 16:00 |
| 16:05 | | | M 200 | M 200 | M 200 | M 200 | | 16:05 |
| 16:10 | | | | | | | | 16:10 |
| 16:20 | | | W 300 | | | | | 16:20 |
| 16:25 | | | M 300 | | | | | 16:25 |
| 16:30 | | | | W 400 | W 400 | W 400 | | 16:30 |
| 16:35 | | | | M 400 | M 400 | M 400 | | 16:35 |
| 16:40 | | Hoch C | Hoch C | Hoch C | Hoch C | Hoch C | | 16:40 |
| 16:45 | 4x50 | | | | | | | 16:45 |
| 16:50 | | | | | | | | 16:50 |
| 17:00 | | Kugel B 4x75 | Kugel B | Kugel B | Kugel B | Kugel B | Kugel B | 17:00 |
| 17:10 | | | 4x100 | 4x100 | 4x100 | 4x100 | | 17:10 |
| 17:20 | | 2000 | 2000 | | | | | 17:20 |
| 17:30 | | | Weit B | Weit B | Weit B | Weit B | | 17:30 |
| 17:35 | | | 3000 | 3000 | 3000 | 3000 | | 17:35 |
| 17:40 | | | | | | | | 17:40 |
| 17:50 | | | | | | | | 17:50 |
| 18:00 | W 800 | W 800 | | | | | | 18:00 |
| 18:10 | M 800 | | | | | | | 18:10 |
| 18:15 | | M 800 | | | | | | 18:15 |
| 18:20 | | | W 800 | W 800 | W 800 | W 800 | | 18:20 |
| 18:25 | | | M 800 | M 800 | M 800 | M 800 | | 18:25 |

