

Sparkassen Gala 2022
Nacht der Läufer*innen und Staffeln (Freitag, 3. Juni 2022)

| Zeit | Männer | mU20/18 | mU16 | Frauen | wU20/18 | wU16 |
|-------|------------------|---------|------|------------------|---------|------|
| 16.00 | | | | 1.500m | 1.500m | |
| 16.25 | 1.500m | 1.500m | | | | |
| 17.00 | 4x100m DLV offen | | | | | |
| 17.30 | Weit | | | 4x100m DLV offen | | |
| 18.00 | | | | 400m H DLV offen | | |
| 18.30 | 400m H DLV offen | | | | | |
| 18.50 | | | | 4x400m DLV offen | | |
| 19.15 | 4x400m DLV offen | | | Weit | | |
| 19.35 | | | | 3000 m Hindernis | | |
| 20.00 | 3000m Hi EL | | | | | |
| 20.15 | | | | 1500m Elite A | | |
| 20.25 | 800m Elite B | | | | | |
| 20.35 | 800m Elite A | | | | | |
| 20.55 | 3.000m Elite A | | | | | |
| 21.20 | | | | 3.000m Elite A | | |

Sprint und Kurzhürden Festival (Samstag, 4. Juni 2022)

| Zeit | Männer | mU20/18 | mU16 | Frauen | wU20 | wU16 |
|-------|-----------------------|-------------|----------|-------------------|-------------|----------|
| 12.30 | | | | 100m ZVL | 100m ZVL | |
| 13.00 | 100m ZVL | 100m ZVL | | | | |
| 13.25 | Opening und Grußworte | | | | | |
| 13.40 | | | | 100m EL+Einladung | 100m EL | |
| 13.55 | 100m EL+Einladung | 100m EL | | | | |
| 14.10 | | | | 100 m Hü ZVL | 100m Hü ZVL | |
| 14.30 | 110m Hü ZVL | 110m Hü ZVL | | | | |
| 15.00 | | | | 400m DLV offen | | |
| 15.30 | 400 m DLV offen | | | | | |
| 16.00 | | | | 100 m Hü EL | 100 m Hü EL | |
| 16.30 | 110m Hü EL | 110m Hü EL | | | | |
| 16.50 | 200m ZEL | 200m ZEL | | | | |
| 17.20 | Weit | | | 200m ZEL | 200m ZEL | |
| 17.45 | | | | 800m ZEL | 800m ZEL | 800m ZEL |
| 18.30 | 800m ZEL | 800m ZEL | 800m ZEL | | | |

VL=Vorlauf, EL=Endlauf, ZEL=Zeitendläufe, ZVL=Zeitvorläufe, VE= Vor- und Endkampf