

## Zeitplan / timetable

Samstag, 22.06.2024

<i>Junioren / men</i>			<i>Juniorinnen / women</i>	
Technik / field	Bahn / track	22.06.	Bahn / track	Technik / field
		13:00		Stabhoch / Pole vault
	110m Hürden / hurdles VL	13:20		Hammer / hammer throw
		13:40	100m Hürden / hurdles	
		13:50		
Kugel / Shot put		14:00		
	110m Hürden / hurdles EL B/A	14:20		
		14:40	100m Hürden / hurdles VL	
		14:55		Drei / Triple jump
	100 m VL	15:00		
		15:20		
Hammer / hammer throw		15:30	100 m VL	Speer / Javelin throw
		15:50		
	400m ZL	16:05		
		16:10		Kugel / Shot put
		16:30	400m ZL	
Drei / Triple jump	100 m EL B/A	16:50		
		17:00	100m EL B/A	
		17:10		
Diskus / discus throw		17:15	1.500 m ZL	
	1.500 m ZL	17:20		
	3.000m Hi/SC (optionally)	17:30		
		17:50	3.000m Hi/SC (optionally)	
	3.000m (optionally)	18:10		
		18:25	3.000m (optionally)	

Sonntag, 23.06.2024

<i>Junioren / men</i>			<i>Juniorinnen / women</i>	
Technik / field	Bahn / track	23.06.	Bahn / track	Technik / field
Hoch / High jump		11:00		
Weit / Long jump	400 m Hürden U20 / hurdles ZL	11:10		
		11:20		
Stabhoch / Pole vault		11:30	400 m Hürden U20 / hurdles ZL	Diskus / discus throw
		11:35		
		11:40		
	4 x 100 m	11:50		
		12:00		
		12:05	4 x 100 m	
		12:10		
	800 m ZL	12:15		
		12:30		
		12:40		Hoch / High jump
		12:45		
		12:50		Weit / Long jump
		12:55	800 m ZL	
		13:00		
Speer / Javelin throw		13:10		
		13:20		
	200 m ZL	13:30		
		13:45	200 m ZL	
	4 x 400 m ZL	14:10		
		14:20	4 x 400 m ZL	
	4 x 400 m ZL mixed	14:30	4 x 400 m ZL mixed	