Zeitplan: Sa, 04.05.2019 – Kinder- und Jugendsportfest / Offene KM Bay. Untermain Lauf/Sprung U16 u.ä. / Offene Ufr. Ms. Hammerwurf

	R-1	R-2	R-3	R-4	R-5	R-6	R-7	R-8							
Zeit	Reserve	M/W 6/7	M8/M9	W8/W9	M10/M11	W10/W11	M12/M13	W12/W13	Zeit	M14/M15	W14/W15	MU18 – M45	WU18 – W45	Sen. AK50+	Zeit
	---- Kinder-Fünf-/Siebenkampf ----						Block Lauf								
9:30			J&R	3erHop	Hoch (S)	S.Ball (80g)	60mH		9:30						9:30
9:40								60mH	9:40						9:40
9:50		30mPH					Weit		9:50						9:50
10:00	30mPH							Ball (200g)	10:00						10:00
10:10		Hoch (f)	40mPH						10:10						10:10
10:20				40mPH		Hoch (S)			10:20						10:20
10:30	30m (f)		3erHop		S.Ball (80g)				10:30						10:30
10:40				J&R				Weit	10:40			110H			10:40
10:50	Hoch (f)	30m (f)							10:50				100mH		10:50
11:00							Ball (200g)		11:00					100H	11:00
11:10		3erHop	30m (f)		M10: 50mH	W10: 50mH			11:10				Hoch		11:10
11:20					M11: 50mH	W11: 50mH			11:20						11:20
11:30	3erHop		Med.Ball	30m (f)					11:30		80mH	Weit			11:30
11:40					J&R				11:40	80mH					11:40
11:50		J&R				3erHop			11:50					80mH	11:50
12:00			Hoch (f)	Med.Ball			75m		12:00						12:00
12:10	J&R				30m (f)			75m	12:10		Hoch				12:10
12:20		Med.Ball							12:20						12:20
12:30				Hoch (f)	3erHop	30m (f)			12:30	Weit					12:30
12:40	Med.Ball								12:40					100m ZE	12:40
12:50						J&R			12:50			100m ZV/ZE			12:50
13:00	S.Cross	S.Cross							13:00				100m ZV/ZE		13:00
13:10			S.Cross	S.Cross	*800m direkt nach den 100m-Läufen und S.Cross*				13:10						13:10
13:20							800m	800m	13:20						13:20
13:30					800m	800m			13:30						13:30
13:40									13:40			Hoch		Weit	13:40
13:50									13:50						13:50
14:00									14:00	alle weiblichen Altersklassen (auch W12/W13): Hammer					14:00
14:10									14:10						14:10
14:20									14:20						14:20
14:30									14:30	100m ZV					14:30
14:40									14:40		100m ZV		Weit		14:40
14:50									14:50						14:50
15:00									15:00	Hoch		1500m	1500m	1500m	15:00
15:10									15:10						15:10
15:20									15:20						15:20
15:30									15:30			M: 200m	F: 200m		15:30
										alle männlichen Altersklassen (auch M12/M13): Hammer					
15:40									15:40		Weit				15:40
15:50									15:50			U18/U20: 100m E			15:50
16:00									16:00	100m E	100m E				16:00
16:10									16:10					*direkt nach M14/M15*	16:10
16:20									16:20	300m ZE	300m ZE				16:20
16:30									16:30					Hoch	16:30
16:40									16:40			400m ZE	400m ZE	400m ZE	16:40
16:50									16:50						16:50
17:00									17:00	800m	800m	800m	800m	800m	17:00