

Regionsmeisterschaften MJ/WJ U14 und M/F am 30. Mai 2019

Zeit	M12	M13	Männer	W12	W13	Frauen	Zeit
10:15	Ball 1	Ball 2	110m Hü	Weit 1 + 2	Weit 3 + 4	Diskus	10:15
10:30						100m Hü	10:30
10:35			Hoch 1				10:35
10:45			Speer			Hoch 2	10:45
10:50	60m Hü						10:50
11:00		60m Hü					11:00
11:10				60m Hü			11:10
11:25	Weit 3		Diskus		60m Hü		11:25
11:40		Weit 4	100m VL	Kugel 1			11:40
11:55					Kugel 2	Speer	11:55
12:00			Stab			100m VL	12:00
12:45		Diskus	Drei			Drei	12:45
13:10	Kugel 1		800m	Speer			13:10
13:20						800m	13:20
13:30			100m F	Hoch 2	Hoch 1		13:30
13:35				(1,00m)	(1,00m)	100m F	13:35
13:45		Kugel 2					13:45
14:00						Stab	14:00
14:10					Speer		14:10
14:20	75m VL					Weit 1	14:20
14:35	Diskus	75m VL					14:35
14:45	Hoch 2			75m VL			14:45
15:00	(1,05m)	Hoch 1	Kugel 1		75m VL		15:00
15:15		(1,05m)		Ball 1	Ball 2		15:15
15:25			200m				15:25
15:40						200m	15:40
15:50	75m F		Weit 1				15:50
15:55		75m F					15:55
16:00	Speer			75m F			16:00
16:05				Diskus	75m F		16:05
16:10	Stab	Stab		Stab	Stab		16:10
16:15			1500m			Kugel 1	16:15
16:25						1500m	16:25
16:40			400m				16:40
16:50						1500m	16:50
17:00	800m	Speer					17:00
17:05		800m					17:05
17:10				800m	Diskus		17:10
17:15					800m		17:15