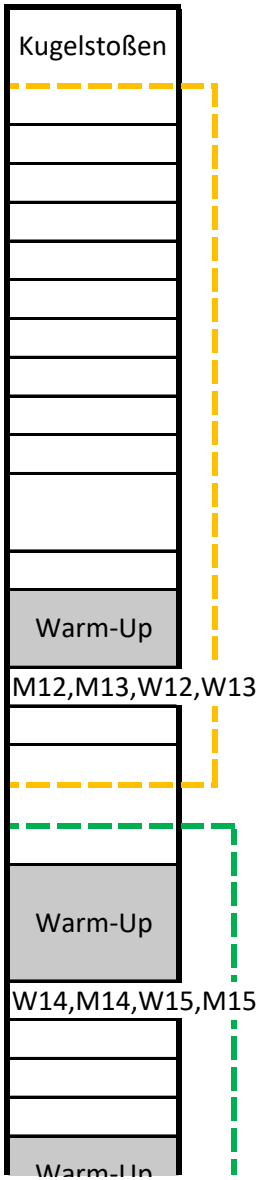
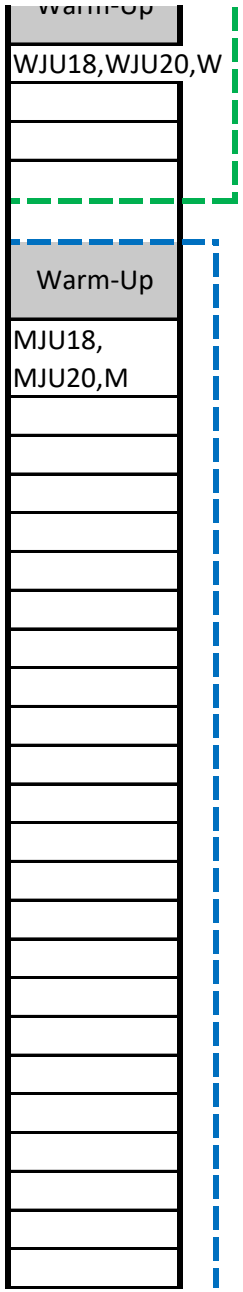
	Rundbahn		Rasenplatz		Weitsprung 3	Weitsprung 4 (Vorplatz)	Weitsprung 1	Weitsprung 2 (Stadion)	Hochsprung 1	Hochsprung2	Stabhochsprung
09:00			Schlagball	M10,M11	Warm-Up		Warm-Up		Warm-Up		
09:15											
09:30	50m	M10,M11			M12	W13	M13	W12	M12,M13	W12,W13	
09:45											
10:00	50m	W10,W11	Schlagball	W10,W11							
10:15											
10:30	75m	M12,M13									
10:45											
11:00	75m	W12,W13	Warm-Up		Warm-Up		Warm-Up		Warm-Up		
11:15											
11:30	100m	M14,M15	Diskus	WJU18,WJU20,W	M10	W10	M11	W11	M10,M11	W10,W11	
11:45											
12:00	100m	W14, W15									Warm-Up
12:15											
12:30	800m	M12,M13									M12,W12,M1
12:45	800m	M12,M13									
13:00	300m	W15									
13:15			Warm-Up		Warm-Up		Warm-Up		Warm-Up		
13:30	100m	MJU18,MJU20,M									Warm-Up
13:45			Diskus	MJU18,MJU20,M	W14	M14	W15	M15	M14,M15	W14,W15	
14:00	100m	WJU18,WJU20,W									M14,M15,W1
14:15											
14:30	200m	MJU18									
14:45											
15:00											Warm-Up

15:15	200m	MJU20									Warm-Up
15:30											WJU18,MJU2
15:45											
16:00	200m	M									
16:15											
16:30	200m	WJU18			Warm-Up		Warm-Up		Warm-Up		Warm-Up
16:45											
17:00	200m	WJU20, W			WJU18	MJU18	MJU20,M	WJU20,W	MJU18,MJU20,M	WJU18, WJU20,W	MJU18, MJU20,M
17:15											
17:30											
17:45	400m	MJU18,MJU20,M									
18:00											
18:15											
18:30	400m	WJU18,WJU20,W									
18:45											
19:00											
19:15	3000m	MJU18,MJU20,M									
19:30											
19:45											
20:00											
20:15	3000m	WJU18,WJU20,W									
20:30											
20:45											
21:00											
21:15	800m	MJU18,MJU20,M									
21:30											
21:45	800m	WJU18,WJU20,W									
22:00											
22:15	1500m	MJU18,MJU20,M									
22:30											
22:45	1500m	WJU18,WJU20,W									

23:00											


Kugelstoßen
Warm-Up
M12,M13,W12,W13
Warm-Up
W14,M14,W15,M15
Warm-Up


Warm-Up
WJU18,WJU20,W
Warm-Up
MJU18,
MJU20,M