

## Zeitplan:

|                                      | Männer               |          |                   | Frauen                |          |                   |
|--------------------------------------|----------------------|----------|-------------------|-----------------------|----------|-------------------|
| <b>1. Tag Freitag, 23. Juni 2023</b> |                      |          |                   |                       |          |                   |
| 18:30                                |                      |          | Hammer (U16, U20) |                       |          | Hammer (U16, U20) |
| 20:00                                |                      |          |                   | 2000m Hi U18          |          |                   |
| 20:15                                |                      |          |                   | 3.000m Hi (+ U20/U23) |          |                   |
| 20:35                                | 2000m Hi U18         |          |                   |                       |          |                   |
| 20:50                                | 3000m Hi (+ U20/U23) |          |                   |                       |          |                   |
| <b>2. Tag Samstag, 24. Juni 2023</b> |                      |          |                   |                       |          |                   |
| 13:00                                |                      |          | Hammer            |                       |          | Hammer            |
| 14:00                                |                      | Stabhoch |                   | 100m VL               |          |                   |
| 14:30                                | 100m VL              |          | Diskus            |                       |          | Kugel             |
| 15:00                                |                      |          |                   | 100m EL               |          |                   |
| 15:30                                | 100m EL              |          |                   |                       |          |                   |
| 15:40                                |                      | 3-Sprung |                   | 800m ZL               | 3-Sprung |                   |
| 16:10                                | 800m ZL              |          |                   |                       |          |                   |
| 16:30                                |                      |          | Kugel             | 200m ZL               | Hoch     | Diskus            |
| 16:45                                | 200m ZL              |          |                   |                       |          |                   |
| 17:20                                |                      |          |                   | 400m HÜ ZL            |          |                   |
| 17:35                                | 400m HÜ ZL           |          |                   |                       |          |                   |
| <b>3. Tag Sonntag, 25. Juni 2023</b> |                      |          |                   |                       |          |                   |
| 10:30                                |                      | Hoch     | Speer             |                       | Weit     |                   |
| 11:00                                |                      |          |                   | 100m HÜ ZL            |          |                   |
| 11:20                                | 110m HÜ ZL           |          |                   |                       |          |                   |
| 11:45                                |                      |          |                   | 4x100m ZL             |          |                   |
| 12:05                                | 4x100m ZL            |          |                   |                       |          |                   |
| 12:15                                |                      |          |                   | 1500m ZL              | Stabhoch | Speer             |
| 12:45                                | 1500m ZL             | Weit     |                   |                       |          |                   |
| 13:30                                |                      |          |                   | 400m ZL               |          |                   |
| 13:45                                | 400m ZL              |          |                   |                       |          |                   |