

# Freitaler Frühjahrssportfest + Regionalmeisterschaft lange Staffeln am 27.04.2024

## Zeitplan endgültig

	M10	M11	W10	W11	M12	M13	W12	W13	U16 männl.	U16 weibl.	U18 männl.	U18 weibl.	U20 männl. + Männer	U20 weibl. + Frauen	
10.00					Weit 1a	Weit 1b									10.00
10.15					3	5						Weit 2 5		Weit 2 1+3	10.15
10.30											1.500m 3	1500m 2	1.500m 0+5	1500m 1	10.30
10.45											100m ZL				10.45
11.00			Ball 5	Ball 4			Weit 1a 5	Weit 1b 7					100m ZL		11.00
11.15									100m ZL 12				100m ZL	1+8	11.15
11.30										100m ZL 10					11.30
11.45											Weit 2 7	100m ZL 5	Weit 2 0+3	100m ZL 1+3	11.45
12.00	50m ZL 4	50m ZL 9	50m ZL 10		Speer 0	Speer 2	Speer 1	Speer 1	Hoch AH: 1,30m	Hoch AH: 1,20m					12.00
12.15					75m ZL 3										12.15
12.30	Weit 1a <sup>1)</sup> 6	Weit 1b <sup>1)</sup> 10		50m ZL 6											12.30
12.45					75m ZL 3	75m ZL 6									12.45
13.00							75m ZL 5	75m ZL 8							13.00
13.15															13.15
13.30												200m ZL 6		200m ZL 2+1	13.30
13.45			Weit 1a <sup>1)</sup> 14	Weit 1b <sup>1)</sup> 10					Speer 3	Speer 5	200m ZL 6		200m ZL 1+9		13.45
14.00						60m Hü. ZL 2		60m Hü. ZL 2							14.00
14.15	3 x 800m 4														14.15
14.30					3 x 800m 4										14.30
14.45	Ball 8	Ball 7							3 x 800m 3						14.45
15.00									80m Hü. ZL 6	80m Hü. ZL 7	Speer 5	Speer 3			15.00
15.15			3 x 800m 4												15.15
15.30										3 x 800m		3 x 800m			15.30
15.45									3 x 1.000m 1		3 x 1.000m 1				15.45
16.00															16.00

<sup>1)</sup> Begrenzung auf 4 Versuche für alle TN