

Zeitplan NDM Jgd. A / MW15 Samstag						Änderungen vorbehalten!	
mJA		wJA		Schüler M15		Schülerinnen W15	
12:00		Drei			Stab Diskus	100m V	Kugel
12:30				100m V			Hoch
13:00			100m V				
13:20	100m V						
13:30		Diskus					
13:45					Drei Kugel		
14:00						100m Z	
14:15							
14:25			100m Z		100m Z		
14:30				Stab			Stab
14:35	100m Z				Kugel		
14:50			800m ZF				Diskus
14:55							
15:00		Hoch					
15:10	800m ZF				Weit		
15:20						100m F	
15:25							
15:30			100m F		100m F		
15:35	100m F						
16:05		Kugel					
16:20						4x100m ZF	
16:30				Diskus	4x100m ZF		
16:40			4x100m ZF				
16:50	4x100m ZF						Weit
17:00							
17:10						300m H ZF	
17:30					300m H ZF		
17:45			400m H ZF				
17:55	400m H ZF						
18:00		Speer					
18:10						2000m ZF	
18:20					3000m ZF		
18:30	3000m ZF						
18:40			3000m ZF				

Zeitplan NDM Jgd. A / MW15 Sonntag						Änderungen vorbehalten!	
mJA		wJA		Schüler M15		Schülerinnen W15	
10:30							
11:00		Stab Hammer		Weit		Hoch Hammer	80m H ZV Speer
11:25					80m H ZV		80m H ZV
11:45			100m H ZV				
12:00	110m H ZV						
12:15		Weit					
12:20	200m ZV						
12:35					Speer		
12:45			200m ZV				
13:00					1000m ZF		
13:05				Hammer			Hammer
13:15						800m ZF	
13:40	110m H F						Drei
13:45					Drei		
13:50			100m H F				
13:55				Hoch	80m H F		
14:00						80m H F	
14:10	200m F						
14:15				Speer			
14:25			200m F				
14:35	1500m ZF						
14:45			1500m ZF				
14:55					300m ZF		
15:20						300m ZF	
15:40	400m ZF						
16:05			400m ZF				