

ZEITPLAN LAZ Jubiläumssportfest am 28. April 2018

ZEIT	männl. U 18 M17/M16		weibl. U18 W17/W16		männl. U 16 M15 M14		weibl. U16 W15 W14		männl. U 14 M13 M12		weibl. U14 W13 W12		männl. U12 M 11 M10		weibl. U12 W 11 W10	
10:00			Kugel 3 kg				80m Hü (8)	80m Hü (8)	Speer 400g	Speer 400g	Weit 1	Weit 2				
10:10					80m Hü (7)	80m Hü (7)										
10:20							Hoch	Hoch								
10:30											60m Hü (6)	60m Hü (6)				
10:40									60m Hü (6)	60m Hü (6)						
10:50																
11:00			Speer 500 g				Speer 500 g	Speer 500 g	Kugel 3kg	Kugel 3 kg			Weit 1	Weit 2		
11:10	100m Ztl.		100m Ztl.													
11:20					100m Ztl.	100m Ztl.					Hoch	Hoch				
11:30																
11:40							100m Ztl.	100m Ztl.								
11:50																
12:00	Weit 1		Weit 2						75m Ztl.	75 m Ztl.						
12:10							Kugel 3kg	Kugel 3 kg							Schlagball	Schlagball
12:20					Hoch	Hoch					75m Ztl.	75m Ztl.				
12:30																
12:40													50m Ztl.			
12:50														50m Ztl.		
13:00							Weit 1	Weit 2							50m Ztl.	
13:10											Kugel 3kg	Kugel 3 kg				50m Ztl.
13:20									Hoch	Hoch			Schlagball	Schlagball		
13:30	100m E.		100m E.													
13:40					100m E.	100m E.										
13:50							100m E.	100m E.								
14:00					Weit 1	Weit 2			75m E.	75m E.						
14:10											75m E.	75m E.				
14:20	Kugel 5 kg												50m E.	50m E.		
14:30															50m E.	50m E.
14:40													Hoch	Hoch		
14:50	200m Ztl.		200m Ztl.													
15:00															Weit 1	Weit 2
15:10					300m Ztl.		300m Ztl.									
15:20																
15:30					Kugel 4 kg	Kugel 4 kg			4x75m Ztl.		4x75m Ztl.					
15:40															Hoch	Hoch
15:50	4x100m Ztl.		4x100m Ztl.		4x100m Ztl.		4x100m Ztl.									
16:00									Weit 1	Weit 2						
16:10																
16:20													800m Ztl.	800m Ztl.	800m Ztl.	800m Ztl.
16:30	800m Ztl.		800m Ztl.		800m Ztl.		800m Ztl.		800m Ztl.		800m Ztl.					

ohne Gewähr, Änderungen vorbehalten

