

## Zeitplan / timetable

Samstag, 29.06.2019				
Junioren / men			Juniorinnen / women	
Technik / field	Bahn / track	29.06.	Bahn / track	Technik / field
Hammer / hammer throw U18 EYOF		11:00		Hammer / hammer throw U18 EYOF
Diskus / discus throw U18 EYOF		11:00		Diskus / discus throw U18 EYOF
	110m Hürden / hurdles U18 EYOF	11:30		
		11:40	100m Hürden / hurdles U18 EYOF	
Kugel / Shot put U18 EYOF		11:50		Kugel / Shot put U18 EYOF
		13:00		Stabhoch / Pole vault U20
	110m Hürden / hurdles VL	13:20		Hammer / hammer throw U20
Speer / Javelin throw U18 EYOF		13:20		Speer / Javelin throw U18 EYOF
		13:40	100m Hürden / hurdles VL	
		13:50		
Kugel / Shot put		14:00		
	110m Hürden / hurdles EL B/A	14:20		
		14:40	100m Hü. / hurdles EL B/A	
		14:55		Drei / Triple jump
	100 m VL	15:00		
	100m U18 EYOF	15:20		
Hammer / hammer throw U20		15:30	100 m VL	Speer / Javelin throw
		15:50	100m U18 EYOF	
Stabhoch / Pole vault U20	400m ZL	16:10		Kugel / Shot put
		16:30	400m ZL	
Drei / Triple jump		16:50		
	100 m EL B/A	17:00		
		17:10	100 m EL B/A	
Hammer / hammer throw M		17:25	1.500 m ZL	Hammer / hammer throw W
Diskus / discus throw		17:30		
	1.500 m ZL	17:40		
	4 x 100 m / 1.Lauf / 1. race	18:10		
		18:20	4 x 100 m / 1.Lauf / 1. race	

Sonntag, 30.06.2019				
Junioren / men			Juniorinnen / women	
Technik / field	Bahn / track	30.06.	Bahn / track	Technik / field
Hoch / High jump		11:00		
Weit / Long jump	400 m Hürden U20 / hurdles ZL	11:10		
		11:20		
	400 m Hürden / hurdles U18 EYOF	11:30		
		11:35	400 m Hürden U20 / hurdles ZL	
		11:45	400 m Hürden / hurdles U18 EYOF	
		11:50		Diskus / discus throw
	4 x 100 m 2.Lauf / 2. race	12:10		
		12:20	4 x 100 m 2.Lauf / 2. race	
	800 m ZL	12:30		
		12:45	800 m ZL	
		13:00		Hoch / High jump
	Inklusionsstaffeln	13:00	Inklusionsstaffeln	Weit / Long jump
Speer / Javelin throw	200 m ZL	13:20		
		13:40	200 m ZL	
	4 x 400 m ZL	14:00		
		14:10	4 x 400 m ZL	

Bitte beachten Sie auch : <http://www.junioren-gala.de>

## Einlagewettbewerbe Männer/Frauen

Sonntag, 30.06.2019				
Technik / field	Bahn / track / men	30.06.	Bahn / track / women	Technik / field
	100m 1. Serie	14:30		Stabhoch / Pole vault
		14:45	100m 1. Serie	
		15:10	100m H 1. Serie	
	100m 2. Serie	15:30		
		15:45	100m 2. Serie	
	400m	15:50		
		16:00	400m	
		16:10	100m H 2. Serie	
	200m	16:30		
		16:40	200m	