

 **Junioren-Gala 2023**
 24./25.06.2023 Michael-Hoffmann-Stadion Mannheim

20.06.2023

Zeitplan / timetable

Samstag, 24.06.2023				
Junioren / Men			Juniorinnen / Women	
Technik / Field	Bahn / Track	24.06.	Bahn / Track	Technik / Field
	400 m Hürden / Hurdles ZL	13:00		Stabhoch / Pole Vault U20
		13:10		Hammer / Hammer Throw
		13:20	400 m Hürden / Hurdles ZL	
Kugel / Shot Put		13:30		
	100 m Heats	13:40		
		13:50		
		14:00		Drei / Triple Jump
		14:10	100 m Heats	
		14:20		
Hammer / Hammer Throw		14:30		Speer / Javelin Throw
	400 m ZL	14:40		
		14:50		
		15:00	400 m ZL	Kugel / Shot Put
		15:10		
		15:20		
	100 m F B/A	15:30		
Drei / Triple Jump		15:40		
		15:50	100 m F B/A	
Speer / Javelin Throw		16:00		
		16:10		
		16:20		
	1.500 m ZL	16:30		Stabhoch / Pole Vault Women
		16:40	1.500 m ZL	
		16:50		
	3.000 m Hi / SC F	17:00		
		17:10		
		17:20	3.000 m Hi / SC F	
		17:30		
	4 x 100 m (1. Race)	17:40		
		17:50	4 x 100 m (1. Race)	
	3.000 m F	18:00		
		18:10		
		18:20	3.000 m F	

Sonntag, 25.06.2023				
Junioren / Men			Juniorinnen / Women	
Technik / Field	Bahn / Track	25.06.	Bahn / Track	Technik / Field
Stabhoch / Pole Vault U20	110 m Hürden / Hurdles Heats	11:00		
Weit / Long Jump & Hoch / High Jump		11:10		
		11:20		Diskus / Discus Throw
		11:30	100 m Hürden / Hurdles Heats	
		11:40		
		11:50		
	4 x 100 m (2. Race)	12:00		
		12:10	4 x 100 m (2. Race)	
		12:20		
	110 m Hürden / Hurdles F B/A	12:30		
		12:40		Hoch / High Jump
		12:50	100 m Hürden / Hurdles F B/A	Weit / Long Jump
		13:00		
Diskus / Discus Throw		13:10		
		13:20		
	200 m ZL	13:30		
		13:40		
		13:50	200 m ZL	
Stabhoch / Pole Vault Men		14:00		
	800 m ZL	14:10		
		14:20		
		14:30	800 m ZL	
	4 x 400 m F	14:40		
		14:50	4 x 400 m F	
		15:00		