

Zeitplan / timetable

Samstag/Saturday 13.06.2026

<i>Junioren / men</i>			<i>Juniorinnen / women</i>	
Technik / field	Bahn / track	13.06.	Bahn / track	Technik / field
	400m Hürden U20 / hurdles ZL	13:00		Stabhoch / Pole vault
		13:20		Hammer / Hammer throw
Kugel / Shot put		13:30	400m Hürden U20 / hurdles ZL	
	100m VL	14:00		
		14:30	100m VL	
		14:55		Drei / Triple jump
	400m ZL	15:00		Speer / Javelin throw
Hammer / Hammer throw		15:30	400m ZL	
	100m EL B/A	16:00		
		16:10	100m EL B/A	Kugel / Shot put
		16:30	800m ZL	
	800m ZL	16:40		
Drei / Triple jump		16:55		
	100m Para	17:00	100m Para	
Speer / Javelin throw	4 x 100m ZL (1. race)	17:20		
		17:30	4 x 100m ZL (1. race)	
	4 x 100m mixed ZL (1. race)	17:40	4 x 100m mixed ZL (1. race)	

Sonntag/Sunday 14.06.2026

<i>Junioren / men</i>			<i>Juniorinnen / women</i>	
Technik / field	Bahn / track	14.06.	Bahn / track	Technik / field
	4 x 400m F	10:30		
Diskus / Discus throw		10:40	4 x 400m F	
		10:50		
Hoch / High jump	110m Hürden / hurdles VL	11:00		
Weit / Long jump		11:10		
Stabhoch / Pole vault		11:40	100m Hürden / hurdles VL	Diskus / Discus throw
	4 x 100m (2. race)	12:00		
		12:10	4 x 100m (2. race)	
	4 x 100m mixed ZL (2. race)	12:20	4 x 100m mixed ZL (2. race)	
	110m Hürden / hurdles EL B/A	12:40		
		12:45		Hoch / High jump
		12:55	100m Hürden / hurdles EL B/A	Weit / Long jump
	200m Para	13:20	200m Para	
	200m ZL	13:30		
		13:50	200m ZL	
	4 x 400m ZL mixed	14:10	4 x 400m ZL mixed	

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