

## Zeitplan / timetable

Samstag, Saturday 22.06.2024

<i>Junioren / men</i>			<i>Juniorinnen / women</i>	
<b>Technik / field</b>	<b>Bahn / track</b>	<b>22.06.</b>	<b>Bahn / track</b>	<b>Technik / field</b>
		13:00		Stabhoch / Pole vault
	110m Hürden / hurdles VL	13:20		Hammer / hammer throw
		13:45	100m Hürden / hurdles VL	
		13:50		
Kugel / Shot put		14:00		
	110m Hürden / hurdles EL B/A	14:20		
		14:40	100m Hürden / hurdles VL B/A	
		14:55		Drei / Triple jump
	100 m VL	15:00		Diskus / discus throw
		15:20		
Hammer / hammer throw		15:30	100 m VL	
		15:50		
	400m ZL	16:00		
		16:10		Kugel / Shot put
		16:25	400m ZL	
Drei / Triple jump	100 m EL B/A	16:50		
		17:00	100m EL B/A	
		17:10		
Diskus / discus throw		17:15	1.500 m ZL	
	1.500 m ZL	17:20		
	100 m Para	17:30	100 m Para	
	4x100 (1. race)	17:40		
		18:00	4x100 (1. race)	

Sonntag, Sunday 23.06.2024

<i>Junioren / men</i>			<i>Juniorinnen / women</i>	
<b>Technik / field</b>	<b>Bahn / track</b>	<b>23.06.</b>	<b>Bahn / track</b>	<b>Technik / field</b>
Hoch / High jump		11:00		
Weit / Long jump	400 m Hürden U20 / hurdles ZL	11:10		
		11:20		
Stabhoch / Pole vault		11:30	400 m Hürden U20 / hurdles ZL	Speer / Javelin throw
		11:35		
		11:40		
	4 x 100 m (2. race)	11:55		
		12:00		
		12:10	4 x 100 m (2. race)	
		12:10		
	800 m ZL	12:20		
		12:30		
		12:40		Hoch / High jump
		12:45		
		12:50		Weit / Long jump
		12:55	800 m ZL	
		13:00		
Speer / Javelin throw	200 m Para	13:10	200 m Para	
		13:20		
	200 m ZL	13:30		
		13:45	200 m ZL	
	4 x 400 m ZL	14:10		
		14:20	4 x 400 m ZL	
	4 x 400 m ZL mixed	14:30	4 x 400 m ZL mixed	

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