

Zeit	M 9	M 10	M 11	M 12	M13	W 9	W 10	W 11	W 12	W 13	Block MK U16
	2010 u. jü	2009	2008	2007	2006	2010 u. jü	2009	2008	2007	2006	
9:45											80m Hü
10:00	800m	800m	800m	Ball	Ball	800m	800m	800m	Weit	Weit	
10:15											Weit
10:30				800m	800m						
10:45	Ball	Ball	Ball			Weit	Weit	Weit	800m	800m	
11:00											
11:15				Weit	Weit						Hoch / Kugel / Ball
11:30	50m	50m	50m						Ball	Ball	
11:45						50m	50m	50m			
12:00											
12:15	Weit	Weit	Weit	75m	75m						
12:30						Ball	Ball	Ball	75m	75m	
12:45											100m
13:00											
13:15						50m E	50m E	50m E			Speer/Diskus/2000m
13:30	50m E	50m E	50m E								
13:45				75m E	75m E						
14:00									75m E	75m E	
14:15			4x50m					4x50m			
14:30					4x75m					4x75m	