Altersklasse	WK U12	MK U12	WJ U14	MJ U14	WJ U16	MJ U16	WJ U18	MJ U18	
Zeit									
10:00	Weit 1/2	Schlagball 1/2	Hoch	Kugel					10:00
10:10									10:10
10:20									10:20
10:30									10:30
10:40									10:40
10:50				Hoch					10:50
11:00									11:00
11:10			Kugel			100m		100m	11:10
11:20	Schlagball 1/2	Weit 1/2							11:20
11:30					100m		100m		11:30
11:40									11:40
11:50				75m					11:50
12:00						Hoch		Hoch	12:00
12:10			75m						12:10
12:20									12:20
12:30				Ball 2	Weit 1		Weit 2		12:30
12:40			Ball 1						12:40
12:50		50m							12:50
13:00									13:00
13:10	50m								13:10
13:20						Kugel		Kugel	13:20
13:30		800m							13:30
13:40					Hoch		Hoch		13:40
13:50				Weit 1					13:50
14:00	800m		Weit 2						14:00
14:10									14:10
14:20									14:20
14:30									14:30
14:40									14:40
14:50					Kugel		Kugel		14:50
15:00	Hoch	Hoch		800m		Weit 1			15:00
15:10								Weit 2	15:10
15:20									15:20
15:30			800m						15:30
15:40									15:40
15:50					Speer		Speer		15:50
16:00									16:00
16:10									16:10
16:20						Speer		Speer	16:20
16:30									16:30
16:40									16:40
16:50					800m		800m		16:50
17:00									17:00
17:10									17:10
17:20						800m		800m	17:20
17:30									17:30
17:40									17:40
17:50									17:50
18:00									18:00