

**Vorläufige Zeitplanung Samstag, 25. Juli 2026**
**Stand: 16. Juli 2026**

| M15               | M14               | Uhrzeit | W15               | W14               |
|-------------------|-------------------|---------|-------------------|-------------------|
|                   |                   | 09:30   | 4x100m Z          | 4x100m Z          |
| 4x100m Z          | 4x100m Z          | 09:50   |                   |                   |
| Hammer F          | Hammer F          | 10:00   | Hammer F          | Hammer F          |
|                   |                   | 10:00   |                   |                   |
|                   |                   | 10:15   | Speer F           |                   |
| Hoch F            | Stab              | 10:30   |                   | 800m Z            |
|                   |                   | 10:35   | Weit F – Anlage 1 | Weit F – Anlage 2 |
|                   |                   | 10:40   | 800m Z            |                   |
|                   | 800m Z            | 10:50   |                   |                   |
| 800m Z            |                   | 11:00   |                   |                   |
| Kugel F           |                   | 11:00   |                   |                   |
|                   |                   | 11:05   |                   | Diskus F          |
|                   |                   | 11:15   |                   |                   |
|                   | 80m Hü VL         | 11:30   |                   |                   |
| 80m Hü VL         |                   | 11:35   |                   |                   |
| Speer F           |                   | 11:45   |                   |                   |
|                   |                   | 11:50   | Hoch F            | 80m Hü VL         |
| Weit F – Anlage 1 | Weit F – Anlage 2 | 12:00   |                   |                   |
|                   |                   | 12:05   | 80m Hü VL         |                   |
|                   |                   | 12:10   | Kugel F           |                   |
|                   | Diskus F          | 12:40   |                   |                   |
|                   |                   | 12:50   |                   | 80m Hü F          |
|                   |                   | 12:55   | 80m Hü F          |                   |
|                   |                   | 13:00   |                   |                   |
| Stab F            |                   | 13:05   |                   |                   |
|                   | 80m Hü F          | 13:10   |                   |                   |
| 80m Hü F          |                   | 13:15   |                   |                   |
|                   |                   | 13:30   |                   | 100m VL           |
|                   | Hoch F            | 13:35   |                   | Speer F           |
|                   |                   | 13:45   | 100m VL           |                   |
| Drei F            |                   | 13:50   | Drei F            |                   |
|                   | 100m VL           | 14:00   | Diskus F          |                   |
|                   | Kugel F           | 14:05   |                   |                   |
| 100m VL           |                   | 14:10   |                   |                   |
|                   |                   | 14:20   |                   |                   |
|                   |                   | 14:30   |                   |                   |
|                   |                   | 14:45   |                   | 100m F            |
|                   |                   | 14:50   | 100m F            |                   |
|                   | 100m F            | 15:00   |                   | Kugel F           |
| 100m F            | Mehrfachsprung F  | 15:10   |                   | Mehrfachsprung F  |
| Diskus F          |                   | 15:15   |                   |                   |
|                   |                   | 15:20   |                   | Hoch F            |
|                   |                   | 15:25   | Stab F            | Stab F            |
|                   | Speer F           | 15:30   | 300m Hü Z         |                   |
| 300m Hü Z         |                   | 15:40   |                   |                   |
|                   |                   | 15:45   |                   |                   |
|                   |                   | 15:50   |                   |                   |
|                   |                   | 16:00   | 300m Z            |                   |
| 300m Z            |                   | 16:10   |                   |                   |
|                   |                   |         |                   |                   |