

EINKAMPFMEISTERSCHAFTEN Region AZO 2011

Einsatzplan

KATEGORIEN

Zeit	Männer	U20 M	U18 M	U16 M	U14 M	U12 M	Frauen	U20 W	U18 W	U16 W	U14 W	U12 W	Zeit
08.00					V60m	V60m				Kugel 2 3.0kg			08.00
08.30					Hoch 1	Weit 1+ 2							08.30
08.55				Speer 600g			Kugel 1 4kg			Hoch 2			08.55
09.30					Weit 1 + 2	Hoch 1 + 2	V100m = U20	V100m = F					09.30
09.40									V100m				09.40
09.50													09.50
10.00	Weit 1				Kugel 1 3.0kg	Kugel 2 2.5kg	Weit 2 + U20	Weit 2 + F		V80m			10.00
10.20				V80m									10.15
10.30	V100m												10.30
10.40		V100m = U18	V100m = U20										10.40
10.45	Rangverkündigung												10.45
11.00				Kugel 2 4.0kg	Ballwurf 200g					Weit 1			11.00
11.15							Schlb. 1kg = U20	Schlb. 1kg = F					11.15
11.30													11.30
11.50		Weit 2 = U18	Weit 2 = U20			Ballwurf 200g	Hoch 1 = U20	Hoch1 = F	Hoch 2				11.50
12.05	STS 12.5					F 60m							12.05
12.10					F 60m								12.10
12.15										F80m			12.15
12.20				F80m									12.20
12.25													12.25
12.30							STS 6 kg		F100m				12.30
12.35		F100m = U18	F100m = U20										12.35
12.40							F100m = U20	F100m = F					12.40
12.45	F100m	Kugel 1 5.0kg = U18	Kugel 1 5.0kg = U20										12.45
12.50	Rangverkündigung												12.50
13.00	Speer 800 = U20	Speer 800 = M							Kugel 2		V60m	V60m	13.00
13.30											Hoch 1	Weit 1+ 2	13.30
13.40										80mH			13.40
13.45	Kugel 1 5.0kg						100mH	100mH = F	100mH = F				13.45
13.55				100mH									13.55
14.00		110mH	110mH							Speer 400	Weit 1+ 2	Hoch 2	14.00
14.15													14.15
14.30					1000m	1000m						Ballwurf 200g	14.30
14.40	4 x 100m		Speer 700 / 4 x 100	4 x 100m							Kugel 2 3.0kg		14.40
14.50				Hoch 2			4 x 100m		4 x 100m				14.50
15.00	Hoch 1								Weit 1				15.00
15.10												F 60m	15.10
15.15												F 60m	15.15
15.20							Speer 600g = U18		Speer 600g = F		Ballwurf 200g	Kugel 1 2.5kg	15.20
15.30		Hoch 2 = U18	Hoch 2 = U20				800 m = U20 = U18	800 m = F = U18	800 m = F = U20				15.30
15.40										800 m			15.40
15.45	Rangverkündigung												15.45
15.50		Weit 2 = U18	Weit 2 = U20										15.50
16.00	STH 18 kg = U20	STH 18 kg = M		Weit 1						800 m			16.00
16.15	Schlb. 1.5 = U20	Schlb. 1.5 = M										800m	16.15
16.30				1000 m									16.30
16.40		1000m = U18 M	1000m = U20 M										16.40
16.50	1000m												16.50
17.30	Rangverkündigung												17.30

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DISZIPLINEN

Zeit	Läufe	Weit	Hoch	Kugel	Speer	Schleuderb	Steinst.	Steinh.	Ballwurf	Zeit
08.00	V60m U14 + U12 M			2 U16 W 3.0						08.00
08.30		1 + 2 U12 M	1 U14 M							08.30
08.55			2 U16 W	1 F	U16 M 600g					08.55
09.30	V100m F + U20 W	1 + 2 U14 M	1 + 2 U12 M							09.30
09.40	V100m U18 W									09.40
09.50		1 M (10.00Uhr)								09.50
10.00	V80m U16 W	2 F+U20		1 U14 M / 2 U12 M						10.00
10.15	V80m U16 M									10.20
10.30	V100m M									10.30
10.40	V100m U20 M									10.40
10.45	Rangverkündigung									10.45
11.00		1 U16 W		2 U16 M 4.0					U14 M 200	11.00
11.15						F+ U20 W 1.0				11.15
11.30										11.30
11.50		2 U20 M + U18 M	1 F+U20 2 U18W						U12 M 200	11.50
12.05	F60m U12 M						M 12.5			12.05
12.10	F60m U14 M									12.10
12.15	F80m U16 W									12.15
12.20	F80m U16 M									12.20
12.25										12.25
12.30	F100m U18 W						F 6 kg			12.30
12.35	F100m U20 M + U18 M									12.35
12.40	F100m F + U20 W									12.40
12.45	F100m M			1 U20 M + U18 M						12.45
12.50	Rangverkündigung									12.50
13.00	60m U14 + U12 W			2 U18 W	M + U20 800g					13.00
13.30		1 + 2 U12 W	1 U14 W							13.30
13.40	80Hü U16 W									13.40
13.45	100Hü F + U20 + U18			1 M						13.45
13.55	100Hü U16 M									13.55
14.00	110Hü U20 M + U18 M	1 + 2 U14 W	2 U12 W		U16W 400g					14.00
14.15	1000m U12 M									14.15
14.30	1000m U14 M								U12 W 200	14.30
14.40	4 x 100m M + U18 M + U16 M			2 U14 W 3.0	U18M 700g					14.40
14.50	4 x 100m F + U18 W		2 U16 M							14.50
15.00			1 M							15.00
15.10	F60m U12 W	1 U18 W								15.10
15.15	F60m U14 W									15.15
15.20				1 U12 W 2.5	F + U18W 600g				U14 W 200	15.20
15.30	800m F + U20 W + U18 W									15.30
15.40	800m U14 W									15.40
15.45	Rangverkündigung									15.45
15.50			2 U20 M + U18 M							15.50
16.00	800m U16 W	1 U16 M						M + U20 M 18kg		16.00
16.15	800m U12 W					M + U20 M 1.5				16.15
16.30	1000m U16 M									16.30
16.40	1000m U20 M + U18 M									16.40
16.50	1000m M									16.50
17.30	Rangverkündigung									17.30