

	M12	M13	M14	M15	MJU18	MJU20	M	M 35-90+	W12	W13	W14	W15	WJU18	WJU20	F	W 35-90+	
16:30								300m Hü (60-75)								300m Hü (50-65)	16:30
								400m Hü (35-55)								400m Hü (35-45)	
16:45					400m Hü ZEL	400m Hü ZEL	400m Hü ZEL										16:45
16:55													400m Hü ZEL	400m Hü ZEL	400m Hü ZEL		16:55
17:05								1500m								1500m	17:05
17:15						3000m	3000m							3000m	3000m		17:15
17:30			1.500m Hi	1.500m Hi							1.500m Hi	1.500m Hi	2.000m Hi	3.000m Hi	3.000m Hi		17:30
					2.000m Hi												
17:50						3.000m Hi	3.000m Hi										17:50
18:10	2000mBG	3000mBG	3000m BG	3000m BG					2000mBG	3000mBG	3000m BG	3000m BG					18:10
18:30					5000m BG	5000m BG	5000m BG	5000m BG					5000m BG	5000m BG	5000m BG	5000m BG	18:30
	M12	M13	M14	M15	MJU18	MJU20	M	M 35-90+	W12	W13	W14	W15	WJU18	WJU20	F	W 35-90+	