MJU14		MJU16		MJU18	MJU20	Männer	Startzeit	WJU14		WJU16		WJU18	WJU20	Frauen
M12	M13	M14	M15					W12	W13	W14	W15			
				Weit 1		Weit 1	10:00	60m H ZL						
60m H ZL							10:10							
							10:20			60m H ZL				
		30m flg					10:25							
Weit 3							10:30	Weit 2				60m H ZL		60m H ZL
		60m H ZL					10:45							
	30m flg						10:50		30m flg					
				60m H ZL	60m H ZL	60m H ZL	11:00							
							11:15			30m flg		60m VL		
							11:25							60m VL
							11:35						60m VL	
		Weit 1		30m flg		30m flg	11:40							
	Weit 3						11:45		Weit 2	60m ZL				
					60m VL		12:00							
				60m VL			12:10							
						60m VL	12:20							
30m flg		60m ZL					12:35							
							12:45			Weit 1		60m F		
							12:50							60m F
							12:55	30m flg					60m F	
60m ZL							13:00							
					60m F		13:15							
				60m F			13:20					30m flg		30m flg
						60m F	13:25							
3er Sprunglauf 2/3							13:30	60m ZL						
					30m flg		13:45						30m flg	
		Hoch					14:10							
		800m ZL					14:15	3er Sprunglauf 2/3						
							14:20			800m ZL				
800m ZL							14:25							
							14:30			Hoch				
							14:40	800m ZL				Weit 1		Weit 1
						1.000m ZL	15:00							
			300m ZL				15:15							
							15:20				300m ZL			
						300m ZL	15:25							
							15:40							300m ZL
			150m ZL				16:00							
							16:10				150m ZL			
						150m ZL	16:20							
							16:40							150m ZL
						600m ZL	16:55							
							17:10							600m ZL