

Rahmenzeitplan Rheinland-Meisterschaften Block Koblenz

M/W 12/13

Stand 05.06.18

Hochsprung Anfangshöhen:

M12	1,12m	W12	1,04m
M13	1,12m	W13	1,04m
M14	1,20m	W14	1,12m
M15	1,20m	W15	1,12m

Steigerung jeweils 4 cm!

	M12/13	M12	M13	M12/13	W12/13	W12	W12	W13	W12/13	
	BSS	BL	BL	BW	BSS	BL	BL	BL	BW	
	5 / 7	14	7	5 / 3	11 / 10	15	16	12	7 / 4	
						R 1	R 2			
10:30	60m H				Speer					10:30
10:40					(W12)					10:40
10:50				60m H						10:50
11:00	Hoch 1	60m H								11:00
11:10			60m H	Kugel	Speer					11:10
11:20					(W13)				60m H	11:20
11:30					60m H					11:30
11:40		Weit 1	Weit 2		(W12)	60m H				11:40
11:50							60m H			11:50
12:00					Hoch 2				Diskus	12:00
12:10					(W12)	Ball		60m H		12:10
12:20				Weit 2						12:20
12:30					60m H		Weit 1			12:30
12:40	Speer		Ball		(W13)					12:40
12:50					Hoch 1					12:50
13:00					(W13)					13:00
13:10								Ball		13:10
13:20				Diskus						13:20
13:30						Weit 1			Weit 3	13:30
13:40		Ball								13:40
13:50										13:50
14:00										14:00
14:10										14:10
14:20	75 m						Ball	Weit 2	Kugel	14:20
14:30					75 m					14:30
14:40										14:40
14:50				75 m						14:50
15:00	Weit 3		75 m							15:00
15:10		75 m								15:10
15:20									75 m	15:20
15:30						75 m				15:30
15:40					Weit 3		75 m			15:40
15:50								75 m		15:50
16:00										16:00
16:10		800 m								16:10
16:20			800 m							16:20
16:30						800 m	800 m			16:30
16:40								800 m		16:40

M/W 14/15

	M14/15	M14/15	M14/15	W14/15	W14/15	W14/15	
	BSS	BL	BW	BSS	BL	BW	
	3 / 6	9 / 1	5 / 3	12 / 7	13 / 6	5 / 5	
12:30							12:30
12:40							12:40
12:50							12:50
13:00	Weit 2		Kugel	80 m Hü			13:00
13:10							13:10
13:20						80 m Hü	13:20
13:30				Hoch 2	80 m Hü		13:30
13:40				(W14)			13:40
13:50				80 m Hü		Diskus	13:50
14:00	80 m Hü			Hoch 1			14:00
14:10		80 m Hü		(W15)	Weit 1		14:10
14:20							14:20
14:30			Diskus				14:30
14:40							14:40
14:50	Hoch 2						14:50
15:00		Weit 1		Speer		Weit 2	15:00
15:10				(W14)			15:10
15:20					Ball		15:20
15:30							15:30
15:40			Weit 2	Speer			15:40
15:50				(W15)			15:50
16:00							16:00
16:10		Ball		Weit 1			16:10
16:20	Speer			(W14)			16:20
16:30				Weit 2		Kugel	16:30
16:40				(W15)			16:40
16:50					100m		16:50
17:00		100m					17:00
17:10			100m				17:10
17:20						100 m	17:20
17:30	100m						17:30
17:40				100m			17:40
17:50					2000 m		17:50
18:00		2000 m					18:00