

**Rahmenzeitplan Ostsächsische Meisterschaft am Samstag, den 17.05.2025**
**Stand : 08.04.2025**

| Zeit  | MK U12  |         | WK U12  |         | MJ U14  |         | WJ U14  |         | MJ U16  |         | WJ U16  |         |         |
|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|       | M10     | M11     | W10     | W11     | M12     | M13     | W12     | W13     | M14     | M15     | W14     | W15     |         |
|       | 2015    | 2014    | 2015    | 2014    | 2013    | 2012    | 2013    | 2012    | 2011    | 2010    | 2011    | 2010    |         |
| 9:30  |         |         |         |         | Kugel   | Kugel   |         |         |         |         |         | 4x100m  |         |
| 9:40  |         |         |         |         |         |         |         |         |         | 4x100m  |         |         |         |
| 9:50  |         |         |         |         |         |         |         | 4x75m   |         |         | Speer   | Speer   |         |
| 10:00 |         |         |         |         |         | 4x75m   |         |         |         | Weit 1  | Weit 2  |         |         |
| 10:10 |         |         |         | 4x50m   |         |         |         | Ball 1  | Ball 2  |         |         |         |         |
| 10:20 |         | 4x50m   |         |         |         |         |         |         |         |         |         |         |         |
| 10:30 |         |         |         |         | Diskus  | Diskus  |         |         |         |         |         |         |         |
| 10:40 |         |         |         |         | Hoch 1  | Hoch 1  |         |         |         |         |         | 80mH ZL | 80mH ZL |
| 10:50 |         |         |         |         |         |         |         |         |         |         |         |         |         |
| 10:55 |         |         |         |         |         |         |         |         |         | 80mH ZL | 80mH ZL |         |         |
| 11:00 | Weit 1  | Weit 2  | Ball 1  | Ball 2  |         |         |         | Speer   | Speer   | Kugel   | Kugel   | Hoch 2  | Hoch 2  |
| 11:10 |         |         |         |         |         |         |         |         | 60mH ZL |         |         |         |         |
| 11:20 |         |         |         |         |         | 60mH ZL |         |         |         |         |         |         |         |
| 11:30 |         |         |         |         |         |         |         | 60mH ZL |         |         |         |         |         |
| 11:40 |         |         |         |         | 60mH ZL |         |         |         |         |         |         | Diskus  | Diskus  |
| 11:50 |         |         |         |         |         |         |         |         |         |         |         |         |         |
| 11:55 |         |         |         | 60mH ZL |         |         |         |         |         |         |         |         |         |
| 12:00 |         |         |         |         | Ball 1  | Ball 2  |         |         |         | Hoch 1  | Hoch 1  | Weit 1  | Weit 2  |
| 12:05 |         |         | 60mH ZL |         |         |         |         |         |         |         |         |         |         |
| 12:15 |         | 60mH ZL |         |         |         |         |         | Hoch 2  | Hoch 2  | Speer   | Speer   |         |         |
| 12:25 | 60mH ZL |         |         |         |         |         |         |         |         |         |         |         |         |
| 12:30 |         |         |         |         |         |         |         | Kugel   | Kugel   |         |         |         |         |
| 12:40 |         |         |         | 50m VL  |         |         |         |         |         |         |         |         |         |
| 12:50 |         |         | 50m VL  |         |         |         |         |         |         |         |         |         |         |
| 13:00 |         | 50m VL  | Weit 1  | Weit 2  |         |         |         |         |         |         |         |         |         |
| 13:10 | 50m VL  |         |         |         |         |         |         |         |         |         |         |         |         |
| 13:20 |         |         |         |         | 75m VL  |         |         |         |         | Diskus  | Diskus  |         |         |
| 13:30 | Ball 1  | Ball 2  |         |         |         | 75m VL  |         |         |         |         |         |         |         |
| 13:40 | Hoch 1  | Hoch 1  |         |         | Speer   | Speer   | 75m VL  |         |         |         |         |         |         |
| 13:50 |         |         | Hoch 2  | Hoch 2  |         |         |         | 75m VL  |         |         |         |         |         |
| 14:00 |         |         |         |         |         |         |         | Weit 1  | Weit 2  | 100m VI |         | Kugel   | Kugel   |
| 14:10 |         |         |         |         |         |         |         |         |         |         | 100m VI |         |         |
| 14:20 |         |         |         |         |         |         |         |         |         |         |         | 100m VI |         |
| 14:30 |         |         |         |         |         |         |         |         |         |         |         |         | 100m VI |
| 14:40 | 50m F   | 50m F   |         |         |         |         |         |         |         |         |         |         |         |
| 14:50 |         |         | 50m F   | 50m F   |         |         |         | Diskus  | Diskus  |         |         |         |         |
| 15:00 |         |         |         |         | 75m F   | 75m F   |         |         |         |         |         |         |         |
| 15:10 |         |         |         |         | Weit 1  | Weit 2  | 75m F   | 75m F   |         |         |         |         |         |
| 15:20 |         |         |         |         |         |         |         |         |         | 100m F  | 100m F  |         |         |
| 15:30 |         |         |         |         |         |         |         |         |         |         |         | 100m F  | 100m F  |
| 15:40 |         |         |         |         |         |         |         |         |         |         |         |         |         |
| 15:50 | 800m ZL | 800m ZL |         |         |         |         |         |         |         |         |         |         |         |
| 16:00 |         |         | 800m ZL | 800m ZL |         |         |         |         |         |         |         |         |         |
| 16:10 |         |         |         |         | 800m ZL | 800m ZL |         |         |         |         |         |         |         |
| 16:20 |         |         |         |         |         |         | 800m ZL | 800m ZL |         |         |         |         |         |
| 16:30 |         |         |         |         |         |         |         |         | 800m ZL | 800m ZL |         |         |         |
| 16:40 |         |         |         |         |         |         |         |         |         |         |         | 800m ZL | 800m ZL |