



## Vorläufiger Zeitplan Sonsbecker Sparkassen Trackmeeting - Samstag 06.06.2026

| Zeit  | M   | MJU20          | MJU18          | MJU16          | MU14  | MU12  | Frauen         | WJU20          | WJU18          | WU16           | WU14  | WU12  |
|-------|---|----------------|----------------|----------------|-------|-------|----------------|----------------|----------------|----------------|-------|-------|
| 10:00 |   |                |                |                |       |       | 100mH          | 100mH          | 100mH          |                |       |       |
| 10:20 |   |                |                | 80mH           |       |       |                |                |                |                |       |       |
| 10:30 |   |                |                |                |       |       |                |                |                | 80mH           |       |       |
| 10:50 |   |                |                |                | 60mH  |       |                |                |                |                | 60mH  |       |
| 11:00 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,00m Anlage 2 & 1,38m Anlage 1 (Steigerung 3cm)                |                |                |                |       |       |                |                |                |                |       |       |
| 12:00 | 100m VL   | 100m VL        | 100m VL        | 100m VL        |       |       |                |                |                |                |       |       |
| 12:30 |   |                |                |                |       |       | 100m VL        | 100m VL        | 100m VL        | 100m VL        |       |       |
| 13:00 |   |                |                |                | 75m   |       |                |                |                |                | 75m   |       |
| 13:15 |   |                |                |                |       | 50m   |                |                |                |                |       | 50m   |
| 13:30 | 200m  | 200m           | 200m           |                |       |       |                |                |                |                |       |       |
| 13:40 |   |                |                |                |       |       | 200m           | 200m           | 200m           |                |       |       |
| 13:30 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,25m Anlage 2 & 1,52m Anlage 1 (Steigerung 3 cm, ab 1,70m 2cm) |                |                |                |       |       |                |                |                |                |       |       |
| 14:15 |   |                |                |                |       |       | 100m<br>Finale | 100m<br>Finale | 100m<br>Finale | 100m<br>Finale |       |       |
| 14:20 | 100m<br>Finale  | 100m<br>Finale | 100m<br>Finale | 100m<br>Finale |       |       |                |                |                |                |       |       |
| 14:30 |   |                |                |                |       |       |                |                |                | 300m           |       |       |
| 14:35 |   |                |                | 300m           |       |       |                |                |                |                |       |       |
| 14:45 |   |                |                |                |       |       | 400m           | 400m           | 400m           |                |       |       |
| 14:55 | 400m  | 400m           | 400m           |                |       |       |                |                |                |                |       |       |
| 15:00 |   |                |                | 2000m          | 2000m | 2000m |                |                |                | 2000m          | 2000m | 2000m |
| 15:15 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,69 m Anlage 1 (Steigerung 3 cm, ab 1,90m 2cm)                 |                |                |                |       |       |                |                |                |                |       |       |
| 16:00 |   |                |                |                |       | 800m  |                |                |                |                |       | 800m  |
| 16:20 |   |                |                |                |       |       | 800m           | 800m           | 800m           | 800m           | 800m  |       |
| 16:35 | 800m  | 800m           | 800m           | 800m           | 800m  |       |                |                |                |                |       |       |
| 16:50 |   |                |                |                |       |       | 1500m          | 1500m          | 1500m          |                |       |       |
| 16:55 | 1500m   | 1500m          | 1500m          |                |       |       |                |                |                |                |       |       |
| 17:05 | 3000m   | 3000m          | 3000m          | 3000m          |       |       |                |                |                |                |       |       |
| 17:20 |   |                |                |                |       |       | 3000m          | 3000m          | 3000m          | 3000m          |       |       |
| 17:15 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,89 m Anlage 1 (Steigerung 3 cm, ab 2,03m 2 cm)                |                |                |                |       |       |                |                |                |                |       |       |