Zeitplan Südwestdeutsche Seniorenmeisterschaften 2022 am Samstag, 16. Juli 2022 in Dillingen und Rehlingen

**Zeitplan Dillingen**

| **Zeit** | **M30/35** | **M40/45** | **M50/55** | **M60/65** | **M70/75** | **M80-90** | **W30/35** | **W40/45** | **W50/55** | **W60/65** | **W70-90** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 09:45 | Kugel | Kugel |  |  |  |  |  |  |  |  |  |
| 10:00 | Weit 1 | Weit 1 |  | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m | 5000 m |
| 10:00 |  |  |  |  | Hoch |  |  |  |  |  |  |
| 10:45 | 5000 m | 5000 m | 5000 m |  |  |  |  |  |  |  |  |
| 11:00 |  |  | Kugel | Kugel | ***Speer !*** | ***Speer !*** |  |  |  |  |  |
| 11:15 | 110 m H. | 110 m H. | Weit 2 | Weit 2 |  |  |  |  |  |  |  |
| 11:25 |  |  | 100 m H. | **100 m H.** |  |  | **100 m H.** |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |  |  |  |  |
| 11:40 |  |  |  |  |  |  |  | **80 m H.** |  |  |  |
| 11:50 |  |  |  |  |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  | **80 m H.** |  |  |  | 80 m H. |  |  |
| 12:05 |  |  |  |  |  |  |  |  |  |  |  |
| 12:15 | 100 m |  |  |  |  |  |  |  |  |  |  |
| 12:20 |  | 100 m |  |  |  |  |  |  |  |  |  |
| 12:25 |  |  | 100 m |  |  |  |  |  |  |  |  |
| 12:30 |  |  |  | 100 m |  |  |  |  |  |  |  |
| 12:35 |  |  |  |  | 100 m | 100 m |  |  |  |  |  |
| 12:40 | Hoch | Hoch | Hoch | Hoch |  |  |  |  |  |  |  |
| 12:45 |  |  |  |  |  |  | 100 m |  |  |  |  |
| 12:50 |  |  |  |  | Weit 1 | Weit 1 |  | 100 m |  |  |  |
| 12:55 |  |  |  |  |  |  |  |  | 100 m | 100 m | 100 m |
| 13:00 |  |  |  |  |  |  | Speer | Speer |  |  |  |
| 13:10 |  |  |  |  |  |  |  |  |  |  |  |
| 13:15 | **4x100 m** | **4x100 m** | 4x100 m | 4x100 m | 4x100 m |  |  |  |  |  |  |
| 13:30 |  |  |  |  |  |  | 4x100 m | 4x100 m | 4x100 m | 4x100 m |  |
| 13:40 | 800 m | 800 m | **800 m** |  |  |  |  |  |  |  |  |
| 13:50 |  |  |  | 800 m | 800 m | 800 m | Kugel | Kugel | ***Speer !*** | ***Speer !*** | ***Speer !*** |
| 14:05 |  |  |  |  |  |  | 800 m  | 800 m | 800 m | **800 m** | **800 m** |
| 14:10 |  |  |  |  |  |  | Weit 2 | Weit 2 | Weit 1 | Weit 1 | Weit 1 |
| 14:15 |  |  |  |  |  |  |  |  |  |  |  |
| 14:30 | 200 m | 200 m |  |  |  |  |  |  |  |  |  |
| 14:35 |  |  | 200 m | 200 m |  |  |  |  |  |  |  |
| 14:40 |  |  |  |  | 200 m | 200 m |  |  |  |  |  |
| 14:50 |  |  |  |  |  |  | 200 m | 200 m | **Kugel** |  |  |
| 14:55 |  |  |  |  |  |  |  |  | 200 m | 200 m | 200 m |
| 15:10 |  |  |  |  |  |  | Hoch | Hoch | Hoch | Hoch | Hoch |
| 15:15 |  |  |  |  |  |  |  |  |  |  |  |
| 15:30 | 400 m***Speer !*** | 400 m***Speer !*** | ***Speer !*** |  |  |  |  |  |  |  |  |
| 15:40 |  |  | 400 m | 400 m |  |  |  |  |  |  |  |
| 15:50 |  |  |  |  | 400 m | 400 m |  |  |  | Kugel | Kugel |
| 16:00 |  |  |  |  |  |  | 400 m | 400 m | **400 m** | **400 m** | **400 m** |
| 16:05 |  |  |  |  |  |  |  |  |  |  |  |
| 16:20 | 1500 m | 1500 m | 1500 m | ***Speer !*** |  |  |  |  |  |  |  |
| 16:30 |  |  |  | 1500 m | 1500 m | 1500 m |  |  |  |  |  |
| **16:40** |  |  |  |  | ***Kugel !*** | ***Kugel !*** | **1500 m** | **1500 m** | **1500 m** | **1500 m** | **1500 m** |

**Zeitplan Rehlingen**

**9:45 Hammer W30 -70 (Wurfplatz - Etzelweg)**

**11:15 Diskus W30 - 55 (Bungertstadion) /W60 - 85 (Wurfplatz Etzelweg)**

***12:30 Diskus M30 - 60 (Bungertstadion)/M65 - 90 (Wurfplatz Etzelweg)***

***14:30 Hammer M30 - 90 (Wurfplatz Etzelweg)***

Änderungen vorbehalten