

### Zeitplan / timetable

Samstag/Saturday 13.06.2026				
<i>Juniores / men</i>			<i>JuniorInnen / women</i>	
Technik / field	Bahn / track	13.06.	Bahn / track	Technik / field
		13:00		Stabhoch / Pole vault
		13:20		Hammer / Hammer throw
Kugel / Shot put	400m Hürden U20 / hurdles ZL	14:10		
		14:30	400m Hürden U20 / hurdles ZL	
		14:55		Drei / Triple jump
	100m VL	15:00		Speer / Javelin throw
Hammer / Hammer throw		15:25	100m VL	
	400m ZL	16:00		
		16:10		Kugel / Shot put
		16:35	400m ZL	
Drei / Triple jump	100m EL B/A	16:55		
		17:05	100m EL B/A	
Speer / Javelin throw		17:20	800m ZL	
	800m ZL	17:35		
	100m Para	17:50	100m Para	
	4 x 100m ZL (1. race)	18:05		
		18:15	4 x 100m ZL (1. race)	
	4 x 100m mixed ZL (1. race)	18:25	4 x 100m mixed ZL (1. race)	

Sonntag/Sunday 14.06.2026				
<i>Juniores / men</i>			<i>JuniorInnen / women</i>	
Technik / field	Bahn / track	14.06.	Bahn / track	Technik / field
	4 x 400m F	10:30		
		10:40	4 x 400m F	
Hoch / High jump	110m Hürden / hurdles VL	11:00		
Weit / Long jump		11:10		
		11:25	100m Hürden / hurdles VL	
Stabhoch / Pole vault		11:30		Diskus / Discus throw
	4 x 100m (2. race)	11:40		
		11:55	4 x 100m (2. race)	
	4 x 100m mixed ZL (2. race)	12:10	4 x 100m mixed ZL (2. race)	
	110m Hürden / hurdles EL B/A	12:30		
		12:45	100m Hürden / hurdles EL B/A	Hoch / High jump
		12:50		Weit / Long jump
	1.500m ZL	13:00		
Diskus / Discus throw		13:10	1.500m ZL	
	200m Para	13:20	200m Para	
	200m ZL	13:30		
		13:55	200m ZL	
	4 x 400m ZL mixed	14:20	4 x 400m ZL mixed	

Bitte beachten Sie auch: <https://junioren-gala.de>