

## Zeitplan JMZK 2026

| Samstag |    |                   |       |       |   |       |   |       |   |       |  |         |        |   |       |   |       |     |       |
|---------|----|-------------------|-------|-------|---|-------|---|-------|---|-------|--|---------|--------|---|-------|---|-------|-----|-------|
| Riege   | DF | Riegenführer      | 100m  | Weit  |   | Kugel |   | Hoch  |   | 400m  |  | 110m Hü | Diskus |   | Stab  |   | Speer |     | 1500m |
| 15      | A  | Jan               | 09:30 | 09:45 | 2 | 11:00 | 1 | 12:00 | 1 | 13:00 |  | 13:45   | 14:00  | 3 | 14:45 | 3 | 16:00 | 1   | 17:00 |
| 1       | B  | Phillip           | 10:00 |       |   |       |   |       |   | 15:15 |  |         | 10:15  | 1 | 11:25 | 2 | 14:00 | 2   |       |
| 2       | B  | Greta / Ellis     | 10:10 |       |   |       |   |       |   | 15:30 |  |         | 10:25  | 2 | 11:35 | 1 | 14:10 | 1   |       |
| 3       | B  | Sven              | 10:20 |       |   |       |   |       |   | 16:30 |  |         | 10:35  | 3 | 11:45 | 3 | 15:00 | 2   |       |
| 4       | A  | Jessi / Christoph | 10:30 | 10:45 | 3 | 12:20 | 1 | 13:40 | 2 | 15:45 |  |         |        |   |       |   |       |     |       |
| 5       | A  | Julia / Inken     | 10:40 | 10:55 | 4 | 12:30 | 3 | 13:50 | 1 | 16:00 |  |         |        |   |       |   |       |     |       |
| 6       | A  | Christian         | 10:50 | 11:05 | 1 | 12:40 | 2 | 14:00 | 3 | 16:15 |  |         |        |   |       |   |       |     |       |
| 8       | A  | Maria / Ana       | 11:50 | 12:05 | 2 | 13:50 | 1 | 15:30 | 2 | 17:15 |  |         |        |   |       |   |       |     |       |
| 9       | A  | Helen             | 12:00 | 12:15 | 3 | 14:00 | 3 | 15:40 | 1 | 17:30 |  |         |        |   |       |   |       |     |       |
| 11      | B  | Jule / Nina       | 12:10 |       |   |       |   |       |   | 17:45 |  |         | 12:25  | 1 | 13:55 | 2 | 16:25 | 2   |       |
| 12      | B  | Marie / Pia       | 12:20 |       |   |       |   |       |   | 18:00 |  |         | 12:35  | 2 | 14:05 | 1 | 16:40 | 1/2 |       |

| Sonntag |    |                   |                                                        |       |   |       |   |       |   |      |  |         |        |   |       |   |       |   |       |
|---------|----|-------------------|--------------------------------------------------------|-------|---|-------|---|-------|---|------|--|---------|--------|---|-------|---|-------|---|-------|
| Riege   | DF | Riegenführer      | 110m Hü                                                | Weit  |   | Kugel |   | Hoch  |   | 400m |  | 110m Hü | Diskus |   | Stab  |   | Speer |   | 1500m |
| 4       | A  | Jessi / Christoph | 08:15                                                  |       |   |       |   |       |   |      |  |         | 08:30  | 1 | 09:40 | 1 | 12:00 | 2 | 13.15 |
| 5       | A  | Julia / Inken     | 08:30                                                  |       |   |       |   |       |   |      |  |         | 08:45  | 2 | 09:55 | 2 | 12:15 | 1 | 13:30 |
| 6       | A  | Christian         | 08:45                                                  |       |   |       |   |       |   |      |  |         | 09:00  | 3 | 10:10 | 3 | 13:00 | 2 | 14:15 |
| 1       | B  | Phillip           | 09:00                                                  | 09:15 | 3 | 10:30 | 1 | 11:40 | 3 |      |  |         |        |   |       |   |       |   | 13:45 |
| 2       | B  | Greta / Ellis     | 09:15                                                  | 09:30 | 4 | 10:45 | 3 | 12:00 | 2 |      |  |         |        |   |       |   |       |   | 14:00 |
| 3       | B  | Sven              | 09:30                                                  | 09:45 | 1 | 11:30 | 2 | 12:40 | 1 |      |  |         |        |   |       |   |       |   | 14:30 |
| 8       | A  | Maria / Ana       | 09:45                                                  |       |   |       |   |       |   |      |  |         | 10:00  | 1 | 11:35 | 1 | 13:45 | 1 | 15:15 |
| 9       | A  | Helen             | 10:15                                                  |       |   |       |   |       |   |      |  |         | 10:30  | 2 | 12:00 | 2 | 14:10 | 2 | 15:30 |
| 11      | B  | Jule / Nina       | 10:45                                                  | 11:00 | 2 | 12:45 | 1 | 14:00 | 3 |      |  |         |        |   |       |   |       |   | 15:45 |
| 12      | B  | Marie / Pia       | 11:00                                                  | 11:15 | 3 | 13:00 | 3 | 14:15 | 2 |      |  |         |        |   |       |   |       |   | 16:15 |
|         |    | Kinder-4-Kampf    | Treffpunkt und Anmeldung um 11:30 Uhr auf dem Vorplatz |       |   |       |   |       |   |      |  |         |        |   |       |   |       |   |       |