

## Helferplan / Samstag, 15.02.2020

W10	W11	M10	M11	Uhrzeit	W12	W13	M12	M13
50m VL		Hoch 1 LGWP, HSV		9:30				
	50m VL			9:45				
Weit 3 AMTV, LAV		50m VL		10:00				
	Weit 4 DUWO, HSV			10:15				
			50m VL	10:20				
				10:30	Weit 1 NTSV, SCP	Weit 2 NTSV, SCV	Kugel 1 LGA, LAV	
		50m Hü		10:45				
50m Hü				11:00				
			50m Hü	11:15				
		Weit 3 LGWP, HSV		11:20				
Hoch 1 DUWO, FINKENW	50m Hü			11:30				
			Weit 4 LGWP, BABÜ	11:35				
	Hoch 2 BUX, HSV			11:45			60m Hü	
				11:50				60m Hü
				12:00	60m Hü			
				12:10		60m Hü		
50m EL				12:25				
	50m EL			12:30			Hoch 1 AMTV, HNT	
		50m EL		12:35				
			50m EL	12:40	Kugel 1 LGA, NTSV			
6x40m Pendelstaffel				13:00				Hoch 2 HNT, TSG
800m				13:30				
	800m			13:45				
		800m		14:00				
			800m	14:15				
				14:35	60m VL			
				14:50		60m VL		
				15:05	Hoch 1 AMTV, WANDSE		60m VL	
				15:20		Hoch 2 HNT, DUWO		60m VL
				15:30			Weit 1 AGHH, HSV	
				15:45				Weit 2 LGA, LGWP
				16:15	60m EL			
				16:20		60m EL		
				16:35			60m EL	
				16:40				60m EL
				16:50	4x100m			
				17:10			4x100m	
				17:25	800m			
				17:40		800m		
				17:55			800m	
				18:10				800m