

Rahmenzeit- und Helferplan Team LM U16 / HLV-Pokal U12, U14										
MJU16	MKU12		MJU14			WKU12		WJU14		WJU16
Team-LM	Gr. I	Gr. II	Gr. I	Gr. II		Gr. I	Gr. II	Gr. I	Gr. II	Team-LM
HSV HNT	HNT AMTV HSV	ETV	HNT HSV StG BUX/NTSV	ETV		SCV HNT BUX HSV	BUX THE AMTV	HNT HSV I HSV II StG Hamburg DUWO SCP	LGA ETV BUX HTB I HTB II	HNT StG Hamburg HSV
3.000 m Speer HSV	Hoch HNT / AMTV				10:00	Weit 1 SCV	Weit 1 BUX			3.000 m Speer HNT
					10:15					
					10:30					
	50 m	50 m			10:45					
					10:55	50m	50m			
					11:00					
	Ball HSV	Ball ETV			11:10					
100m					11:15	Hoch BUX				100m
Kugel HSV	Weit 1 AMTV	Weit 1 ETV			11:30					Kugel HNT
					11:45					
Weit 1 HNT					12:00	Ball HSV	Ball THE			Weit 1 StG HH
	4x50m	4x50m			12:15					
					12:30					
					12:45	4x50m	4x50m			
Hoch HNT					13:00			Ball HSV / HNT	Weit 1 HTB / BUX	Hoch HSV
	800m				13:15					
					13:25	800m				
			800m		13:40					
			Hoch HSV / HNT		13:50			800m Weit 1 StG HH / DUWO		
800m					14:00					800m
					14:15					
Diskus HSV			Ball StG BUX/NTSV	Ball ETV	14:30			75m	75m	Diskus StG HH
					14:45					
			75m	75m	15:00					
			Weit 1 HNT	Weit 1 ETV	15:15			Hoch SCP / HSV		
80m Hü					15:30					80m Hü
					15:45				Ball HTB / LGA	
			60m Hü		16:00			60m Hü		
4x100m					16:20					4x100m
			4x75m	4x75m	16:40					
					17:00			4x75m	4x75m	