

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	
StG HNT/BUX HSV	HSV I HSV II NTSV HNT AMTV LGWP	HSV I HSV II AMTV	HSV LGWP StG HNT/BUX	HTB		HSV I HSV II AMTV HNT LGWP	HSV I HSV II NTSV AMTV LAV BUX	HSV I HSV II StG HTB/BUX StG HH NTSV HNT LGWP	HSV AMTV StG HTB/BUX	HNT HSV	
3.000 m Speer HSV	Hoch HNT / NTSV				10:00	Weit 1 HSV				3.000 m Speer HNT	
					10:30	50m	50m				
					10:45						
	50 m	50 m			10:50		Weit 1 NTSV				
	Ball HSV	Ball AMTV			11:00						
						11:10					
100m					11:20					100m	
Kugel StG HNT/BUX	Weit 1 LGWP	Weit 1 HSV			11:30	Hoch AMTV, HNT				Kugel HSV	
					11:45						
	4x50m	4x50m			12:15	Ball LGWP	Ball LAV				
Weit 1 HSV					12:30	4x50m	4x50m			Weit 1 HNT	
					12:45						
	800m				13:00						
Hoch HSV					13:15					Hoch HNT	
			800m		13:25	800m		Ball HSV, HNT			
					13:35				Weit 1 HSV, AMTV		
					13:45			800m			
800m					14:00					800m	
Diskus StG HNT/BUX			Hoch HSV, LGWP		14:15					Diskus HSV	
			Ball StG HNT/BUX	Ball HTB	14:30			Weit 1 StG HH, NTSV			
					14:45						
					14:50			75m	75m		
					15:00						
			75m	75m	15:10						
					15:30			Hoch StG HTB/BUX, LGWP			
80m Hü			Weit 1 StG HNT/BUX	Weit 1 HTB	15:40					Ball StG HTB/BUX, HSV	
					15:50						
					16:10			60m Hü		80m Hü	
			60m Hü		16:25						
4x100m					16:50					4x100m	
			4x75m	4x75m	17:10						
					17:20			4x75m	4x75m		