

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 LJH	HSV HNT	HSV I HSV II	HSV StG HNT/BUX StG HTB/TUSF	HSV		AMTV HSV I HSV II HNT	AMTV HSV I HSV II TSG	HSV I HSV II	BUX HNT TSG DUWO	
3.000 m Speer StG LJH	Hoch HSV / HNT				10:00	Weit 1 AMTV / HSV				3.000 m Speer
					10:15					
	50 m	50 m			10:30					
					10:45	50m	50m			
100m					11:00					100m
					11:15					
Kugel StG LJH	Ball HNT	Ball HSV			11:30	Hoch HSV / HNT	Weit 1 AMTV / TSG			Kugel
					11:45					
					12:00					
					12:15					
Diskus StG LJH	Weit 1 HNT	Weit 1 HSV			12:30					
					12:45					
					13:00	Ball HSV	Ball TSG			Diskus
	4x50m	4x50m			13:15					
					13:30					
					13:45	4x50m	4x50m			
Hoch	800m		Hoch StG HTB/TUSF		14:00			Hoch HSV		Hoch
					14:10	800m				
					14:15					
					14:20			800m		800m
800m			800m		14:30					
					14:45			Weit 1 HSV	Weit 1 DUWO	
			Ball StG HNT/BUX	Ball HSV	15:00					
					15:15					
			75m	75m	15:30					
					15:45			75m	75m	
Weit 1			Weit 1 StG HTB/TUSF	Weit 1 HSV	16:00					Weit 1
					16:15			Ball HSV	Ball BUX	
			60m Hü		16:30					
					16:45			60m Hü		
80m Hü					17:00					80m Hü
			4x75m	4x75m	17:15					
					17:30			4x75m	4x75m	
4x100m					17:45					4x100m