

## Ausschreibung

Südhessische-Einzelmeisterschaften und Bestenkämpfe  
M/F, MJ/WJ U20, U18, U16, U14, M/W K U12  
am 28.05 und 29.05.2016

**Ausrichter:** HLV-Kreis Darmstadt-Dieburg  
**örtl. Ausrichter:** ASC Darmstadt  
**Ort:** Stadion: Bürgerpark Nord  
Navigation: Alsfelder Straße 27, 64289 Darmstadt

**Meldeschluss:** **21.05.2016** **Beginn:** Samstag, 28.05.2016 10:00Uhr  
Sonntag, 29.05.2016 10:00Uhr

### Samstag 28.05.

männl. Jugend U16 100m, 300m(M 15), 800m, 80m Hü, 4x100m Staffel, Hoch, Weit, Drei(M 15), Kugel, Diskus, Speer, , **300m Hü. Nur M 15 am Sonntag**

weibl. Jugend U16 100m, 300m(W 15), 800m, 80m Hü, 4x100m Staffel, Hoch, Weit, Drei(W 15), Kugel, Diskus, Speer, **300m Hü. Nur W 15 am Sonntag**

männl. Jugend U14 75m, 800m, 60m Hü, 4x75m Staffel, Hoch, Weit, Ball, Kugel, Diskus, Speer

weibl. Jugend U14 75m, 800m, 60m Hü, 4x75m Staffel, Hoch, Weit, Ball, Kugel, Diskus, Speer

### Sonntag 29.05.

Männer M 100m, 200m, 400m, 800m, 110m Hü, 400m Hü., 4x100m Staffel, Hoch, Weit, Drei., Kugel, Diskus, Speer

männl. Jugend U20 100m, 200m, 400m, 800m, 110m Hü, 400m Hü., 4x100m Staffel, Hoch, Weit, Drei., Kugel, Diskus, Speer

männl. Jugend U18 100m, 200m, 400m, 800m, 110m Hü, 400m Hü., 4x100m Staffel, Hoch, Weit, Drei., Kugel, Diskus, Speer

Frauen F 100m, 200m, 400m, 800m, 100m Hü, 400m Hü., 4x100m Staffel, Hoch, Weit, Drei., Kugel, Diskus, Speer

weibl. Jugend U20 100m, 200m, 400m, 800m, 100m Hü, 400m Hü., 4x100m Staffel, Hoch, Weit, Drei., Kugel, Diskus, Speer

weibl. Jugend U18 100m, 200m, 400m, 800m, 100m Hü, 400m Hü., 4x100m Staffel, Hoch, Weit, Drei., Kugel, Diskus, Speer

M/WK U12 50m, 4x50m, Weit, Hoch, S. Ball, 800m





## Zeitplan Sonntag 29.05.2016

	M	MJU20	MJU18	F	WJU20	WJU18	M 11	M10	W11	W10
<b>09:15</b>	<b>Vereinsgespräch</b>									
10:00	110m Hü ZtL	110m Hü ZtL	110m Hü ZtL	Kugel 1 VE	Kugel 1 VE	Kugel 2 VE	Ball	Ball	Weit 1	Weit 2
10:15	Hoch 1 VE	Hoch 1 VE	Hoch 2 VE							
10:30				100m HüZtL	100m HZtL	100m HZtL				
10:45				Weit 1 VE	Weit 1 VE	Weit 2 VE	50m VL		Hoch 1	Hoch 2
11:00	Diskus VE	Diskus VE	Diskus VE					50m VL		
11:15										
11:30	100m VL	100m VL	100m VL							
11:45	Weit 1 VE	Weit 1 VE	Weit 2 VE	100m VL	100m VL	100m VL	Hoch 1	Hoch 2		
12:00				Diskus VE	Diskus VE	Diskus VE			50m VL	
12:15										50m VL
12:30	Kugel VE	Kugel VE	Kugel VE				50mEL	50m EL		
12:45				100m EL	100m EL	100m EL	Weit 1	Weit 2		
13:00	100m EL	100m EL	100m EL							
13:15									50m EL	50m EL
13:30				800m Ztl	800m Ztl	800m Ztl				
13:45	800m ZtL	800m ZtL	800m ZtL						Ball	Ball
14:00	Speer VE	Speer VE	Speer VE				800m ZTL	800m ZTL	800m ZTL	800m ZTL
14:15				4X100m Ztl	4X100m Ztl	4X100m Ztl				
14:30	4X100m Ztl	4X100m Ztl	4X100m Ztl							
14:45				Hoch VE	Hoch VE	Hoch VE	4x50m ZTL		4x50m ZTL	
15:00	<b>300mHü. Nur M/W 15</b>									
15:15				200m Ztl	200m Ztl	200m Ztl				
15:30	200m Ztl	200m Ztl	200m Ztl	Speer VE	Speer VE	Speer VE				
15:45	<b>400m Hü.</b>	<b>400m Hü.</b>	<b>400m Hü.,</b>	<b>400m Hü.</b>	<b>400m Hü.</b>	<b>400m Hü.</b>				
16:00	Drei VE	Drei VE	Drei VE	Drei VE	Drei VE	Drei VE				
16:15										
16:30	400m Ztl	400m Ztl	400m Ztl	400m Ztl	400m Ztl	400m Ztl				