SV 1919 Sonsbeck e.V. ...gemeinsam stark!

# Finaler Zeitplan Sonsbecker Sparkassen Trackmeeting - Samstag 06.06.2026

| Zeit | M | MJU20 | MJU18 | MJU16 | MU14 | MU12 | Frauen | WJU20 | WJU18 | WU16 | WU14 | WU12 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 10:00 | | | | | | | 100mH | 100mH | 100mH | | | |
| 10:15 | | | | 80mH | | | | | | 80mH | | |
| 10:30 | | | | | 60mH M13 | | | | | | 60mH W13 | |
| 10:45 | | | | | 60mH M12 | | | | | | 60mH W12 | |
| 11:00 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,00m Anlage 2 & 1,38m Anlage 1 (Steigerung 3cm) | | | | | | | | | | | |
| 11:50 | 100m VL | 100m VL | 100m VL | 100m VL | | | | | | | | |
| 12:05 | | | | | | | 100m VL | 100m VL | 100m VL | 100m VL | | |
| 12:20 | | | | | | | | | | | 75m | |
| 12:35 | | | | | 75m | | | | | | | |
| 12:40 | | | | | | 50m | | | | | | 50m |
| 12:55 | 200m | 200m | 200m | | | | | | | | | |
| 13:05 | | | | | | | 200m | 200m | 200m | | | |
| 13:15 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,25m Anlage 2 & 1,52m Anlage 1 (Steigerung 3 cm, ab 1,70m 2cm) | | | | | | | | | | | |
| 13:50 | 100m Finale | 100m Finale | 100m Finale | 100m Finale | | | | | | | | |
| 13:55 | | | | | | | 100m Finale | 100m Finale | 100m Finale | 100m Finale | | |
| 14:05 | | | | 300m | | | | | | | | |
| 14:15 | | | | | | | | | | 300m | | |
| 14:20 | 400m | 400m | 400m | | | | | | | | | |
| 14:30 | | | | | | | 400m | 400m | 400m | | | |
| 14:40 | | | | 2000m | 2000m | | | | | 2000m | 2000m | |
| 14:50 | Hochsprung (max 20 TN pro Anlage)<br>AH 1,69 m Anlage 1 (Steigerung 3 cm, ab 1,90m 2cm) | | | | | | | | | | | |
| 15:30 | | | | | | 800m | | | | | | 800m |
| 15:40 | | | | | | | 800m | 800m | 800m | 800m | 800m | |
| 16:00 | 800m | 800m | 800m | 800m | 800m | | | | | | | |
| 16:25 | | | | | | | 1500m | 1500m | 1500m | | | |
| 16:45 | 1500m | 1500m | 1500m | | | | | | | | | |
| 17:00 | 3000m A-Lauf bis 9:30 min | 3000m A-Lauf bis 9:30 min | 3000m A-Lauf bis 9:30 min | 3000m A-Lauf bis 9:30 min | | | | | | | | |
| 17:15 | | | | | | | 3000m | 3000m | 3000m | 3000m | | |
| 17:30 | 3000m B-Lauf | 3000m B-Lauf | 3000m B-Lauf | 3000m B-Lauf | | | | | | | | |