

Landesoffener Hürden- und Staffelabend

Am 03.06.2026 in Heuchelheim

	Männer, MJU20, MJU18	MJU16	MJU14	Frauen, WJU20, WJU18	WJU16	WJU14
17:00						60mH
17:15			60mH			
17:30					80m H	
17:45		80m H				
18:00				100m H		
18:15	110m H					
18:30			4x75m			4x75m
18:45		4x100m			4x100m	
19:00	4x100m			4x100m		
19:15					300m H	
19:30		300m H				
19:45				400m H		
20:00	400m H					
20:15			3x800m	3x800m	3x800m	3x800m
20:30	3x1000m	3x1000m				
20:45	4x400m (außer U18)			4x400m (außer U18)		
21:00						
21:15						
21:30						