

Final Timetable Ludwig-Jall-Meeting – 17-May-2023

Zeit	Men	Women	MY U20	WY U20	MYU18	WYU18	MYU16	WYU16
10:00	110mH					High Jump ⁺	Javelin ⁺	Weit 3 ⁺ W14
10:05							Shot put ⁺	Discus ⁺
10:10			110mH					
10:20					110mH			
10:35		100mH		100mH				
10:40	Ceremony #1							
10:45		Triple Jump ⁺		Triple Jump ⁺		100mH; Triple Jump ⁺	Discus ⁺	
10:50	Ceremony #2							
11:00							100m final ⁺	
11:10								100m final ⁺
11:20					High Jump ⁺			Shot put ⁺
11:30	Ceremony #3							
11:35					100m heat ⁺			
11:45			100m heat ⁺				Long Jump 3 ⁺	Long Jump 4 ⁺ W15
11:55	100m heat ⁺							
12:20						100m heat ⁺		
12:30				100m heat ⁺		Shot put ⁺		
12:40	Ceremony #4							
12:45	High Jump ⁺							
12:50		100m heat ⁺						
13:00	Triple Jump ⁺			Long Jump 3 ⁺	Triple Jump ⁺	Javelin ⁺		
13:05					100m Final			
13:10			100m Final					
13:15						100m Final		
13:20				100m Final				
13:25	Main Program: Opening							
13:40	400m Frame Runners (Frame-Runner + Wheelchair user run, Participation of other athletes possible)							
13:45					Shot Put ⁺			
13:50	Ceremony #5							
14:00	*100m Final A+B	Long Jump 1 ⁺						
14:15		*100m Final A+B						
14:25	Ceremony #6							
14:30		Javelin ⁺						
14:35	*400m							
14:40		High Jump ⁺						
15:05		*400m	Long Jump ⁺					
15:10								
15:15	Shot put ⁺	Discus ⁺	Shot put ⁺	Discus ⁺		Discus ⁺		
15:25	Ceremony #7							
15:30								
15:35	800m *Long Jump 1		800m ⁺					
15:40	Javelin ⁺	800m ⁺			Javelin ⁺	800m ⁺		
15:50					800m ⁺			
15:55	Ceremony #8							

Zeit	Men	Women	MY U20	WY U20	MYU18	WYU18	MYU16	WYU16
16:10	4x100m		4x100m ²		4x100m			
16:25		4x100m				4x100m		
16:30	Ceremony #9					Long Jump ⁺		
16:45	Discus ⁺	Shot Put ⁺	Discus ⁺	Shot put ⁺	Discus ⁺			
16:50	200m ⁺				Long Jump 1 ⁺			
17:15		200m ⁺						
17:40					200m ⁺			
17:55						200m ⁺		
18:05	1500m ⁺							
18:15		1500m ⁺						
18:20	Ceremony #10							

*TOP Competition

⁺ Competitions where inclusion is possible, for 100m, this is also a final run

For 100m-Finals Men/Women/U20/U18 the fastest in time out of all heats are qualified.

All other runs are final runs.

Discus now also available