

Zeitplan 4. KiLa-Veranstaltung + 26. Schülersportfest der LG Remscheid am 03. Oktober 2018

Stand: 10.07.2018

| 9:30 bis 12:00 | KiLa-Mannschafts-Wettkampf U10 (beschränkt auf 10 Mannschaften) 40 m Sprint, Hoch-Weitsprung, Medizinball-Stossen, 40 m Hindernis-Sprintstaffel genaue Disziplinesbeschreibungen befinden sich im Anhang | | | | | | | | | | | | 9:30 bis 12:00 |
|-------------------|---|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|--|---------|----------|----------|-------------------|
| Uhrzeit | mU12 | | wU12 | | mU14 | | wU14 | | mU16 | wU16 | mU18/U20 | wU18/U20 | Uhrzeit |
| | M10 | M11 | W10 | W11 | M12 | M13 | W12 | W13 | M 14/15 | W 14/15 | | | |
| 12:00 | 50m Hü (KiLa) | 50m Hü (KiLa) | | | | | Weit 1,2 | | | | Kugel | Kugel | 12:00 |
| 12:10 | | | 50m Hü (KiLa) | 50m Hü (KiLa) | | | | | | | | | 12:10 |
| 12:30 | | | | | 60m Hü | | | | | | | | 12:30 |
| 12:35 | | | | | Hoch 1 (AH 1,10m) | 60m Hü | | | | | | | 12:35 |
| 12:40 | | | | | | Ball 1 | 60m Hü | | | | | | 12:40 |
| 12:45 | Hoch 2 (AH 1,00m) | Schlagball 2 | Hoch 2 (AH 1,00m) | | | | | 60m Hü | | | | | 12:45 |
| 13:00 | | | | Schlagball 3 | | | | Kugel | Weit 1,2 | | | | 13:00 |
| 13:15 | | | | | | | | | 300m | | | | 13:15 |
| 13:20 | | | | | | | | | | 300m | | | 13:20 |
| 13:30 | Schlagball 4 | | | | 4 x 75 m | | | | | | | | 13:30 |
| 13:40 | | | | | | | 4 x 75 m | | | | | | 13:40 |
| 13:45 | | Hoch 2 (AH 1,05m) | | Weit 1,2 | Ball 1 | Hoch 1 (AH 1,15m) | | | | | | | 13:45 |
| 13:55 | | | | | | | Ball 2 | | | | | | 13:55 |
| 14:00 | | | | | | | | Kugel | | | 400m | 400 m | 14:00 |
| 14:15 | 50m | | | | | | | | | | | | 14:15 |
| 14:25 | | | 50m | | | | | | | | | | 14:25 |
| 14:30 | | | | | Weit 1,2 | | | | | | | | 14:30 |
| 14:35 | | 50m | | | | | | | | | | | 14:35 |
| 14:45 | | | | 50m | | | | | | | | | 14:45 |
| 14:50 | | | | | | | Hoch 1 (AH 1,10m) | Ball 1 | | | | | 14:50 |
| 15:00 | 4 x 50 m | | | | | | | Kugel | | | | | 15:00 |
| 15:15 | Weit 1 | Weit 2 | | | | | | | | | | | 15:15 |
| 15:20 | | | 4 x 50 m | | | | | | | | | | 15:20 |
| 15:30 | | | Schlagball 2 | Hoch 2 (AH 1,05m) | | | | | Schwedenstaffel (400m, 300m, 200m, 100m) | | | | 15:30 |
| 15:45 | | | | | 75 m | | | | | | | | 15:45 |
| 15:50 | | | | | | 75 m | | | | | | | 15:50 |
| 16:00 | | | | | | | 75 m | | | | | | 16:00 |
| 16:10 | | | | | | | | 75m | | | | | 16:10 |
| 16:15 | | | Weit 1,2 | | | | | | | | | | 16:15 |
| 16:30 | | 800m | | | | | | Hoch 1 (AH 1,15m) | | | | | 16:30 |
| 16:35 | 800m | | | | | | | | | | | | 16:35 |
| 16:45 | | | | 800m | | | | | | | | | 16:45 |
| 16:55 | | | | | | | | 800m | | | | | 16:55 |
| 17:05 | | | | | | Weit 1,2 | | | 800m | 800m | | | 17:05 |
| 17:10 | | | | | | | | | | | 800m | 800m | 17:10 |
| 17:20 | | | | | | 800m | | | Kugel | Kugel | | | 17:20 |
| 17:25 | | | 800m | | | | | | | | | | 17:25 |
| 17:30 | | | | | | | | | | | 800m | | 17:30 |
| 17:50 | | | | | | 800m | | | | | | | 17:50 |

Es kann zu Zeitplanänderungen nach Meldeschluss kommen!