

| | Männer Mas (m) | MJ U20 | MJ U18 | MJ U16 | Hauptklasse bis JU14 | | Frauen Mas (w) | WJ U20 | WJ U18 | WJ U16 | |
|-------|---------------------|--------|--------|--------|--|---------|---------------------|--------|--------|--------|-------|
| 12:45 | | 110H | 110H | | | | | | | | 12:45 |
| 12:55 | 110H *** | | | | | | | | | | 12:55 |
| 13:00 | | | | | Diskus A | Speer A | | | | | 13:00 |
| 13:10 | | | | | | | 100H *** | 100H | 100H | | 13:10 |
| 13:20 | | | | | | | | | | | 13:20 |
| 13:30 | | | | 80H | | | | | | 80H | 13:30 |
| 13:40 | Hoch | Hoch | Hoch | Hoch | | | Weit | Weit | Weit | | 13:40 |
| 13:50 | | | | | | | | | | | 13:50 |
| 14:00 | 100 *** | | | | | | | | | Kugel | 14:00 |
| 14:10 | | | | | | | | | | | 14:10 |
| 14:20 | | 100 | 100 | | | | | | | | 14:20 |
| 14:30 | | | | 100 | Diskus B | Speer B | | | | | 14:30 |
| 14:40 | | | | | | | 100 *** | 100 | | | 14:40 |
| 14:50 | | | | | | | | | | | 14:50 |
| 15:00 | Weit | Weit | Weit | Weit | | | | | 100 | | 15:00 |
| 15:10 | | | | | | | Kugel *** | Kugel | | 100 | 15:10 |
| 15:20 | | | | | | | | | | | 15:20 |
| 15:30 | | | | | | | | | | | 15:30 |
| 15:40 | | | | | | | | | | | 15:40 |
| 15:50 | | | | | | | Hoch | Hoch | | | 15:50 |
| 16:00 | 200 *** | 200 | 200 | | Diskus C | Speer C | | | Hoch | Hoch | 16:00 |
| 16:10 | Kugel *** | Kugel | Kugel | Kugel | | | | | | | 16:10 |
| 16:20 | | | | | | | | | | | 16:20 |
| 16:30 | | | | | | | 200 *** | 200 | 200 | | 16:30 |
| 16:40 | | | | | | | | | | | 16:40 |
| 16:50 | | | | | | | | | | | 16:50 |
| 17:00 | 800 | 800 | 800 | 800 | | | | | Kugel | | 17:00 |
| 17:10 | | | | | | | | | | Weit | 17:10 |
| 17:20 | | | | | | | 800 | 800 | | 800 | 17:20 |
| 17:30 | | | | | Diskus D | Speer D | | | | | 17:30 |
| 17:40 | | | | | | | | | | | 17:40 |
| 17:50 | 3.000 | 3.000 | 3.000 | 3.000 | | | 3.000 | 3.000 | 3.000 | 3.000 | 17:50 |
| | | | | | Riegen werden möglichst nach Altersklassen eingeteilt | | | | | | |
| | *** nur Hauptklasse | | | | | | *** nur Hauptklasse | | | | |