

# ZEITPLAN (definitiv)

## SVM – Nachwuchs U18 - U12 (Einzel/Mehrkampf)

**Datum:** Sonntag, 04. Juli 2021 **Ort:** Bern, Stadion Wankdorf

**Auswärtige Teams** OB Basel (2) / TSV Düdingen (4) / TV Zofingen (3) / Biel/Bienne Athletics (2) / TSV Wangen a/A (1) / GA Neuchâtelois (1) / LC Kirchberg (1) / LV Thun (1) / TV Unterseen (1)

| Zeit  | Läufe   | Kat       | Sprünge                        | Kat                  | Würfe                                   | Kat                      | Zeit  |
|-------|---------|-----------|--------------------------------|----------------------|---|--------------------------|-------|
| 11:00 | 100mH76 | U18W      |                                |                      |   |                          | 11:00 |
| 11:10 | 110mH92 | U18M      |                                |                      |   |                          | 11:10 |
| 11:20 | 5xfrei  | U14W      |                                |                      |   |                          | 11:20 |
| 11:30 | 5xfrei  | U14M      |                                |                      |   |                          | 11:30 |
| 11:45 | 5x80m   | U16W      |                                |                      |   |                          | 11:45 |
| 11:50 | 5x80m   | U16M      |                                |                      | Kugel 1/3 (3kg)                         | U14W                     | 11:50 |
| 12:00 | 4x100m  | U18MW     | Hoch (1/3)<br>Hoch 2<br>Weit 2 | U16W<br>U14M<br>U14W |   |                          | 12:00 |
| 12:05 |         |           |                                |                      |   |                          | 12:05 |
| 12:15 |         |           | Weit 1                         | U18W                 | Kugel 2 (5kg/4kg)<br>Speer 2 (500/400g) | U16M / U18M<br>U18W/U16W | 12:15 |
| 12:20 |         |           |                                |                      |   |                          | 12:20 |
| 12:30 | 6xfrei  | U12W      |                                |                      |   |                          | 12:30 |
| 12:40 | 6xfrei  | U12M      |                                |                      |   |                          | 12:40 |
| 12:50 |         |           |                                |                      |   |                          | 12:50 |
| 13:00 |         |           | Weit 2/3 (Zone)                | U12W                 | Ball 1                                  | U12M                     | 13:00 |
| 13:15 | 400m    | U18M/U18W |                                |                      |   |                          | 13:15 |
| 13:30 | 80m     | U16M      |                                |                      |   |                          | 13:30 |
| 13:45 | 80m     | U16W      |                                |                      |   |                          | 13:45 |
| 14:00 | 100m    | U18M      |                                |                      |   |                          | 14:00 |
| 14:15 | 100m    | U18W      | Hoch (1/3)                     | U14W                 | Kugel 1/3 (3kg)                         | U14M                     | 14:15 |
| 14:25 |         |           | Weit 1                         | U18M/U16M/U14M       | Kugel 2 (3kg)<br>Speer 1 (700g/600g)    | U18W/U16W<br>U18M/U16M   | 14:25 |
| 14:35 |         |           |                                |                      |   |                          | 14:35 |
| 14:45 |         |           |                                |                      |   |                          | 14:45 |
| 14:55 |         |           |                                |                      |   |                          | 14:55 |
| 15:15 | 60m     | U12M      |                                |                      |   |                          | 15:15 |
| 15:20 |         |           |                                |                      |   |                          | 15:20 |
| 15:30 | 60m     | U12W      |                                |                      |   |                          | 15:30 |
| 15:35 |         |           |                                |                      |   |                          | 15:35 |
| 15:40 |         |           | Weit 2/3 (Zone)                | U12M                 | Ball 1                                  | U12W                     | 15:40 |
| 15:50 | 60m     | U14W      | Weit 1                         | U16W                 |   |                          | 15:50 |
| 16:00 | 60m     | U14M      | Hoch 1                         | U18W                 |   |                          | 16:00 |
| 16:15 |         |           | Hoch 2                         | U18M/U16M            | Speer 1 (400g)                          | U14W                     | 16:15 |
| 16:25 |         |           |                                |                      |   |                          | 16:25 |
| 16:35 | 1500m   | U18M      |                                |                      | Speer 2 (400g)                          | U14M                     | 16:35 |
| 16:45 | 1500m   | U18W      |                                |                      |   |                          | 16:45 |
| 17:00 |         |           |                                |                      |   |                          | 17:00 |
| 17:15 |         |           |                                |                      |   |                          | 17:15 |
| 17:30 |         |           |                                |                      |   |                          | 17:30 |
| 17:45 | 1000m   | U16W      |                                |                      |   |                          | 17:45 |
| 18:00 | 1000m   | U12W      |                                |                      |   |                          | 18:00 |
| 18:15 | 1000m   | U12M      |                                |                      |   |                          | 18:15 |
| 18:25 | 1000m   | U16M      |                                |                      |   |                          | 18:25 |
| 18:35 | 1000m   | U14M      |                                |                      |   |                          | 18:35 |
| 18:45 | 1000m   | U14W      |                                |                      |   |                          | 18:45 |
| 19:00 |         |           |                                |                      |   |                          | 19:00 |

### Mannschafts- meldungen:

bis **Samstag, 19. Juni 2021**

**Online** unter [www.swiss-athletics.ch/events/register/](http://www.swiss-athletics.ch/events/register/)  
wenn nicht möglich per E-Mail an Martin Sommer ([buero@la-bern.ch](mailto:buero@la-bern.ch))

Die Meldung der Mannschaftsmitglieder hat bis am **27. Juni 2021** zu erfolgen. (auch online unter [www.swiss-athletics.ch/events/register/](http://www.swiss-athletics.ch/events/register/))

**Mannschaftsführersitzung** (Definitive Mannschaftsmeldungen) bis spätestens 90 Minuten vor Beginn der ersten Disziplin im Wettkampfbüro.

# SVM – Nachwuchs U18 - U12 (Einzel/Mehrkampf)

# Zeitplan (definitiv)

| Zeit  | U18M-E        | U16M-MK       | U16M-E        | U14M-MK       | U14M-E        | U12M-MK      | U12Mix-MK    | Zeit  | U18W-MK       | U18W-E        | U16W-MK        | U16W-E        | U14W-MK         | U14W-E        | U12W-MK       | Zeit            |
|-------|---------------|---------------|---------------|---------------|---------------|--------------|--------------|-------|---------------|---------------|----------------|---------------|-----------------|---------------|---------------|-----------------|
| 11:00 | 3             | 3             | 2             | 1             | 2             | 2            | 3            | 11:00 | 1             | 3             | 4              | 3             | 6               | 3             | 6             | Teams           |
| 11:10 | 110mH91       |               |               |               |               |              |              | 11:10 |               | 100mH76       |                |               |                 |               |               |                 |
| 11:20 |               |               |               |               |               |              |              | 11:20 |               |               |                |               | 5xfrei          | 5xfrei        |               |                 |
| 11:30 |               |               |               | 5xfrei        | 5xfrei        |              |              | 11:30 |               |               |                |               |                 |               |               |                 |
| 11:45 |               |               |               |               |               |              |              | 11:45 |               |               |                | 5x80m         |                 |               |               |                 |
| 11:50 |               |               | 5x80m         |               |               |              |              | 11:50 |               |               |                |               | Kugel 1/3 (3kg) | Kugel 3 (3kg) |               |                 |
| 12:00 | 4x100m        |               |               | Hoch 1 / 3    | Hoch 1 / 3    |              |              | 12:00 |               | 4x100m        | Hoch 2         | Hoch 2        | (3 Versuche)    | (3 Versuche)  | Weit 2 (Zone) |                 |
| 12:05 |               |               |               | +5/1.45/+3    | +5/1.45/+3    |              |              | 12:05 |               |               | +5/1.50/+3     | +5/1.50/+3    |                 |               | (3 Versuche)  |                 |
| 12:15 | Kugel 2 (5kg) | Kugel 2 (4kg) | Kugel 2 (4kg) |               |               |              |              | 12:15 | Weit 1        | Weit 1        | Speer 2 (500g) |               |                 |               |               |                 |
| 12:20 | (4 Versuche)  | (3 Versuche)  | (4 Versuche)  |               |               |              |              | 12:20 | (3 Versuche)  | (4 Versuche)  | (4 Versuche)   |               |                 |               |               |                 |
| 12:30 |               |               |               |               |               |              |              | 12:30 |               |               |                |               |                 |               |               |                 |
| 12:40 |               |               |               |               |               |              |              | 12:40 |               |               |                |               |                 |               |               | 6xfrei          |
| 12:50 |               |               |               |               |               |              |              | 12:50 |               |               |                |               |                 |               |               |                 |
| 13:00 |               |               |               |               |               |              |              | 13:00 |               |               |                |               |                 |               |               | Weit 2/3 (Zone) |
| 13:15 | 400m          |               |               |               |               |              |              | 13:15 |               | 400m          |                |               |                 |               |               | (3 Versuche)    |
| 13:30 |               | 80m           | 80m           |               |               |              |              | 13:30 |               |               |                |               |                 |               |               |                 |
| 13:45 |               |               |               |               |               |              |              | 13:45 |               |               | 80m            | 80m           |                 |               |               |                 |
| 14:00 | 100m          |               |               |               |               |              |              | 14:00 |               |               |                |               |                 |               |               |                 |
| 14:15 |               |               |               | Kugel 1 (3kg) | Kugel 1 (3kg) |              |              | 14:15 | 100m          | 100m          |                |               | Hoch 1/2/3      | Hoch 1/2/3    |               |                 |
| 14:25 | Weit 1        | Speer1 (700g) | Weit 1        | Weit 1        | Speer1 (600g) | (3 Versuche) | (3 Versuche) | 14:25 | Hoch 2        | Kugel 2 (3kg) | Kugel 2 (3kg)  | Kugel 2 (3kg) | +5/1.35/+3      | +5/1.35/+3    |               |                 |
| 14:35 | (4 Versuche)  | (4 Versuche)  | (3 Versuche)  | (4 Versuche)  | (4 Versuche)  |              |              | 14:35 | +5/1.65/+3    | (4 Versuche)  | (3 Versuche)   | (4 Versuche)  |                 |               |               |                 |
| 14:45 |               |               |               |               |               |              |              | 14:45 |               |               |                |               |                 |               |               |                 |
| 14:55 |               |               |               |               |               |              |              | 14:55 |               |               |                |               |                 |               |               |                 |
| 15:15 |               |               |               |               |               |              |              | 15:15 |               |               |                |               |                 |               |               |                 |
| 15:20 |               |               |               |               |               |              |              | 15:20 |               |               |                |               |                 |               |               |                 |
| 15:30 |               |               |               |               |               |              |              | 15:30 |               |               |                |               |                 |               |               | 60m             |
| 15:35 |               |               |               |               |               |              |              | 15:35 |               |               |                |               |                 |               |               |                 |
| 15:40 |               |               |               |               |               |              |              | 15:40 |               |               |                |               |                 |               |               |                 |
| 15:50 |               |               |               |               |               |              |              | 15:50 |               |               |                |               |                 |               |               | Ball 1 (200g)   |
| 16:00 |               | Hoch 1        |               |               |               |              |              | 16:00 | Kugel 2 (3kg) | Hoch 1        |                |               | Weit 1          | Weit 1        | 60m           | 60m             |
| 16:15 |               | +5/1.65/+3    | Hoch 2        | Hoch 2        |               |              |              | 16:15 | (3 Versuche)  | +5/1.65/+3    |                |               |                 |               |               |                 |
| 16:25 |               |               | +5/1.60/+3    | +5/1.60/+3    |               |              |              | 16:25 |               |               |                |               |                 |               |               |                 |
| 16:35 | 1500m         |               |               |               |               |              |              | 16:35 |               |               |                |               |                 |               |               |                 |
| 16:45 |               |               |               |               |               |              |              | 16:45 |               |               |                |               |                 |               |               |                 |
| 17:00 |               |               |               |               |               |              |              | 17:00 |               |               |                |               |                 |               |               |                 |
| 17:15 |               |               |               |               |               |              |              | 17:15 |               |               |                |               |                 |               |               |                 |
| 17:30 |               |               |               |               |               |              |              | 17:30 |               |               |                |               |                 |               |               |                 |
| 17:45 |               |               |               |               |               |              |              | 17:45 | 1000m         |               | 1000m          | 1000m         |                 |               |               |                 |
| 18:00 |               |               |               |               |               |              |              | 18:00 |               |               |                |               |                 |               |               |                 |
| 18:15 |               |               |               |               |               |              |              | 18:15 |               |               |                |               |                 |               |               |                 |
| 18:25 |               | 1000m         | 1000m         |               |               |              |              | 18:25 |               |               |                |               |                 |               |               |                 |
| 18:35 |               |               |               |               |               |              |              | 18:35 |               |               |                |               |                 |               |               |                 |
| 18:45 |               |               |               |               |               |              |              | 18:45 |               |               |                |               |                 |               |               |                 |
| 19:00 |               |               |               |               |               |              |              | 19:00 |               |               |                |               | 1000m           | 1000m         |               |                 |

**Kampfgerichte**

Ball 1  
Kugel 1  
Kugel 3 / Speer 1  
Kugel 2

TV Zofingen (4)  
Biel/Bienne (4)  
LV Thun (2) / LA-Bern (4)  
LCK (2) / TSV Wangen (2)

Speer 2  
Speer 1 / Kugel 3  
Weitsprung 1  
Weitsprung 2  
Weitsprung 3

TV Zofingen (2) / LA-Bern (4)  
LV Thun (2) / LA-Bern (4)  
GA Neuchâtelois (2) / LA Bern (3)  
TV Unterseen (2) / LA-Bern (3)  
LA Bern (5)

Hochsprung 1  
Hochsprung 2  
Hochsprung 3  
Laufteam  
Infrastruktur

OB Basel (4)  
TSV Düringen (4)  
TSV Düringen (4)  
LA Bern  
LA Bern