

	mU10	mU12	mU14	mU16	mU18 - Männer	wU10	wU12	wU14	wU16	wU18 - Frauen
11:00	Aufbau									
13:00	50m									
13:10		50m								
13:15						50m				
13:30							50m			
13:40			75m							
13:45								75m		
14:00				100m						
14:05									100m	
14:20					100m					
14:35										100m
15:00	4x50m									
15:05	4x75m									
15:10	4x100m									
15:25	4x400m / 4x400m Mixed Staffel									
15:45	<b>800m Hindernislauf</b>									
16:00	800m									
16:20						800m				
16:30							800m			
16:50									800m	
17:10				800m						
17:45	<b>Interview mit dem Karriere-Team der Polizei Niedersachsen</b>									
18:15	<b>1.600m Hindernis Lauf</b>									
18:30										5000m
19:00				5000m						
20:30	Abbau									