

Wettbewerbe	MJ U20	MJ U18	WJ U20	WJ U18	Männer	Frauen
100m	11,20	11,30	12,40	12,50		
200m	22,50	23,00	25,50	25,70		
400m	50,20	51,50	58,70	59,00		
800m	1:56,70	1:59,00	2:17,20	2:18,20		
1.500m	4:05,20	4:13,20	4:50,20	4:54,20		
3.000m	8:55,20	9:10,20	10:30,20	10:50,20		
5.000m	15:45,20	-	-	-		
4x100m	43,80	44,80	49,50	50,20		
3x800m						7:15,20
3x1.000m					7:40,20	
3.000m BG	-	-	-	18:00,00		
5.000m BG	-	28:00,00	29:00,00	-		
10.000m BG	55:00,00	-	-	-		
100m H	-	-	15,20	14,70		
110m H	15,30	15,00	-	-		
400m H	56,70	58,00	65,20	66,50		
1.500m H	-	-	-	5:20,00		
2.000m H	6:15,20	6:30,20	7:35,00	-		
Hoch	1,99	1,95	1,71	1,70		
Stab	4,60	4,30	3,50	3,45		
Weit	7,00	6,80	5,80	5,75		
Drei	13,70	13,50	11,80	11,50		
Kugel	16,00 (6kg)	15,90 (5kg)	12,20 (4kg)	14,00 (3kg)		
Diskus	47,00 (1,75kg)	48,50 (1,5kg)	40,00 (1kg)	39,00 (1kg)		
Hammer	50,00 (6kg)	53,00 (5kg)	42,00 (4kg)	47,00 (3kg)		
Speer	58,00 (800g)	58,00 (700g)	44,00 (600g)	44,00 (500g)		

(9) Sprunghöhen

a) Männliche Jugend U20

Hoch 1,85-1,90-1,95-1,99-2,03-2,07-2,10m weiter 2cm

Stab 4,40-4,55-4,65-4,75-4,85-4,95-5,00m weiter 5cm

b) Männliche Jugend U18

Hoch 1,80-1,85-1,90-1,95-1,98-2,01-2,04-2,07-2,10m weiter 2cm

Stab 4,00-4,15-4,30-4,40-4,50-4,60-4,70m weiter 5cm