

Nordrhein Hallen- und Winterwurfmeisterschaften 2026  
U14/U16  
am 7. und 8. Februar 2026 in Düsseldorf



**SA**

## ZEITPLAN, Samstag, 7. Februar 2026

**SA**

| Uhrzeit | Männliche Jugend U14 |                | Weibliche Jugend U14 |              | Männliche Jugend U16 |            | Weibliche Jugend U16 |              | Uhrzeit |
|---------|----------------------|----------------|----------------------|--------------|----------------------|------------|----------------------|--------------|---------|
|         | M12                  | M13            | W12                  | W13          | M14                  | M15        | W14                  | W15          |         |
| 9:30    | Hammerwurf           |                |                      |              |                      |            |                      |              | 9:30    |
| 10:00   | 60m V                |                |                      |              |                      |            | Weitsprung 1/2       |              | 10:00   |
| 10:10   | Stabhochsprung       |                |                      |              |                      |            |                      |              | 10:10   |
| 10:15   |                      | 60m V          |                      |              |                      |            |                      |              | 10:15   |
| 10:30   |                      |                | 60m V                |              |                      |            |                      |              | 10:30   |
| 10:50   |                      |                |                      | 60m V        |                      |            |                      |              | 10:50   |
| 11:10   | Diskuswurf           |                | Speerwurf            |              | Kugelstoß60m V       |            |                      |              | 11:10   |
| 11:25   |                      |                |                      |              |                      | 60m V      |                      |              | 11:25   |
| 11:30   |                      | Weitsprung 1/2 |                      |              |                      |            |                      |              | 11:30   |
| 11:40   |                      |                |                      |              |                      |            | 60m V                |              | 11:40   |
| 12:00   |                      |                |                      |              |                      |            |                      | 60m V        | 12:00   |
| 12:25   | 60m F                |                |                      |              |                      |            |                      |              | 12:25   |
| 12:35   |                      | 60m F          |                      |              |                      | Kugelstoß  |                      |              | 12:35   |
| 12:40   |                      |                |                      | Diskuswurf   |                      |            |                      |              | 12:40   |
| 12:45   |                      |                | 60m F                |              |                      |            | Speerwurf            |              | 12:45   |
| 12:50   |                      |                |                      |              |                      |            | Stabhochsprung       |              | 12:50   |
| 12:55   |                      |                |                      | 60m F        |                      |            |                      |              | 12:55   |
| 13:05   |                      |                |                      |              | 60m F                |            |                      |              | 13:05   |
| 13:15   |                      |                |                      |              |                      | 60m F      |                      |              | 13:15   |
| 13:25   |                      |                | Weitsprung 1/2       |              |                      |            | 60m F                |              | 13:25   |
| 13:35   |                      |                |                      |              |                      |            |                      | 60m F        | 13:35   |
| 14:00   |                      |                |                      |              |                      |            |                      | Kugelstoß    | 14:00   |
| 14:05   |                      | Diskuswurf     |                      |              |                      |            |                      |              | 14:05   |
| 14:10   |                      |                |                      |              |                      | Speerwurf  |                      |              | 14:10   |
| 14:25   |                      |                |                      |              |                      |            | Hochsprung 2         | Hochsprung 1 | 14:25   |
| 14:55   |                      |                |                      |              | Weitsprung 1/2       |            |                      |              | 14:55   |
| 15:00   | 800m ZE              |                |                      |              |                      |            |                      |              | 15:00   |
| 15:15   |                      | 800m ZE        |                      |              |                      |            |                      |              | 15:15   |
| 15:30   |                      |                | 800m ZE              |              |                      |            |                      |              | 15:30   |
| 15:35   |                      |                | Diskuswurf           | Speerwurf    |                      |            |                      |              | 15:35   |
| 15:40   |                      |                |                      |              |                      |            | Kugelstoß            |              | 15:40   |
| 15:45   |                      |                |                      | 800m ZE      |                      |            |                      |              | 15:45   |
| 16:00   | Hochsprung 2         | Hochsprung 1   |                      |              | 800m ZE              |            |                      |              | 16:00   |
| 16:15   |                      |                |                      |              |                      | 800m       |                      |              | 16:15   |
| 16:25   |                      |                |                      |              |                      | Dreisprung |                      | Weitsprung 2 | 16:25   |
| 16:30   |                      |                |                      |              |                      |            | 800m ZE              |              | 16:30   |
| 16:45   |                      |                |                      |              |                      |            |                      | 800m ZE      | 16:45   |
| 17:10   | Kugelstoß            |                |                      |              |                      |            |                      |              | 17:10   |
| 17:30   |                      |                | Hochsprung 2         | Hochsprung 1 |                      |            |                      |              | 17:30   |

Nordrhein Hallen- und Winterwurfmeisterschaften 2026  
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am 7. und 8. Februar 2026 in Düsseldorf



SO

# ZEITPLAN, Sonntag, 8. Februar 2026

SO

| Uhrzeit | Männliche Jugend U14 |           | Weibliche Jugend U14 |                | Männliche Jugend U16      |                            | Weibliche Jugend U16 |                         | Uhrzeit |
|---------|----------------------|-----------|----------------------|----------------|---------------------------|----------------------------|----------------------|-------------------------|---------|
|         | M12                  | M13       | W12                  | W13            | M14                       | M15                        | W14                  | W15                     |         |
| 10:00   | 60m Hü V             | Kugelstoß |                      |                |                           | Weitsprung 2               | Diskuswurf           | Dreisprung<br>Speerwurf | 10:00   |
| 10:10   |                      |           | 60m Hü V             |                |                           |                            |                      |                         | 10:10   |
| 10:20   |                      |           |                      |                | Stabhochsprung            |                            |                      |                         | 10:20   |
| 10:30   |                      | 60m Hü V  |                      |                |                           |                            |                      |                         | 10:30   |
| 10:40   |                      |           |                      | 60m Hü V       |                           |                            |                      |                         | 10:40   |
| 11:00   |                      |           |                      |                |                           |                            | 60m Hü V             |                         | 11:00   |
| 11:15   |                      |           |                      |                |                           |                            |                      | 60m Hü V                | 11:15   |
| 11:30   | Speerwurf            |           |                      | Kugelstoß      |                           |                            |                      | Diskuswurf              | 11:30   |
| 11:35   |                      |           |                      |                | 60m Hü V                  |                            |                      |                         | 11:35   |
| 11:45   |                      |           |                      |                |                           | 60m Hü V                   |                      |                         | 11:45   |
| 11:55   | Weitsprung 1/2       |           |                      |                |                           |                            |                      |                         | 11:55   |
| 12:05   |                      |           |                      | 60m Hü F       |                           |                            |                      |                         | 12:05   |
| 12:15   |                      | 60m Hü F  |                      |                |                           |                            |                      |                         | 12:15   |
| 12:30   |                      |           |                      |                |                           |                            | 60m Hü F             |                         | 12:30   |
| 12:40   |                      |           |                      |                |                           |                            |                      | 60m Hü F                | 12:40   |
| 13:00   |                      | Speerwurf | 60m Hü F             |                | Diskuswurf                |                            |                      |                         | 13:00   |
| 13:05   |                      |           | Kugelstoß            |                |                           |                            |                      |                         | 13:05   |
| 13:10   | 60m Hü F             |           |                      |                |                           |                            |                      |                         | 13:10   |
| 13:20   |                      |           |                      |                | 60m Hü F                  |                            |                      |                         | 13:20   |
| 13:30   |                      |           |                      | Weitsprung 1/2 |                           | 60m Hü F                   |                      |                         | 13:30   |
| 14:00   | 4x100m ZE            |           |                      |                |                           |                            |                      |                         | 14:00   |
| 14:15   |                      |           | 4x100m ZE            |                |                           |                            |                      |                         | 14:15   |
| 14:30   |                      |           |                      |                | Hochsprung 2<br>Speerwurf | Hochsprung 1<br>Diskuswurf |                      |                         | 14:30   |
| 14:50   |                      |           |                      |                |                           |                            | 4x200m ZE            |                         | 14:50   |
| 15:35   |                      |           |                      |                | 4x200m ZE                 |                            |                      |                         | 15:35   |