**Laufnacht der LG Telis Finanz und Sparkassen Gala 2016 (1. Entwurf)**

**Laufnacht (Samstag, 4. Juni 2016)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Zeit | Männer | mU20/18 | mU16 | Frauen | wU20/18 | wU16 |
| 12.45 |  |  |  | 200m offen | 200m offen |  |
| 13.15 | 200m offen | 200m offen | Weit VE |  |  |  |
| 14.00 |  |  |  |  | 2000m Hi ZEL |  |
| 14:15 |  | 2000m Hi ZEL |  |  |  |  |
| 14.30 |  |  |  | 400m D-F | 400m DLV U20 |  |
| 15.00 | 400m D-E | 400m DLV U20 |  |  |  |  |
| 15.50 |  |  |  | 400m A-C |  | Weit VE (Sektor) |
| 16.10 | 400m A-C |  |  |  |  |  |
| 16.30 | 1. 400m Hü | 400m Hü DLV |  |  | Weit wU20 VE |  |
| 17.00 |  |  |  | 1. 400m Hü | 400m Hü DLV |  |
| 17.30 |  |  | 800m (2) |  |  | 800m (1) |
| 18.00 |  |  |  | 800 m ZEL | 800m ZEL |  |
| 18.20 | 800 m ZEL | 800m ZEL |  |  |  |  |
| 19.00 |  |  |  | 3000 m Hi EL |  |  |
| 19.25 | Weit B-W. | Weit mU20 VE |  | 1500 m ZEL | 1500 m ZEL |  |
| 19.45 | 1500 m ZEL | 1500 m ZEL |  |  |  |  |
| 20.15 | 3000 m Hi EL |  |  |  | Weit U18 (Sektor) |  |
| 20.30 |  |  |  |  | 3000m ZEL |  |
| 20.45 |  | 3000 m ZEL |  |  |  |  |
| 21.00 | 5000 m |  |  |  |  |  |
| 21.20 | 5000 m |  |  | 5000 m |  |  |

**Vorprogramm (Sonntag, 5. Juni 2016)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Zeit | Männer | mU20/18 | mU16 | Frauen | wU20/18 | wU16 |
| 11.15 | 100 m ZEL/Hoch E | 100m ZEL/Hoch E |  |  |  |  |
| 12.00 |  |  |  | 100 m ZEL | 100 m ZEL |  |
| 12.30 |  |  |  | 100 m Hü VL(2) | 100 m Hü VL(1) |  |
| 12.45 | 110 m Hü VL(2) | 110 m Hü VL\*(1) |  |  |  |  |
| 13.15 |  |  |  | 100 m VL (A-C) | DLV A-B VL |  |
| 13.30 | 100 m VL (A-C) | DLV A-B VL |  | Hoch E |  |  |
| **Gala-Programm (Sonntag, 5. Juni 2016)** | | | | | | |
| Zeit | Männer | mU20/18 | mU16 | Frauen | wU20 | wU16 |
| 14.00 | 110 m Hü EL(2) | 110 m Hü EL(1) |  |  |  |  |
| 14.15 |  |  |  | 100 m Hü EL(2) | 100 m Hü E (1) |  |
| 14.30 |  |  |  | 100 m EL (2) | 100 m E (1) |  |
| 14.45 | 100 m EL (2) | 100 m EL(1) |  |  |  |  |
| 15.00 | 800 m ZEL(A-B) |  |  |  |  |  |
| 15.00 | Weit VE |  |  |  |  |  |
| 15.15 |  |  |  | 800 m ZEL(A+B) |  |  |
| 15.30 |  |  |  | 1500m A-Lauf |  |  |
| 15.45 | 1500m A+B |  |  |  |  |  |
| 16.00 |  |  |  | 4x100 m ZEL |  |  |
| 16.15 | 4x100 m ZEL |  |  |  |  |  |
| 16.30 | 400 m Hü EL (A+B) |  |  | Weit VE |  |  |
| 16.45 |  |  |  | 400 m Hü |  |  |
| 17.00 |  |  |  | 200 m ZEL(A-C) |  |  |
| 17.15 | 200 m ZE A-C (2) |  |  |  |  |  |
| 17.35 |  |  |  | 4x400m DLV |  |  |
| 17.45 | 4x400m DLV |  |  |  |  |  |

VL=Vorlauf, ZVL=Zeitvorlauf, EL=Endlauf, ZEL=Zeitendläufe, E=Endkampf, VE=Vor/Endkampf

Die ersten Vier über 800m/1500m der Laufnacht qualifizieren sich für die A/B-Läufe der Sparkassen Gala am Samstag