



| Godz. | STADION | | | | | BOISKO BOCZNE | | Godz. |
|-------|-----------|--------------------------|--------------------------|-----------------------------|---------------------------|---------------|------------------------|-------|
| | Biegi | Skok w dal | Skok wzwyż | Skok o tyczce | Rzut oszczepem | Kula | Młot/Dysk | |
| 10:00 | 100p K 7b | | | | | | | 10:00 |
| 10:10 | | | | | | | Rzut młotem K el gr. A | 10:10 |
| 10:20 | 100 M 10b | | | | | | | 10:20 |
| 10:30 | | | | Skok o tyczce K el gr. A, B | | | | 10:30 |
| 10:35 | | | | | Rzut oszczepem K el gr. A | | | 10:35 |
| 10:40 | | | Skok wzwyż K 7b | | | | | 10:40 |
| 11:00 | 400p K el | | | | | | | 11:00 |
| 11:05 | | Skok w dal M 10b | | | | | | 11:05 |
| 11:10 | | | | | | | Rzut młotem K el gr. B | 11:10 |
| 11:25 | 400p M el | | | | | | | 11:25 |
| 11:40 | | | | | Rzut oszczepem K el gr. B | | | 11:40 |
| 11:50 | 400 K el | | | | | | | 11:50 |
| 12:10 | 400 M el | | | | | | | 12:10 |
| 12:15 | | | | | | | Pchnięcie kulą M 10b | 12:15 |
| 12:30 | 400 K PK | | | | | | | 12:30 |
| 12:35 | | Skok w dal K el gr. A, B | | | | | | 12:35 |
| 12:45 | 400 M PK | | | | | | | 12:45 |
| 13:05 | 100 K PK | | | | | | | 13:05 |
| 13:10 | | | Skok wzwyż M el gr. A, B | | | | | 13:10 |
| 13:20 | 100 M PK | | | | | | | 13:20 |
| 13:25 | | | | | | | Pchnięcie kulą K 7b | 13:25 |

52.PZLA

MISTRZOSTWA POLSKI U18

RADOM, 18 - 20 WRZEŚNIA 2020

PROGRAM MINUTOWY**Dzień 1****Piątek, 18.09.2020**

| | | | | | |
|-------|-----------|--------------------------|---------------------------|---------------------------|-------|
| 14:35 | | | Rzut oszczepem M el gr. A | Rzut młotem M el gr. A | 14:35 |
| 14:45 | 100 K el | | | | 14:45 |
| 15:05 | | Skok w dal M el gr. A, B | | | 15:05 |
| 15:10 | 800 K el | | | | 15:10 |
| 15:15 | | | | Rzut młotem M el gr. B | 15:15 |
| 15:30 | 800 M el | | | | 15:30 |
| 15:50 | | | Rzut oszczepem M el gr. B | | 15:50 |
| 15:55 | 100 K FB | | | | 15:55 |
| 16:00 | | | | | 16:00 |
| 16:05 | 100 K FA | | | | 16:05 |
| 16:15 | | | | Pchnięcie kulą K el gr. A | 16:15 |
| 16:20 | 1500 K | | | | 16:20 |
| 16:25 | | Skok wzwyż M 10b | | | 16:25 |
| 16:30 | 1500 M | | | | 16:30 |
| 16:45 | 100 M el | | | | 16:45 |
| 17:05 | | | | Pchnięcie kulą K el gr. B | 17:05 |
| 17:20 | 1500p K | | | | 17:20 |
| 17:40 | 100 M FB | | | | 17:40 |
| 17:50 | 100 M FA | | | | 17:50 |
| 17:55 | | | | Pchnięcie kulą M gr. A | 17:55 |
| 18:05 | 3000 M | | | | 18:05 |
| 18:15 | | | | | 18:15 |
| 18:30 | 200 K 7b | | | | 18:30 |
| 18:40 | | | | Pchnięcie kulą M gr. B | 18:40 |
| 18:45 | 400 M 10b | | | | 18:45 |





| Godz. | STADION | | | | | BOISKO BOCZNE | | Godz. |
|-------|------------|------------------------|--------------------------|-------------------------------|----------------------|---------------|-------------------------|-------|
| | Biegi | Skok w dal/Trójskok | Skok wzwyż | Skok o tyczce | Rzut oszczepem | Kula | Młot/Dysk | |
| 08:30 | 10 000ch M | | | | | | | 08:30 |
| 09:00 | | | | | | | Rzut dyskiem K el gr. A | 09:00 |
| 09:45 | 110p M 10b | | | | | | | 09:45 |
| 09:50 | | | | | | | Rzut dyskiem K el gr. B | 09:50 |
| 10:00 | | | Skok wzwyż K el gr. A, B | | | | | 10:00 |
| 10:30 | 200 K el | | | | | | | 10:30 |
| 10:40 | | Skok w dal K 7b | | | | | Rzut dyskiem M 10b | 10:40 |
| 10:50 | 200 M el | | | | | | | 10:50 |
| 12:10 | | | | | | | Rzut dyskiem M el gr. A | 12:10 |
| 12:20 | | | | | Rzut oszczepem K 7b | | | 12:20 |
| 12:30 | | Trójskok K el gr. A, B | | | | | | 12:30 |
| 12:35 | | | | Skok o tyczce M 10b, gr A., B | | | | 12:35 |
| 13:00 | | | | | | | Rzut dyskiem M el gr. B | 13:00 |
| 13:40 | | Trójskok M el gr. A, B | | | | | | 13:40 |
| 14:00 | | | | | Rzut oszczepem K F | | | 14:00 |
| 14:30 | | | | | | | Rzut młotem K F | 14:30 |
| 15:30 | 400p K FB | | | | | | | 15:30 |
| 15:35 | | | | | Rzut oszczepem M F | | | 15:35 |
| 15:40 | 400p K FA | | | | | | | 15:40 |
| 16:00 | 400p M FB | | | | | | | 16:00 |
| 16:05 | | | | | | | Rzut młotem M F | 16:05 |
| 16:10 | 400p M FA | | | | | | | 16:10 |
| 16:15 | | Skok w dal K F | | | | | | 16:15 |
| 16:30 | 400 K FB | | | | | | | 16:30 |
| 16:40 | 400 K FA | | | | | | | 16:40 |
| 16:50 | 400 M FB | | | | | | | 16:50 |
| 17:00 | 400 M F A | | | | | | | 17:00 |
| 17:05 | | | | | Rzut oszczepem M 10b | | | 17:05 |
| 17:10 | 800 K 7b | | Skok wzwyż M F | | | | | 17:10 |
| 17:20 | 2000p M | | | | | | | 17:20 |
| 17:25 | | | | | | | Pchnięcie kulą K F | 17:25 |
| 17:40 | 3000 K | | | | | | | 17:40 |
| 18:05 | | Skok w dal M F | | | | | | 18:05 |
| 18:10 | 5 000ch K | | | | | | | 18:10 |
| 18:45 | | | | | | | Pchnięcie kulą M F | 18:45 |
| 18:50 | 4x100 K | | | | | | | 18:50 |
| 19:00 | 4x100 M | | | | | | | 19:00 |
| 19:10 | 1500 M 10b | | | | | | | 19:10 |



