   

Zadanie dofinansowane z budżetu

Samorządu Województwa Dolnośląskiego

**PROGRAM MINUTOWY**

**Mistrzostwa Dolnego Śląska Lekkoatletyka dla każdego! 17.05.2025 r., Zgorzelec**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **12:00** | 100m K U14  (46-8s) | Oszczep K  U14+U16  (5+7) | W dal K U14  (23) | Dysk K+M  (7+5) | Tyczka K+M  (4+2) |
| **12:25** | 100m M U14  (11-2s) |  |  |  |  |
| **12:35** | 100m K U16  (27-5s) |  |  |  |  |
| **12:50** | 100m M U16  (13-3s) |  |  |  |  |
| **13:00** | 80m ppł U14  (3-1s) |  |  |  |  |
| **13:05** | 80m ppł U16  (9-2s) |  |  |  |  |
| **13:15** | 100m ppł M U14 (6-1s) | Oszczep M U14 (14) |  | Kula K U14  (7) |  |
| **13:25** | 100m K U14 F |  |  |  |  |
| **13:30** | 100m M U14 F |  | W dal K +M U16 (11+4) |  |  |
| **13:35** | 100m K U16 F |  |  |  |  |
| **13:40** | 100m M U16 F |  |  |  | Wzwyż K+M (6+4) |
| **13:50** | 300m K U14  (33- 6s) |  |  | Kula M U14+U16  (4+5) |  |
| **14:10** | 300m M U14  (7-2s) |  |  |  |  |
| **14:15** | 300m K U16  (33-6s) |  |  |  |  |
| **14:35** | 300m M U16  (6-1s) | Oszczep MU16 (10) |  |  |  |
| **14:45** | 300m ppł K  (8-2s) |  |  | Kula K U16  (8) |  |
| **14:50** | 300m ppł M  (6-1s) |  | W dal M U14 (16) |  | Wzwyż K+M (6+4) |
| **14:55** | 600m K U14  (28- 3s) |  |  |  |  |
| **15:10** | 600m M U14  (18-2s) |  |  |  |  |
| **15:20** | 600m K U16  (17-2s) |  |  |  |  |
| **15:30** | 600m M U16  (14-2s) |  |  |  |  |
| **15:40** | 1000m prz K  (9-1s) |  |  |  |  |
| **15:45** | 1000m prz M  (4-1s) |  |  |  |  |
| **15:55** | Chód K+M  U14+U16 (4+4) |  |  |  |  |