

| | Männer | MJU18 | M15 | M14 | Frauen | WJU18 | W15 | W14 | |
|-------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|
| 10:00 | 60m VL | | Kugel | Kugel | | | Weit | Weit | 10:00 |
| 10:15 | | 60m VL | | | | | | | 10:15 |
| 10:35 | | | | | 60m VL | | | | 10:35 |
| 10:40 | | | | | | | | | 10:40 |
| 10:45 | | | | | | 60m VL | | | 10:45 |
| 11:10 | Kugel | Kugel | 60m VL | | | | | | 11:10 |
| 11:20 | 60m EL | | | | | | | | 11:20 |
| 11:25 | | 60m EL | | | | | | | 11:25 |
| 11:30 | | | | 60m VL | | | | | 11:30 |
| 11:40 | | | | | 60m EL | | | | 11:40 |
| 11:45 | | | Weit | | | 60m EL | | | 11:45 |
| 11:50 | | | | | | | 60m VL | | 11:50 |
| 11:55 | | | | Weit | | | | | 11:55 |
| 12:10 | | | | | | | | 60m VL | 12:10 |
| 12:20 | | | 60m F | | | | | | 12:20 |
| 12:25 | | | | 60m F | Kugel | Kugel | | | 12:25 |
| 12:40 | 60m Hürden VL | 60m Hürden VL | | | | | | | 12:40 |
| 12:55 | | | | | 60m Hürden VL | | | | 12:55 |
| 13:00 | | | | | | | | | 13:00 |
| 13:05 | Weit | | | | Weit | 60m Hürden VL | | | 13:05 |
| 13:10 | | | | | | | 60m F | | 13:10 |
| 13:15 | | | | | | | | 60m F | 13:15 |
| 13:20 | | | | | | | Kugel | | 13:20 |
| 13:35 | | | 60m Hürden VL | | | | | | 13:35 |
| 13:45 | | | | 60m Hürden VL | | | | | 13:45 |
| 13:55 | | | | | | | | 60m Hürden VL | 13:55 |
| 14:00 | | Weit | | | | Weit | | | 14:00 |
| 14:05 | | | | | | | 60m Hürden VL | | 14:05 |
| 14:20 | | 60m Hürden EL | | | | | | Kugel | 14:20 |
| 14:25 | 60m Hürden EL | | | | 60m Hürden EL | | | | 14:25 |
| 14:30 | | | | | | 60m Hürden EL | | | 14:30 |
| 14:35 | | | 60m Hürden EL | | | | | | 14:35 |
| 14:40 | | | | 60m Hürden EL | | | | | 14:40 |
| 14:50 | | | | | | | 60m Hürden EL | | 14:50 |
| 14:55 | | | | | | | | 60m Hürden EL | 14:55 |
| 15:00 | Hoch | Hoch | Hoch | Hoch | | | | | 15:00 |
| | 200m ZL | | | | | | | | |
| 15:15 | | 200m ZL | | | | | | | 15:15 |
| 15:30 | Drei | | | | Drei | 200m ZL | | | 15:30 |
| 15:45 | | | | | 200m ZL | | | | 15:45 |
| 16:00 | 800m | 800m | | | | | Hoch | Hoch | 16:00 |
| 16:05 | | | | | 800m | 800m | | | 16:05 |
| 16:10 | | | 800m | 800m | | | | | 16:10 |
| 16:20 | | | | | | | | 800m | 16:20 |
| 16:30 | | | | | | | 800m | | 16:30 |
| 16:40 | 400m | 400m | | | | | | | 16:40 |
| 16:50 | | | | | 400m | 400m | | | 16:50 |
| 17:00 | | | | | LM 3000m | LM 3000m | LM 3000m | LM 3000m | 17:00 |
| 17:15 | LM 3000m | LM 3000m | LM 3000m | LM 3000m | | | | | 17:15 |