

# Mistrzostwa Wielkopolski U16, U18 i U20. Poznań, 01-02.06.2024

## Program minutowy

wersja 3, 31.05 g.19:00

| I DZIEŃ |                  |   |    |                |                           |  |                          |                           |       |
|---------|------------------|---|----|----------------|---------------------------|--|--------------------------|---------------------------|-------|
| godz.   |                  | s | i  | stadion główny |                           |  |                          | rzutnia boczna            | godz. |
| 10:30   | 100m M 10bój     | 1 | 8  |                |                           |  | wzwyż K U16 (10)         | młot K U14 (2)            | 10:30 |
| 10:40   | 110m ppt 5bój    | 1 | 2  |                | wieloskok M U16 (5)       |  |                          | kula M U18 (7)            | 10:40 |
| 10:50   | 100ppt K 7bój    | 1 | 8  |                |                           |  |                          |                           | 10:50 |
| 11:00   | 80m ppt K 5bój   | 2 | 11 | tyczka gr A    |                           |  |                          |                           | 11:00 |
| 11:10   | 80m ppt K U16 el | 2 | 12 |                |                           |  |                          | młot K U16 (13)           | 11:10 |
| 11:25   | 100m ppt K U20 F | F | 3  |                |                           |  |                          |                           | 11:25 |
| 11:30   | 100m ppt K U18 F | F | 6  |                | w dał M 10bój + 5bój (10) |  |                          | kula M U20+mityng (7)     | 11:30 |
| 11:40   | 110m ppt M U20 F | F | 3  |                |                           |  |                          |                           | 11:40 |
| 11:45   | 110m ppt M U18 F | F | 7  |                |                           |  |                          |                           | 11:45 |
| 11:50   | 110m ppt M U16 F | F | 6  |                |                           |  |                          |                           | 11:50 |
| 12:00   | 80m ppt K U16 F  | F | 8  |                |                           |  | Wzwyż K 7bój + 5bój (19) |                           | 12:00 |
| 12:10   | 100m K U18 el.   | 3 | 24 |                | wieloskok K U16 (16)      |  |                          | kula K U18 (6)            | 12:10 |
| 12:25   | 100m K U20 el.   | 2 | 9  |                |                           |  |                          |                           | 12:25 |
| 12:30   | 100m K el.       | 5 | 35 |                |                           |  |                          |                           | 12:30 |
| 12:45   | 100m K U16 el    | 8 | 58 |                |                           |  |                          | młot M wszystkie kat (11) | 12:45 |
| 12:55   |                  |   |    |                |                           |  |                          | kula M 10-bój + 5bój (10) | 12:55 |
| 13:05   | 100m M U18 el.   | 2 | 12 |                |                           |  |                          |                           | 13:05 |
| 13:10   | 100m M U20 el.   | 2 | 9  |                |                           |  |                          |                           | 13:10 |
| 13:15   | 100m M el.       | 2 | 15 |                |                           |  |                          |                           | 13:15 |
| 13:20   | 100m M U16 el    | 3 | 21 |                |                           |  |                          |                           | 13:20 |
| 13:30   | 100m K U18 F     | F | 8  |                |                           |  |                          |                           | 13:30 |
| 13:33   | 100m K U20 F     | F | 8  |                |                           |  |                          |                           | 13:33 |
| 13:36   | 100m K F         | F | 8  |                |                           |  |                          |                           | 13:36 |
| 13:40   | 100m K U16 F     | F | 8  |                | trójskok K U18+U20 (15)   |  |                          | kula K U20+mityng (9)     | 13:40 |
| 13:43   | 100m M U18 F     | F | 8  |                |                           |  |                          |                           | 13:43 |
| 13:46   | 100m M U20 F     | F | 8  |                |                           |  |                          |                           | 13:46 |
| 13:50   | 100m M F         | F | 8  |                |                           |  |                          |                           | 13:50 |
| 13:53   | 100m M U16 F     | F | 8  |                |                           |  |                          |                           | 13:53 |

| godz. |                   | s | i  | stadion główny |                        |                   |                             | rzutnia boczna        | godz.                 |
|-------|-------------------|---|----|----------------|------------------------|-------------------|-----------------------------|-----------------------|-----------------------|
| 14:15 | 400m K U18 sc     | 3 | 18 | tyczka gr B    |                        | w dal M U16 (13)  | Wzwyż 10bój +5bój (10)      | młot K U18 (10)       | 14:15                 |
| 14:25 | 400m K U20 sc     | 1 | 4  |                |                        |                   |                             |                       | 14:25                 |
| 14:30 | 400m K sc         | 1 | 6  |                |                        |                   |                             | kula 7bój + 5bój (19) | 14:30                 |
| 14:35 | 400m M U18 sc     | 3 | 19 |                |                        |                   |                             |                       | 14:35                 |
| 14:45 | 400m M U20 sc     | 2 | 9  |                |                        |                   |                             |                       | 14:45                 |
| 14:50 | 400m M sc         | 2 | 15 |                |                        |                   |                             |                       | 14:50                 |
| 15:00 | 2000m K U16       | 1 | 5  |                |                        |                   |                             |                       | 15:00                 |
| 15:10 | 2000m M U16       | 1 | 4  |                | trojskok M U18+U20 (9) |                   |                             |                       | 15:10                 |
| 15:20 | 2000m pprz K U18  | 1 | 4  |                |                        |                   |                             |                       | 15:20                 |
| 15:30 | 2000m pprz M U18  | 1 | 5  |                |                        |                   |                             | kula M U16 (14)       | młot K U20+mityng (7) |
| 15:45 | 3000m pprz M U20  | 1 | 4  |                |                        | w dal K 5bój (11) | wzwyż K U18+U20+mityng (10) |                       | 15:45                 |
| 16:00 | 1000m pprz. K U16 | 1 | 8  |                |                        |                   |                             |                       | 16:00                 |
| 16:05 | 1000m pprz. M U16 | 1 | 6  |                |                        |                   |                             |                       | 16:05                 |
| 16:15 | 300m ppł K U16    | 2 | 12 |                |                        |                   |                             |                       | 16:15                 |
| 16:25 | 300m ppł M U16    | 1 | 6  |                |                        |                   |                             |                       | 16:25                 |
| 16:30 | 1500m K           | 1 | 18 |                |                        |                   |                             | kula K U16 (11)       |                       |
| 16:40 | 1500m M           | 1 | 16 |                |                        | w dal K U16 (31)  |                             | dysk M mityng (14)    | 16:40                 |
| 16:50 | 300m K U16 sc     | 6 | 40 |                |                        |                   |                             |                       | 16:50                 |
| 17:10 | 300m M U16 sc     | 3 | 17 |                |                        |                   |                             |                       | 17:10                 |
| 17:20 | 400m M 10bój      | 1 | 8  |                |                        |                   | wzwyż M U16+U18+U20 (12)    | oszczep M U16 (12)    | 17:20                 |
| 17:30 | 4x100m K sc       | 3 | 18 |                |                        |                   |                             |                       | 17:30                 |
| 17:40 | 4x100m M sc       | 2 | 11 |                |                        |                   |                             |                       | 17:40                 |
| 17:50 | 200m K 7-bój      | 1 | 8  |                |                        |                   |                             |                       | 17:50                 |
| 18:00 | 600m K U16        | 2 | 28 |                |                        |                   |                             | dysk K mityng (2)     | 18:00                 |
| 18:10 | 600m M U16        | 1 | 15 |                |                        |                   |                             |                       | 18:10                 |
| 18:15 | 600m K 5bój       | 1 | 11 |                |                        |                   |                             |                       | 18:15                 |
| 18:20 | 1000m K U16       | 1 | 7  |                |                        |                   |                             | oszczep K U16 (7)     | 18:20                 |
| 18:25 | 1000m M U16       | 1 | 15 |                |                        |                   |                             |                       | 18:25                 |
| 18:30 | 1000m M 5bój      | 1 | 9  |                |                        |                   |                             |                       | 18:30                 |

| II DZIEŃ  |                 |   |    |                  |                        |  |                              |                     |          |
|---|-----------------|---|----|------------------|------------------------|--|------------------------------|---------------------|----------|
| godz.   |                 | s | i  | stadion główny   |                        |  |                              | rzutnia boczna      | II DZIEŃ |
| 10:30   |                 |   |    |                  |                        |  |                              | dysk K U16+U14 (16) | 10:30    |
| 11:00   | 110ppł 10bój M  | 1 | 8  |                  | w dal 7bój (8)         |  | oszczep KU18+U20+mityng (14) |                     | 11:00    |
| 11:05   | 3000m chód K    | 1 | 8  |                  |                        |  |                              |                     | 11:05    |
| 11:35   | 3000m chód M    | 1 | 4  |                  |                        |  |                              |                     | 11:35    |
| 11:45   |                 |   |    |                  |                        |  |                              | Dysk 10-bój (8)     | 11:45    |
| 12:00   | 400ppł K U18 sc | 1 | 6  |                  | w dal K i M mityng (9) |  |                              |                     | 12:00    |
| 12:05   | 400ppł K U20 sc | 1 | 8  |                  |                        |  |                              |                     | 12:05    |
| 12:15   | 400ppł M U20 sc | 1 | 3  |                  |                        |  |                              |                     | 12:15    |
| 12:25   | 400ppł M U18 sc | 1 | 8  |                  |                        |  |                              |                     | 12:25    |
| 12:35   | 200m K U18 sc   | 4 | 26 |                  |                        |  |                              |                     | 12:35    |
| 12:50   | 200m K U20 sc   | 2 | 10 | tyczka 10bój (8) |                        |  | oszczep K 7-bój (8)          | dysk M U16+U14 (14) | 12:50    |
| 13:00   | 200m K sc       | 4 | 31 |                  | w dal K U18 + U20 (10) |  |                              |                     | 13:00    |
| 13:15   | 200m M U18 sc   | 3 | 17 |                  |                        |  |                              |                     | 13:15    |
| 13:25   | 200m M U20 sc   | 2 | 11 |                  |                        |  |                              |                     | 13:25    |
| 13:30   | 200m M sc       | 3 | 21 |                  |                        |  | oszczep M U18+mityng (13)    |                     | 13:30    |
| 13:40   | 800m K U18      | 2 | 17 |                  |                        |  |                              |                     | 13:40    |
| 13:50   | 800m K U20+sen  | 1 | 14 |                  |                        |  |                              |                     | 13:50    |
| 14:00   | 800m M U18      | 1 | 16 |                  | w dal M U18 + U20 (9)  |  |                              | dysk K U18+U20 (15) | 14:00    |
| 14:05   | 800m M U20      | 1 | 8  |                  |                        |  |                              |                     | 14:05    |
| 14:10   | 800m M          | 2 | 20 |                  |                        |  |                              |                     | 14:10    |
| 14:25   | 3000m K U18+U20 | 1 | 5  |                  |                        |  |                              |                     | 14:25    |
| 14:40   | 3000m M U18+U20 | 1 | 7  |                  |                        |  |                              |                     | 14:40    |
| 15:00   | 4x400m K sc     | 1 | 4  |                  |                        |  | oszczep M 10bój (8)          |                     | 15:00    |
| 15:10   | 4x400m M sc     | 1 | 3  |                  |                        |  |                              | dysk M U18+U20 (9)  | 15:10    |
| 15:15   | 800m 7bój K     | 1 | 8  |                  |                        |  |                              |                     | 15:15    |
| 15:20   | 1500m M 10bój   | 1 | 8  |                  |                        |  |                              |                     | 15:20    |
| Informacje dodatkowe:   |                 |   |    |                  |                        |  |                              |                     |          |
| BRAMKA STARTOWA wyprowadzenie: biegi 10min, techniczne rozgrywane na stadionie głównym 30min, płotki 20min przed rozpoczęciem konkurencji |                 |   |    |                  |                        |  |                              |                     |          |
| Rozgrzewka odbywa się wyłącznie na stadionie bocznym (z wyłączeniem boiska trawiastego) w wyznaczonym do tego miejscu.                    |                 |   |    |                  |                        |  |                              |                     |          |
| Ważenie sprzętu pod wieżą: I dzień godz. 09:30 – 10:30, II dzień godz. 10:00 – 11:00  |                 |   |    |                  |                        |  |                              |                     |          |
| WYNIKI z biegów będą dostępne "na żywo" na stronie www.domtel-sport.pl - Lekkoatletyka wyniki na żywo                                     |                 |   |    |                  |                        |  |                              |                     |          |

konkurencje U16  
 wieloboje K  
 wieloboje M

#### Tyczka grupa A

od 3.40, co 20 do 3.80 1. Przemek Czerniak 2. Piotr Wołoszyn 3. Nikodem Kruk 4. Maks Wesołowski 5. Kasia Mirek 6. Maja Chamot 7. Zofia Gaborska 8. Jędrzej Kruger 9. Maciej Górski 10. Kasia Brzezińska 11. Tomek Król 12. Ruciński Krzysztof

#### Tyczka grupa B

od 1.60 co 20 do 3.20m 1. Szymon Jazdon 2. Weronika Łochyńska 3. Wojtek Konieczny 4. Grzesiu Gurjew 5. Jagoda Wojciechowska 6. Lena Ladwich 7. Julia Sobczak 8. Michał Trzcieleński 9. Sonia Puk 10. Weronika Madaj 11. Natalia Szymczak 12. Ewa Juzwa 13. Vanessa Vergin 14. Malwina Sroka - Ozgowicz 15. Marianna Grześkowiak 16. Jadwiga Jakubowicz