**PROJEKT PROGRAMU MINUTOWEGO 2-3.06.2012R. BIELSKO-BIAŁA**

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|  |  |  |  |  |  |
| 13.00 | Chód 10 km M |  |  |  | Młot K |
|  | Chód 5 km K |  |  |  | Młot M |
|  | 100ppł /7bój/ | Kula K | W dal K | Wzwyż M |  |
|  | 100 /8-bój/ |  |  |  |  |
|  | 100 K el. |  |  |  | Dysk M |
|  | 100 M el. |  |  |  |  |
|  | 400 ppł K |  |  |  |  |
|  | 400 ppł M | Kula /K 7-boj/ | W dal /M-8-boj/ |  |  |
|  | 400 K |  |  |  |  |
|  | 400 M |  |  | Wzwyż K |  |
|  | 2000 pprz K |  |  |  | Dysk K |
|  | 2000pprz.M |  |  |  |  |
|  | 3000prz. M |  |  |  |  |
|  | 3000 M | Kula /M 8-bój/ | W dal M |  |  |
|  | 100 KF A |  |  | Wzwyż /K-7bój/ |  |
|  | 100 M FA |  |  |  |  |
|  | 1500 K |  |  |  |  |
|  | 1500 M |  |  |  |  |
|  | 5000 K |  |  |  |  |
|  | 200 /K 7-bój/ |  |  |  |  |
|  | 400 /M 8-boj/ |  |  |  |  |
|  | 4x100 K |  |  |  |  |
|  | 4x100 M |  |  |  |  |
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| 15.00 | 110 ppł. /8-bój/ | W dal/7-bój/ |  | Oszczep M | Tyczka K |
|  | 110 ppł. el M |  |  |  |  |
|  | 100 ppł. el. K |  |  |  |  |
|  | 200 K |  | Wzwyż/8-bój/ |  |  |
|  | 200 M |  |  | Oszczep K |  |
|  | 3000 K | Trójskok K |  |  |  |
|  | 5000 M |  |  |  | Tyczka M |
|  | 800 K |  |  | Oszczep K /7-bój/ |  |
|  | 800 M |  |  |  |  |
|  | 100 ppł. F | Trójskok M |  |  |  |
|  | 110 ppł F |  |  |  Oszczep /8-boj/  |  |
|  | 4x400 K |  |  |  |  |
|  | 4x400 M |  |  |  |  |
|  | 800 /K 7-bój/ |  |  |  |  |
|  | 1000 /M8-bój/ |  |  |  |  |
|  |  |  |  |  |  |