

HBW-Rahmenplan

| | Freitag, 02.09.22 | Samstag, 03.09.22 | Sonntag, 04.09.22 |
|--------------------|----------------------------|----------------------------|-----------------------------|
| Frühstück | | 06:45 Lauf U14m | 06:45 Lauf U14m |
| | | 07:00 Lauf U16m | 07:00 Lauf U16m |
| | | 07:15 Frühstück U14m | 07:15 Frühstück U14m |
| | | 07:30 Frühstück U16m | 07:30 Frühstück U16m |
| Training | | 08:45 TE U14m | 08:45 TE U14m |
| | | 10:30 Ende TE U14m | 10:30 Ende TE U14m |
| Video | | 09:00 Video U16m | 09:00 Video U16m |
| | | 10:45 Video U14m | 10:45 Video U14m |
| Training | | 10:30 TE U16m | 10:30 TE U16m |
| | | 12:15 Ende TE U16m | 12:15 Ende TE U16m |
| Mittagessen | 14:00 Anreise U14m | 12:00 Mittagessen U14m | 12:00 Mittagessen U14m |
| | 15:45 Anreise U16m | 12:30 Mittagessen U16m | 12:30 Mittagessen U16m |
| | 14:30 TE U14m | 15:00 TE U14m | 12:30 Abschlussmeeting U14m |
| | 16:00 Ende TE U14m | 16:15 Ende TE U14m | 13:30 Abreise U14m |
| | 16:00 TE U16m | 16:15 KE U16m | 13:30 Abschlussmeeting U16m |
| | 17:45 | 17:45 Ende KE U16m | 14:30 Abreise U16m |
| Abendessen | 17:45 Abendessen U14m | 17:45 Abendessen U14m | |
| | 18:00 Abendessen U16m | 18:00 Abendessen U16m | |
| Spiel | 18:45 TE U14m | 18:45 TE U14m | |
| | 20:15 Ende TE U14m | 20:15 Ende U14m | |
| | 19:00 Meeting U16m | 19:00 Meeting U16m | |
| | 20:30 Zwima & Meeting U14m | 20:30 Zwima & Meeting U14m | |
| Spiel | 20:00 TE U16m | 20:00 TE U16m | |
| | 21:30 Ende TE U16m | 21:30 Ende TE U16m | |
| Bettruhe | 21:45 Zwima U16m | 21:45 Zwima U16m | |
| | 22:00 Handy aus | 22:00 Handy aus | |