

Zeitplan Bezirksmeisterschaften 2011, Stadion Hohenhorst Recklinghausen

| Zeit | Männer | mjA | mjB | M 15 | M 14 | Frauen | wjA | wjB | W 15 | W 14 | Zeit |
|-------|-------------------|-----------|-------------------|-------------------|-------------------|------------------|------------------|-------------------|----------|----------|-------|
| 11:00 | Weit 2 Kugel 1 | Weit 2 | Hoch 2 | 80m H ZE Speer | 80m H ZE Speer | Weit 1 Diskus | Weit 1 Diskus | Hoch 1 Kugel 2 | Stab | Stab | 11:00 |
| 11:15 | | | | | | | | | 80m H ZE | 80m H ZE | 11:15 |
| 11:30 | | | | | | | | 100m H ZE | | | 11:30 |
| 11:40 | | | | | | 100m H ZE | 100m H ZE | | | | 11:40 |
| 11:50 | | | 110m H ZE | | | | | | Diskus | Diskus | 11:50 |
| 12:00 | 110m H ZE | 110m H ZE | Weit 1 Kugel 1 | | | | | Weit 2 | | | 12:00 |
| 12:15 | | | | | 100m V | Speer | Speer | | | | 12:15 |
| 12:30 | Hoch 2 | Hoch 2 | | 100m V | | | | | Hoch 1 | | 12:30 |
| 12:45 | | | | Stab | Stab | | | | | 100m V | 12:45 |
| 13:00 | | Kugel 2 | | | | | | Diskus | 100m V | | 13:00 |
| 13:15 | | | | | | | | 100m V | | Weit 1 | 13:15 |
| 13:30 | | | | Kugel 1 | | | 100m V | | | | 13:30 |
| 13:35 | | | | | | 100m V | | | | | 13:35 |
| 13:40 | | | 100m V | | Hoch 1 | | | | | | 13:40 |
| 13:50 | | 100m V | | | | Hoch 2 | Hoch 2 | | | | 13:50 |
| 14:00 | 100m V | | Diskus | | | | | | Speer | Speer | 14:00 |
| 14:05 | | | | | 100m E | | | | | | 14:05 |
| 14:10 | | | | 100m E | | | | | | | 14:10 |
| 14:15 | | | | | | Stab | Stab | Stab | | 100m E | 14:15 |
| 14:20 | | | | | Kugel 2 | | | | 100m E | | 14:20 |
| 14:25 | | | | | | | | 100m E | | | 14:25 |
| 14:30 | | | | | | | 100m E | | | | 14:30 |
| 14:35 | | | | | | 100m E | | | | | 14:35 |
| 14:40 | | | 100m E | | | | | | | | 14:40 |
| 14:45 | | 100m E | | | | | | | Weit 2 | | 14:45 |
| 14:50 | 100m E | | | | | | | | | | 14:50 |
| 15:00 | Diskus | Diskus | | Hoch 2 | Weit 1 | | | | 300m ZE | | 15:00 |
| 15:10 | | | | 300m ZE | | | | | | Hoch 1 | 15:10 |
| 15:15 | | | | | | | | Speer | Kugel 1 | | 15:15 |
| 15:20 | | | | | | | | 400m ZE | | | 15:20 |
| 15:25 | | | | | | 400m ZE | 400m ZE | | | | 15:25 |
| 15:30 | | | 400m ZE | | | | | | | | 15:30 |
| 15:35 | 400m ZE | 400m ZE | | | | | | | | | 15:35 |
| 15:45 | Stab | Stab | Stab | | | | | | 800m ZE | 800m ZE | 15:45 |
| 16:00 | | | | | | Kugel 2 | Kugel 2 | 800m ZE | | | 16:00 |
| 16:10 | | | | | | 800m ZE | 800m ZE | | | | 16:10 |
| 16:20 | | | 800m ZE | | | | | | | | 16:20 |
| 16:30 | 800m ZE | 800m ZE | Speer | Weit 1 | | Drei 2 | Drei 2 | Drei 2 | Drei 2 | | 16:30 |
| 16:45 | | | | Diskus | Diskus | | | 200m ZE | | Kugel 1 | 16:45 |
| 16:55 | | | | | | | 200m ZE | | | | 16:55 |
| 17:00 | | | | | | 200m ZE | | | | | 17:00 |
| 17:05 | Speer | Speer | 200m ZE | | | | | | | | 17:05 |
| 17:15 | | 200m ZE | | | | | | | | | 17:15 |
| 17:20 | Drei 2 | Drei 2 | Drei 2 | Drei 2 | | | | | | | 17:20 |
| 17:30 | 200m ZE | | | | | | | | | | 17:30 |
| 17:30 | | | | 1000m ZE | 1000m ZE | | | | | | 17:30 |
| 17:40 | 5000m ZE | | | | | 5000m ZE | | | | | 17:40 |