

Zeitplan Samstag, 09.05.2026

| | SSB | Sprung | | | Boden | | Steinheben | HW-Sprung | Weitsprung | | Lauf | KUG | Seilspringen | FP | Zielwurf | | | |
|-------|-------------------|------------------|------------------------|------------------------|-------------------|------------------|-----------------|-------------------------|-------------------|------------------------|-------------------------|------------------|-----------------|-------------------------|-------------------------|-------------------------|----------------|-------|
| | 1 | 1 | 2 | 3 | 1 | 2 | 1 | 1 | 1 | 2 | | 1 | 1 | 1 | 1 | 2 | | |
| 08:00 | | | | | | | Rickenbach (3) | Nänikon (10) | Hagenbuch 2 (7) | Hagenbuch 2 (6) | MR Rikon 1 (24) | Wislig 1 (2) | | Hagenbuch 1 (20) | | | 08:00 | |
| 08:05 | | | | | | | | | | | | Illnau 2 (2) | | | | | 08:05 | |
| 08:10 | | | | Wangen-Brütisellen (9) | | | | | | | | Altikon (1) | | | | | 08:10 | |
| 08:15 | Wislig 2 (11) | | Wangen-Brütisellen (6) | | Wislig 1 (10) | Wislig 1 (13) | Illnau 1 (4) | | | | | Rickenbach M (3) | | JG Rikon 2 (26) | Kloten (18) | Kloten (15) | 08:15 | |
| 08:20 | | | | | | | | | | | Volketswil (22) | Schwerzb. (2) | | | | | 08:20 | |
| 08:25 | | MR Rikon 1 (6) | MR Rikon 1 (6) | MR Rikon 1 (6) | W-B (3) | | | MR Rikon 2 (7) | Altikon (10) | Hagenbuch 1 (10) | | | | Thalheim (11) | | | 08:25 | |
| 08:30 | | | | | | | | | | | | Illnau 1 (3) | | | | | 08:30 | |
| 08:35 | Wislig 1 (11) | Rickenbach (7) | Rickenbach (7) | Rickenbach (7) | Wislig 2 (10) | Wislig 2 (12) | Illnau 2 (7) | | | | | | | Hagenbuch 2 (25) | | | 08:35 | |
| 08:40 | | | | | | | | | | | | | | | | | 08:40 | |
| 08:45 | | | | | | | Schwerzb. (1) | Altikon (4) | Thalheim (5) | Thalheim (4) | JG Rikon 2 (26) | MR Rikon 1 (7) | | JG Rikon 1 (14) | Wangen-Brütisellen (18) | Wangen-Brütisellen (20) | 08:45 | |
| 08:50 | | Wislig 1 (5) | Wislig 1 (5) | Wislig 1 (5) | | | | | | | | | | | | | 08:50 | |
| 08:55 | Rickenbach (9) | | | | MR Rikon 1 (7) | MR Rikon 1 (7) | MR Rikon 2 (5) | | | | Hagenbuch 2 (19) | | | Illnau 1 (15) | | | 08:55 | |
| 09:00 | | | | | | | | | | | | Rickenbach K (5) | | Altikon (12) | | | 09:00 | |
| 09:05 | | Wislig 2 (10) | Wislig 2 (10) | Wislig 2 (10) | | | | | | | | | | | | | 09:05 | |
| 09:10 | MR Rikon 1 (3) | | | | | | Hagenbuch 1 (4) | | | | JG Rikon 1 (14) | | | | | | 09:10 | |
| 09:15 | | | | | | | | | | | Nänikon (8) | | | | | | 09:15 | |
| 09:20 | Hagenbuch 2 (6) | | | | | | | Illnau 1 (2) | | | | | W-B (2) | Schwerzenbach (18) | Volketswil (11) | Volketswil (11) | 09:20 | |
| 09:25 | | | | | | | | | | | | | | | | | 09:25 | |
| 09:30 | Thalheim (3) | | | | Rickenbach (9) | Rickenbach (9) | Altikon (6) | MR Rikon 1 (4) | | | JG Rikon 1 (2) | Wislig 1 (25) | | | | | 09:30 | |
| 09:35 | | | | | | | | | Wislig 2 (7) | | | | | | | | 09:35 | |
| 09:40 | Illnau 1 (5) | Hagenbuch 2 (10) | Hagenbuch 2 (10) | Hagenbuch 1 (10) | Schwerzenbach (5) | | | | | | MR Rikon 2 (22) | | MR Rikon 1 (4) | Klotenm (33) | Illnau 2 (10) | Illnau 2 (11) | 09:40 | |
| 09:45 | | | | | | | | | | | | | Nänikon (1) | | | | 09:45 | |
| 09:50 | | | | | | | | | | | | | | | | | 09:50 | |
| 09:55 | Illnau 2 (1) | Illnau 1 (7) | Schwerzenbach (7) | Schwerzenbach (7) | Altikon (11) | Thalheim (11) | Wislig 1 (8) | Wangen-Brütisellen (26) | | | | Wislig 2 (22) | | MR Rikon 1 (17) | JG Rikon 2 (14) | JG Rikon 2 (12) | 09:55 | |
| 10:00 | | | | | | | | | | | | | | | | | 10:00 | |
| 10:05 | | | | | | | | | | | | | | | | | 10:05 | |
| 10:10 | Hagenbuch 1 (14) | Illnau 2 (5) | Illnau 2 (6) | Illnau 2 (6) | | | | | | | Wangen-Brütisellen (28) | | | Volketswil (22) | MR Rikon 2 (23) | | 10:10 | |
| 10:15 | | | | | | | | | | | | | | | | | 10:15 | |
| 10:20 | | Thalheim (8) | Altikon (7) | Altikon (8) | Illnau 1 (12) | Illnau 1 (12) | | | Rickenbach (13) | Rickenbach (13) | | | | | JG Rikon 1 (2) | JG Rikon 1 (5) | 10:20 | |
| 10:25 | | | | | | | | | | | | | | Nänikon (9) | | | 10:25 | |
| 10:30 | Altikon (6) | JG Rikon 1 (5) | | | | | | | | | | | MR Rikon 2 (2) | | | | 10:30 | |
| 10:35 | | | | | | | Wislig 2 (9) | Thalheim (7) | | | | | | | Wislig 1 (10) | Wislig 1 (10) | 10:35 | |
| 10:40 | Schwerzenbach (4) | | Volketswil (11) | Volketswil (11) | Hagenbuch 1 (13) | Hagenbuch 1 (10) | | | | | | | | Wangen-Brütisellen (41) | MR Rikon 1 (3) | | 10:40 | |
| 10:45 | | | | | | | | | | | Illnau 2 (8) | Illnau 2 (8) | Rickenbach (24) | Illnau 1 (10) | MR Rikon 2 (8) | MR Rikon 1 (3) | 10:45 | |
| 10:50 | | | | | | | | | | | | | | | | | 10:50 | |
| 10:55 | | | | | | | | | | | Schwerzenbach (12) | | | | | | 10:55 | |
| 11:00 | | JG Rikon 2 (10) | JG Rikon 2 (8) | JG Rikon 2 (8) | | | JG Rikon 1 (5) | Wislig 1 (12) | MR Rikon 1 (8) | | | | Thalheim (9) | Wislig 2 (37) | H.buch 2 (2) | Hagenbuch 2 (6) | 11:00 | |
| 11:05 | | | | | | | | | | | | | | | H. buch 1 (3) | | 11:05 | |
| 11:10 | | | | | JG Rikon 1 (5) | JG Rikon 1 (6) | | | | | Altikon (13) | | Schwerzb. (4) | | | | 11:10 | |
| 11:15 | | | | | | | | | Rickenbach (4) | Nänikon (9) | | | | Altikon (6) | Illnau 1 (8) | Thalheim (7) | 11:15 | |
| 11:20 | | | | | | | | | Schwerzenbach (4) | MR Rikon 2 (1) | | | | | | | 11:20 | |
| 11:25 | | Kloten (11) | Kloten (11) | Kloten (11) | | | | | | | | | | H.buch 1 (1) | Wislig 1 (35) | | 11:25 | |
| 11:30 | | | | | | | | | | | Hagenbuch 1 (10) | | | Illnau 2 (6) | Wislig 2 (5) | Wislig 2 (8) | 11:30 | |
| 11:35 | | | | | | | MR Rikon 1 (14) | | JG Rikon 1 (6) | Wangen-Brütisellen (8) | Wangen-Brütisellen (7) | | | Rickenbach (22) | Altikon (8) | | 11:35 | |
| 11:40 | | | | | | | | | Hagenbuch 2 (4) | | | Illnau 1 (13) | | Wislig 1 (6) | | Schwerzenbach (4) | 11:40 | |
| 11:45 | | MR Rikon 2 (7) | MR Rikon 2 (8) | MR Rikon 2 (7) | | | | | | | | | | | Nänikon (3) | | 11:45 | |
| 11:50 | | | | | | | | | H.buch 1 (1) | Wislig 1 (7) | Wislig 1 (8) | | | Wislig 2 (8) | Illnau 2 (27) | Rickenbach (5) | Rickenbach (4) | 11:50 |
| 11:55 | | | | | | | | | Wislig 2 (1) | | | Thalheim (11) | | | | | | 11:55 |
| | 1 | 1 | 2 | 3 | 1 | 2 | 1 | 1 | 1 | 2 | 0 | 1 | 1 | 1 | 1 | 2 | | |
| | SSB | Sprung | | | Boden | | Steinheben | HW-Sprung | Weitsprung | | Lauf | KUG | Seilspringen | FP | Zielwurf | | | |

Zeitplan Samstag, 09.05.2026

| | Altikon | Hagenbuch 1 | Hagenbuch 2 | Illnau 1 | Illnau 2 | Kloten | Nänikon | Rickenbach | MR Rikon 1 | MR Rikon 2 | JG Rikon 1 | JG Rikon 2 | Schwerzenbach | Thalheim | Volketswil | Wangen-Brütisellen | Wislig 1 | Wislig 2 | | |
|-------|--------------|----------------|----------------|----------------|----------------|----------------|--------------|-----------------|----------------|----------------|----------------|------------|----------------|----------------|------------|--------------------|----------------|----------------|----------------|-------|
| 08:00 | | Fitnessparcour | Weitsprung 1-2 | | | | | Steinheben | Lauf | | | | | | | | | KUG / BO | | 08:00 |
| 08:05 | | | | | Kugel | | | | | | | | | | | | | | | 08:05 |
| 08:10 | Kugel | | | | | | | | | | | | | | | | | | | 08:10 |
| 08:15 | | | | Steinheben | | Zielwurf 1-2 | | Hochweitsprung | | | | | | | | | | | | 08:15 |
| 08:20 | | | | | | | | Kugel (Mädchen) | | | | | Fitnessparcour | | | | | Boden 1-2 | SSB | 08:20 |
| 08:25 | Weitsprung 1 | Weitsprung 2 | | | | | | | | | | | | | | | | | | 08:25 |
| 08:30 | | | | | | | | | Sprung 1-3 | Hochweitsprung | | | Kugel | FP | Lauf | | | Boden | | 08:30 |
| 08:35 | | | Fitnessparcour | Kugel | Steinheben | | | | | | | | | | | | | | | 08:35 |
| 08:40 | HW-Sprung | | | | | | | Sprung 1-2 | | | | | | | | | | SSB | Boden 1-2 | 08:40 |
| 08:45 | | | | | | | | | Kugel | | Fitnessparcour | Lauf | Steinheben | Weitsprung 1-2 | | | | Zielwurf 1-2 | | 08:45 |
| 08:50 | | | | | | | | | | | | | | | | | | | | 08:50 |
| 08:55 | | | | | | | | SSB | KUG BO | Steinheben | | | | | | | | Sprung 1-3 | | 08:55 |
| 09:00 | | | Lauf | Fitnessparcour | Hochweitsprung | | | | | | | | | | | | | | | 09:00 |
| 09:05 | FP | | | | | | | SSB KUG | Boden 1-2 | | | | | | | | | | | 09:05 |
| 09:10 | | Steinheben | | Weitsprung 1 | | | | | | | Lauf | | | | | | | | Sprung 1-3 | 09:10 |
| 09:15 | | | | | | | Lauf | | | | | | | | | | | | | 09:15 |
| 09:20 | | | SSB | HW | | | | | | | | | | | | | | Zielwurf 1-2 | | 09:20 |
| 09:25 | Steinheben | | | | | | | Boden 1-2 | HW | | | | Fitnessparcour | | | | | Seilspringen | | 09:25 |
| 09:30 | | | | | | | | | | | WE 2 | | | SSB | | | | Lauf | | 09:30 |
| 09:35 | | Sprung 3 | Sprung 1-2 | SSB | Zielwurf 1-2 | Fitnessparcour | | | | | | | | | | | | | Weitsprung 1 | 09:35 |
| 09:40 | | | | | | | | | Seilspringen | Lauf | | | | | | | | | | 09:40 |
| 09:45 | | | | | | | | | | | | | Boden 1 | | | | | Hochweitsprung | | 09:45 |
| 09:50 | | | | | | | | | | | | | | | | | | Steinheben | | 09:50 |
| 09:55 | Boden 1 | | | Sprung 1 | SSB | | | | | | | | | | | | | | Lauf | 09:55 |
| 10:00 | | | | | | | | | Fitnessparcour | | | | Zielwurf 1-2 | | | | | | | 10:00 |
| 10:05 | | | | | | | | | | | | | | | | | | | | 10:05 |
| 10:10 | | SSB | | | Sprung 1-3 | | | | | | | | | | | | | | | 10:10 |
| 10:15 | | | Steinheben | | | | | Weitsprung 1-2 | | | | | | | | | | | | 10:15 |
| 10:20 | Sprung 2-3 | | | Boden 1-2 | | | | | | | | | | | | | | | | 10:20 |
| 10:25 | | | | | | | | | | | | | | | | | | | | 10:25 |
| 10:30 | | | | | | Lauf | FP | | | | | | | | | | | | | 10:30 |
| 10:35 | SSB | | | | | | | | | Seilspringen | Sprung 1 | | | | | | | | | 10:35 |
| 10:40 | | | | | | | | | | | | | | | | | | | | 10:40 |
| 10:45 | | Boden 1-2 | | Seilspringen | Weitsprung 1-2 | | | Lauf | Zielwurf 2 | | | | | SSB | | Sprung 2-3 | Fitnessparcour | | | 10:45 |
| 10:50 | | | | | | | | | | | | | | | | | | | | 10:50 |
| 10:55 | | | | | | | | | | | | | | | | | | | | 10:55 |
| 11:00 | | | | | | | | | | | | | | | | | | | | 11:00 |
| 11:05 | Lauf | Zielwurf 1 | Zielwurf 1-2 | | | | | | Weitsprung 1 | | Steinheben | Sprung 1-3 | Lauf | Seilspringen | | | | Hochweitsprung | Fitnessparcour | 11:05 |
| 11:10 | | | | | | | | | | | | | | | | | | | | 11:10 |
| 11:15 | Seilspringen | | | Zielwurf 1 | Lauf | | Weitsprung 2 | Hochweitsprung | | | Boden 1-2 | | Seilspringen | Zielwurf 2 | | | | | | 11:15 |
| 11:20 | | | | | | | | | | | | | | | | | | | | 11:20 |
| 11:25 | | Seilspringen | | | | | | | | | | | | | | | | | Fitnessparcour | 11:25 |
| 11:30 | | Lauf | | | Seilspringen | | | | | | | | | | | | | | | 11:30 |
| 11:35 | | | | | | | | | | | | | | | | | | | | 11:35 |
| 11:40 | Zielwurf 1 | | | | | | | Fitnessparcour | Steinheben | | | | | | | | Weitsprung | Seilspringen | | 11:40 |
| 11:45 | | | Hochweitsprung | Lauf | | | | | | | | | | | | | | | | 11:45 |
| 11:50 | | HW | | | Fitnessparcour | | | | | Sprung 1-3 | | | | | | | | | Weitsprung 1 2 | 11:50 |
| 11:55 | | | | | | | | | Zielwurf 1-2 | | | | | Lauf | | | | | HW | 11:55 |