

| KW | SH | HH | NS | Januar Ferien SH bis 06.01. /HH bis 04.01. | DM | NDM | LM | KM | ATSV | | | |
|----|----|----|----|---|----|-----|----|----|------|---|-------------------|----------|
| 1 | | | | 03./04. | | | | | | | | |
| 2 | | | | 10./11. LM M/F, U18 Hamburg | | | x | | | | | |
| 3 | | | | 17./18. LM Jugend U20/U16 Hamburg | | | x | | | | | |
| | | | | 17./18. NDM Winterwurf Masters/M/F/J U20/18/16 Delmenhorst | | x | | | | | | |
| 4 | | | | 24./25. | | | | | | | | |
| 5 | | | | 31.01/01.02. LM Mehrkampf mit LM Langstaffeln Hamburg | | | x | | | | | |
| | | | | Februar SH: 02.-03.02. Mo-Di Verlängertes WE /HH: 30.01. | | | | | | | | |
| | | | | 01. LM Masters Hamburg | | | x | | | | | |
| 6 | | | | 07./08. NDM M/F, Jugend U20 Neubrandenburg | | x | | | | | | |
| 7 | | | | 14./15. DM Mehrkampf alle Klassen Halle/Saale | x | | | | x | So. 15.02. Jugend | ATSV | |
| 8 | | | | 20.-22. DM Halle Jugend U20 Sindelfingen | x | | | | | | | |
| | | | | 20.-22. DM Winterwurf alle AK NN | x | | | | | | | |
| 9 | | | | 27.02/01.03. DM Halle M/F u.V. Leipzig | x | | | | | | | |
| | | | | März Ferien HH 02.-15.03. NS 23.3.-7.4. | | | | | | | | |
| | | | | 01.03. LM Block Malente | | | x | | | | | |
| 10 | | | | 06.-08. DM Halle Masters mit Winterwurf NN, Düsseldorf | x | | | | | | | |
| | | | | 08. DM 10km Straße Uelzen | x | | | | | | | |
| 11 | | | | 14./15. | | | | | | | | |
| 12 | | | | 20.-22. WM Halle Torun/POL | x | | | | x | Sa. 21.03. KiLa | ATSV | |
| | | | | 22. DM Halbmarathon Frankfurt | x | | | | | | | |
| 12 | | | | 27.03.-02.04. WM Masters Halle Torun/POL | x | | | | | | | |
| 13 | | | | 29. Travelauf Spiridon Oldesloe | | | | KM | | | Bad Oldesloe | |
| | | | | April Osterferien SH 26.03.-12.04. / HH - | | | | | | | | |
| | | | | 27.03.-02.04. WM Masters Halle Torun/POL | x | | | | | | | |
| 14 | | | | 04./05. | | | | | | | | |
| 15 | | | | 12. DM Marathon Hannover | x | | | | | | | |
| | | | | 11.-13. Ostern | | | | | | | | |
| 16 | | | | 18./19. | | | | | | | | |
| | | | | 18. SHLV Verbandstag , Kiel | | | | | | | | |
| | | | | 25. | | | | KM | | Sa. 25.4. | SVG Bahneröffnung | |
| 17 | | | | 25./26. DM Straßengehen , Berglauf | x | | | | | | | |
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| | | | | Mai Himmelfahrt SH 15.05./HH 11.-17.05. / NS 15.+26.5. | | | | | | | | |
| | | | | 01. Feiertag | | | | | | | | |
| 18 | | | | 02./03. DM Langstrecke/Langstaffeln U20-MastersCelle | x | | | KM | | | | |
| | | | | 02.05. LM Halbmarathon Sörup | | | x | | | | | |
| | | | | 09.05. KM Schüler Einzel | | | | KM | | | Reinbek | |
| 19 | | | | 10. LM 5/10km Schleswig | | | x | KM | | | | |
| | | | | 14. Himmelfahrt | | | | | | | | |
| 20 | | | | 16./17. keine Ferien SH , aber verlängertes WE | | | | BM | | | Lübeck | |
| | | | | 21. Do. | | | | | * | | | |
| 21 | | | | 23./24./25. Pfingsten | | | | | | | | |
| | | | | 24. NDM LM Hindernis ohne Masters Zeven | | x | | | | | | |
| | | | | 28. Do. | | | | | * | | | |
| 22 | | | | 30./31. Vergleichskampf Nord-Süd SH U14/U18 oder Sep.? | | | x | | | | | |
| | | | | 30./31. NDM Mehrkampf u.V.Papenburg | | x | | | | | | |
| | | | | 31. | | | | | x | Läufer-Meeting | ATSV | optional |
| | | | | 30. LM Block /Talentsichtung SH u.V. Kiel | | | x | | | | | |
| | | | | 31. LM Masters ohne 5000m+Langstaffeln? SH u.V. Kiel | | | x | | | | | |
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| | | | | DM Bahngehen | x | | | | | | | |
| | | | | Juni (ohne Ferien) | | | | | | | | |
| | | | | 04. Do. | | | | | x | Abendsportfest / Sprung | ATSV | optional |
| 23 | | | | 06./07. LM Jugend U20/16 SH, Lübeck | | | x | | | | | |
| | | | | 10. Landesfinale JtFO U16 Lübeck | | | | | | | | |
| | | | | 11. Do. | | | | | x | | | |
| 24 | | | | 13./14. LM M/F/Jugend U18 HH, Hamburg | | | x | | | | | |
| | | | | 18. Landesfinale JtFO U18/14 Lübeck | | | | | | | | |
| | | | | 18. Do. | | | | | x | | | |
| 25 | | | | 20./21. NDM U20/16 Lübeck | | x | | | | gesperrt für jegliche Veranstaltung in SH, nur KiLa möglich | | |
| 26 | | | | 27./28. Mehrkampfmeeting Ratingen | | | | | | | | |
| | | | | 27./28. LM Mehrkampf + Langhürden SH, Flensburg | | | x | | | | | |
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| | | | | Juli Sommerferien SH 04.07.-16.08. / HH 19.07.-19.08. / NS 2.7.-12.8. | | | | | | | | |
| 27 | | | | 04./05. NDM Masters mit Bahngehen Cottbus | | x | | | | | | |
| | | | | 03.-05. DM U18/U23 u.V.Rostock | x | | | | | | | |
| | | | | 10. Landesfinale JtFO U16 Lübeck | | | | | | | | |
| 28 | | | | 11./12. NDM M/F/U18 (auch LV Schutztermin) Bremen | | x | | | | | | |
| | | | | 10.-12. DM U20/U16 NN | x | | | | | | | |
| 29 | | | | 17.-19. DM Masters Mönchengladbach | x | | | | | | | |
| | | | | 16.-19. EM U18 EM Rieti / ITA | x | | | | | | | |
| 30 | | | | 24.-26. DM Männer/Frauen Bochum | x | | | | | | | |
| | | | | August Sommerferien SH 04.07.-16.08. / HH 09.07.-19.08. | | | | | | | | |
| 31 | | | | 01./02. | | | | | | | | |
| | | | | 04.-10. WM U20 WM Eugene / USA | x | | | | | | | |
| | | | | 08. NDM LM 10000m Hamburg | | | x | | | | | |
| 32 | | | | 08./09. DM Masters Wurf-Mehrkampf NN | x | | | | | | | |
| 33 | | | | 15./16. | | | | | | | | |
| | | | | 10.-16. EM M/F Birmingham/GBR | x | | | | | | | |

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| 34 | | | 22.-23. | | | | | (x) | | | |
| 35 | | | 28.-30. DM Mehrkampf alle AK Hannover | x | | | | | | | |
| | | | 22.08.-03.09. WM Masters Daegu /JPN | x | | | | | | | |
| 35 | | | 29./30. | | | | | | 29.08. 4. Springer Meeting | ATSV | |
| | | | September | | | | | | | | |
| 36 | | | 05./06. EM Masters Marathon Jyvaskyla/FIN | x | | | | | | | |
| | | | 06. | | | | | | | | |
| 37 | | | 13. LM Mannschaftscup Büdelsdorf | | | x | | | | | |
| | | | 11.-14. WM Ultimate Championship Budapest/HUN | x | | | | | | | |
| | | | 12. DM Team DM Jugend Troisdorf | x | | | | | | | |
| | | | 13. DM Team DM Masters Troisdorf | x | | | | | | | |
| 38 | | | 19. NDV Jugend-Verbandekampf U16 Berlin | | x | | | | | | |
| | | | 19./20. WM Straßenlauf alle AK Kopenhagen/DEN | x | | | | | | | |
| | | | 19. | | | | | | | | |
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| 39 | | | 26./27. | | | | | | | | |
| | | | LM Masters Mehrkampf/wurf-5-Kampf noch offen | | | x | | | | | |
| | | | Oktober Herbstferien SH 10.10.-25.10./ HH 17.-31.10. / S 12.-23.10. | | | | | | | | |
| | | | 03.. Vergleichskampf Nord-Süd SH U14/U18 OPT.2 | | | x | | | | | |
| 40 | | | 03./04. | | | | | | | | |
| 41 | | | 10./11. | | | | | | | | |
| 42 | | | 18. LM Marathon Lübeck | | | x | | | | | |
| 43 | | | 24./25. | | | | | | | | |
| 44 | | | 31.10./01.11 | | | | | | | | |
| | | | November | | | | | | | | |
| 45 | | | 08. | | | | | | | | |
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| 46 | | | 15. LM Cross Boren/Kappeln | | | x | | | | | |
| 47 | | | 21./22. | | | | | | | | |
| 48 | | | 28. | | | | | | | | |
| | | | 28. DM Cross Weinstadt | | | | | | | | |
| | | | Dezember Weihnachtsferien SH 19.12.26-06.01.27 / HH 19.12.26-02.01.27 | | | | | | | | |
| 49 | | | 05./06. | | | | | x | 06.12. Nikolauslauf | ATSV | |
| 50 | | | 13. EM Cross NN | | | | | | | | |
| | | | 12./13. | | | | | | | | |
| 51 | | | 19./20 | | | | | | | | |
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