

Zeitplan Pendelstafetten Meisterschaften 2019 in Glarus Gegengerade (40m mit Stab)

| Zeit | Disziplin | Serie | Bahn 1 | Bahn 2 | Bahn 3 |
|-------|-----------------------|-------|---------------------|---------------------|----------------------|
| 09:33 | PS Stab Jgd männl. | VL/1 | TV Teufen | TV Thalwil | TSV Galgenen |
| 09:39 | | VL/2 | TV Herisau | STV Eschenbach | TV Schänis |
| 09:45 | PS Stab Jgd weibl. | VL/1 | TV Herisau | STV Eschenbach 2 | TV Thalwil |
| 09:51 | | VL/2 | STV Eschenbach 1 | TV Teufen 2 | |
| 09:57 | | VL/3 | TV Teufen 1 | TSV Galgenen | |
| 10:03 | | | | | |
| 10:09 | PS Stab Jgd mixed | VL/1 | STV Benken | TV Thayngen | Jugi Beinwil Freiamt |
| 10:15 | | VL/2 | STV Eschenbach 1 | TV Teufen 2 | LAC Wohlen |
| 10:21 | | VL/3 | TV Thalwil | ETV Schindellegi | TV Herisau 1 |
| 10:27 | | VL/4 | TV Herisau 2 | TV Teufen 1 | STV Eschenbach 3 |
| 10:33 | | VL/5 | TSV Galgenen | STV Eschenbach 2 | |
| 10:39 | | | | | |
| 10:45 | PS Stab Jgd weibl. | HF/1 | | | |
| 10:51 | | HF/2 | | | |
| 10:57 | | | | | |
| 11:03 | PS Stab Jgd mixed | HF/1 | | | |
| 11:09 | | HF/2 | | | |
| 11:15 | PS Stab Aktive Männer | VL/1 | TV Seuzach | TV Mollis | TV Brislach |
| 11:21 | | VL/2 | TSV Galgenen | TV Wiesendangen | TV Schänis |
| 11:27 | | VL/3 | TV Ormalingen | TV Thayngen 1 | STV Gams |
| 11:33 | | VL/4 | STV Buchrain | TV Herisau | TV Büsingen |
| 11:39 | | VL/5 | TV Hittnau | TV Teufen | TV Bauma |
| 11:45 | | VL/6 | STV Eschenbach 1 | TV Mels | ETV Schindellegi |
| 11:51 | | VL/7 | TV Thalwil | STV Eschenbach 2 | STV Beinwil Freiamt |
| 11:57 | | VL/8 | LAC Wohlen | TV Naters | TV Thayngen 2 |
| 12:03 | PS Stab Aktive Frauen | VL/1 | TV Thalwil | STV Galgenen | TV Ormalingen |
| 12:09 | | VL/2 | TV Bauma | TV Eschenbach | TV Thayngen |
| 12:15 | | VL/3 | LAC Wohlen | TV Mels | TV Naters |
| 12:21 | | VL/4 | STV Beinwil Freiamt | TV Teufen | TV Hittnau |
| 12:27 | | VL/5 | DTV Niederurnen | STV Gams | |
| 12:33 | | VL/6 | ETV Schindellegi | TV Siebnen | |
| 12:39 | PS Stab Aktive mixed | VL/1 | TV Herisau | STV Wangen SZ | TV Bottmingen |
| 12:45 | | VL/2 | TV Thayngen 1 | STV Eschenbach | TSV Galgenen |
| 12:51 | | VL/3 | LAC Wohlen | TV Teufen 1 | TV Thayngen 2 |
| 12:57 | | VL/4 | TV Thalwil | STV Beinwil Freiamt | TV Mels |
| 13:03 | | VL/5 | TV Teufen 2 | TV Naters | TV Ormalingen |
| 13:09 | | VL/6 | TV Bauma | TV Teufen 3 | |
| 13:15 | | | | | |
| 13:21 | PS Stab Aktive Frauen | HF/1 | | | |
| 13:27 | | HF/2 | | | |
| 13:33 | PS Stab Aktive Männer | HF/1 | | | |
| 13:39 | | HF/2 | | | |
| 13:45 | | | | | |
| 13:51 | PS Stab Aktive mixed | HF/1 | | | |
| 13:57 | | HF/2 | | | |
| 14:03 | | | | | |
| 14:09 | | | | | |
| 14:15 | | | | | |