



Chronologisch overzicht

Pupillen ochtendprogramma

Loopnummers			Ver- en hoogspringen			Kogelstoten, balwerpen		
10.00	40m	U8 / U9-V	10.00	U12-M	hoog	10.00	U12-V	kogel
10.10	40m	U10-MV				10.00	U11-V	kogel
10.25	40m	U8 / U9-M				10.00	U8 / U9-M	bal
			10.05	U11-M	ver 1			
			10.15	U8 / U9-V	ver 2			
			10.25	U10-MV	ver 1			
10.40	60m	U12-V				10.35	U8 / U9 -V	bal
10.40	60m	U11-V						
10.50	60m	U12-M	10.50	U8 / U9 M	ver 2			
10.50	60m	U11-M	10.55	U12-V	hoog			
			11.05	U11-V	ver 1	11.05	U10-MV	bal
						11.10	U11-M	kogel
11.15	600m	U8 / U9-V				11.10	U12-M	kogel
11.25	600m	U8 / U9-M						
11.35	600m	U10-MV						
11.45	600m	U11-V						
11.45	600m	U12-V						
11.55	600m	U12-M						
11.55	600m	U11-M						

Legenda:

MV U8 = JPup mini + MPup mini

V U9-U10 = MPup B + MPup C

M U9-U10 = JPup B + JPup C

MV U11 = JPup A1 + MPup A1

MV U12 = JPup A2 + MPup A2



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Juniores Senioren middagprogramma

Loopnummers			Ver- en hoogspringen			Werpnummers		
						11.35	U14-V	speer
			11.55	U18 / U20-MV	hoog	11.50	SEN-V	kogel
			12.05	U18 / U20-MV	ver 1			
						12.15	U16-M	speer
						12.15	U14-M	discus
12.35	60m	U14-V				12.25	U16-V	kogel
			12.40	SEN-V	ver 1			
						12.50	U18 / U20-MV	speer
12.55	80m	U14-M				12.50	U18 / U20-MV	discus
13.05	80m	U16-V	13.05	U14-V	hoog			
			13.15	U16-M	ver 1			
13.20	100m	SEN-V				13.25	U14-M	speer
13.30	100m	U18 / U20-MV				13.25	U16-V	discus
13.50	100m	U16-M				13.50	U18 / U20-MV	kogel
						14.00	U14-V	discus
			14.05	U16-V	ver 1	14.00	SEN-V	speer
			14.15	U14-M	hoog			
14.40	800m	SEN-V				14.40	U16-M	discus
14.55	300m	U18 / U20-MV						
15.10	600m	U14-V						
15.15	600m	U16-V						
15.20	600m	U14-M						
15.35	800m	U16-M						
						15.55		Kogelslingeren