

GROTE PRIJS STAD LOKEREN (FC)

CAD – SCHOL – JUN – SEN – MAS

PROGRAMM

	<u>MEN</u>	<u>WOMEN</u>
<u>A.C.</u>	100m – 200m – 400m – 800m – 1500m – 110mH – 400mH – 4x100m – LJ – PV – HJ – DT – SP – JT	100m – 200m – 400m – 800m – 3000m – 100mH – 400mH – 4x100m – LJ – TJ – PV – HJ – DT – SP – JT
<u>JUN</u>	110mH	
<u>Wheelers</u>	100m – 200m	100m – 200m

TIMETABLE (OFFICIAL)

Preprogramm		Preprogramm	
<u>12.15</u>	4x 100m AC women 4x 100m AC men		
<u>12.30</u>	400m AC men (heats C/D/...)		
<u>12.55</u>	100m AC women (heats C/D/...) 100m AC men (heats C/D/...) 100m wheelers	<u>13.00</u>	HJ AC men (< 1m80) LJ AC women (< 5m20) * SP AC men (< 12m00) *
<u>13.45</u>	100mH AC women 110mH JUN men 110mH AC men	<u>13.30</u>	PV AC men (> 4m00)
<u>14.15</u>	200m AC women (heats C/D/...) 200m AC men (heats C/D/...)	<u>14.00</u>	DT AC men (< 45m00) *
<u>15.00</u>	800m AC men (heats C/D/...)	<u>14.15</u>	HJ AC women (< 1m60)
<u>15.40</u>	400m AC women (heats C/D/...)	<u>14.30</u>	LJ AC men (< 6m50) *
Main programm		Main programm	
<u>16.05</u>	100m AC women (heats A/B)	<u>15.00</u>	JT AC women
<u>16.15</u>	100m AC men (heats A/B)	<u>15.20</u>	SP AC women
<u>16.25</u>	200m wheelers	<u>16.00</u>	LJ AC women (> 5m20) HJ AC men (> 1m80)
<u>16.40</u>	400mH AC women (heats A/B/...)	<u>16.30</u>	PV AC women (> 3m00) DT AC men (> 45m00)
<u>16.55</u>	400mH AC men (heats A/B/...)	<u>17.30</u>	LJ AC men (> 6m50)
<u>17.10</u>	800m AC women (heats A/B)	<u>18.00</u>	HJ AC women (> 1m60) JT AC men
<u>17.20</u>	400m AC women (heats A/B)		SP AC men (> 12m00)
<u>17.30</u>	400m AC men (heats A/B)	<u>18.45</u>	DT AC women
<u>17.55</u>	800m AC men (heats A/B)	<u>19.00</u>	TJ AC women
<u>18.15</u>	1500m AC men (heats A/B)		
<u>18.25</u>	200m AC women (heats A/B)		
<u>18.35</u>	200m AC men (heats A/B)		
<u>18.25</u>	3000m AC women (< 10'30")		
After program			
<u>18.45</u>	800m AC women (heats C/D/...)		
<u>19.15</u>	1500m AC men (heats C/D/...)		

* max 3 attempts