

# GROTE PRIJS STAD LOKEREN (FC)

## 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 – 1500m – 100mH – 400mH – 4x100m – LJ – TJ – PV – HJ – DT – SP – JT
<u>JUN</u>	110mH	

## TIMETABLE

### Pre programm

<u>12.15</u>	4x100m AC women 4x100m AC men	<u>13.00</u>	HJ AC women (> 1m60)
<u>12.30</u>	400m AC women (heats C/D/...)	<u>13.30</u>	PV AC men (> 4m)
<u>12.50</u>	400m AC men (heats C/D/...)	<u>13.35</u>	SP AC women
		<u>13.40</u>	LJ AC men (< 6m50)
<u>13.30</u>	110mH JUN men 110mH AC men	<u>13.45</u>	JT AC women
<u>13.55</u>	100mH AC women (heats)		
<u>14.15</u>	800m AC women (heats C/D/...)	<u>15.00</u>	HJ AC women (< 1m60)
<u>14.45</u>	800m AC men (heats D/E/...)	<u>15.15</u>	DT AC women
<u>15.45</u>	100mH AC women (final)	<u>15.20</u>	SP men (< 12m)
<u>15.55</u>	100m wheelers	<u>15.25</u>	LJ AC women (> 5m20)
<u>16.05</u>	100m AC women (heats C/D/...)		
<u>16.25</u>	100m AC men (heats C/D/...)		

### Main programm

<u>16.50</u>	100m AC women (heats A/B)	<u>16.30</u>	PV AC women (> 3m)
<u>17.00</u>	100m AC men (heats A/B)	<u>16.45</u>	TJ AC women
<u>17.15</u>	400mH AC men (heats A/B/...)	<u>16.50</u>	DT AC men (> 45m)
<u>17.35</u>	400mH AC women (heats A/B/...)	<u>16.55</u>	HJ AC men (> 1m80)
<u>17.55</u>	800m AC women (heats A/B)		
<u>18.05</u>	400m wheelers	<u>18.00</u>	LJ AC men (> 6m50)
<u>18.20</u>	400m AC men (heats A/B)		SP AC men (> 12m)
<u>18.30</u>	400m AC women (heats A/B)		
<u>18.40</u>	800m men (A/B/C)	<u>18.10</u>	JT AC men
<u>19.05</u>	1500m AC women (heat A)		
<u>19.10</u>	1500m AC men (heats A/B)		
<u>19.30</u>	200m AC women (heats A/B)		
<u>19.40</u>	200m AC men (heats A/B)		

### Max. 15 participants at MP!

### After programm

<u>19.50</u>	200m AC women (heats C/D/...)	<u>18.30</u>	PV AC men (< 4m)
<u>20.10</u>	200m AC men (heats C/D/...)	<u>18.45</u>	HJ AC men (< 1m80)
<u>20.30</u>	1500m AC women (heats C/D/...)	<u>19.20</u>	DT AC men (< 45m)
	1500m AC men (heats C/D/...)		LJ AC women (< 5m20)