

08:30 Juryvergadering
 09:00 Headcoachesvergadering

definitief 14-6-2026

JB 17-02-26

Aanvang	Looponderdelen	Aanvang	Technische onderdelen							
			Ver	Kogel1	Kogel2	Hoog	Bal	Minispeer		
09:30	100m	9:30: M01,	09:30	C01						
09:35		9:34: M02,	09:35	uit stand						
09:40		9:38: M03, 9:42: M04	09:40							
09:45		9:46: M05,	09:45	M02						
09:50		9:50: M06,	09:50	uit stand						
09:55		9:54: M07,	09:55							
10:00		9:58: M08, 10:02: M09,	10:00							
10:05		10:06: M10	10:05							
10:10		10:10: M11,	10:10							
10:15		10:14: M12,	10:15							
10:20		10:18: M13, 10:22: M14	10:20							
10:25			10:25							
10:30	100m	10:30: M01	10:30	M01						
10:35	Framerun	10:35: M02	10:35							
10:40		10:40: F01	10:40							
10:45		10:45: F02	10:45	M02	M01					
10:50		10:50: F03	10:50		4 kg	M08				
10:55		10:55: F04	10:55		M02	4 kg				
11:00		11:00: F05	11:00	M03	4 kg					
11:05	100m	11:05: F01,	11:05		M03					
11:10		11:09: F02,	11:10		4 kg					
11:15		11:13: F03, 11:17: F04,	11:15	M04		M09				
11:20		11:21: F05,	11:20			4 kg				
11:25		11:25: F06,	11:25							
11:30		11:29: F07,	11:30		M04			M01		
11:35		11:33: F08,	11:35	M05	4 kg					
11:40			11:40							
11:45	200m	11:45: F01	11:45			M10				
11:50	Framerun	11:50: F02	11:50		M05	4 kg				
11:55		11:55: F03	11:55		4 kg					
12:00		12:00: F04	12:00	M06						
12:05		12:05: F05	12:05			M11				
12:10	200m	12:10: F01,	12:10		M06	4 kg		M02		
12:15		12:14: F02, 12:18: F03	12:15							
12:20		12:22: F04,	12:20							
12:25		12:26: F05,	12:25	M07						
12:30		12:30: F06,	12:30			M12				
12:35		12:34: F07, 12:38: F08	12:35		M07	4kg				
12:40		12:42: F09	12:40	M08	4 kg					
12:45		12:46: F10,	12:45							
12:50	200m	12:50: M01	12:50							
12:55	Framerun	12:55: M02	12:55							
13:00	Pauze		13:00							
13:05			13:05							
13:10			13:10							
13:15			13:15							
13:20			13:20							
13:25			13:25							
13:30			13:30							
13:35			13:35							
13:40			13:40							

13:45	200m	13:45: M01	13:45	F01		C01
13:50		13:49: M02	13:50			
13:55		13:53: M03	13:55			
14:00		13:57: M04, 14:01: M05	14:00	F02		M02
14:05		14:05: M06,	14:05		F01	
14:10		14:09: M07,	14:10		3 kg	
14:15		14:13: M08, 14:17: M09	14:15	F03	F02	F06
14:20		14:21: M10,	14:20		3 kg	3 kg
14:25		14:25: M11,	14:25			
14:30		14:29: M12,	14:30	F04		F07
14:35		14:33: M13, 14:37: M14	14:35			3 kg
14:40		14:41: M15,	14:40		F03	
14:45		14:45: M16,	14:45	F05	3 kg	
14:50			14:50			F08
14:55	1500m	15:00: M01,	14:55			3 kg
15:00		15:10: M02,	15:00		F04	
15:05			15:05		3 kg	
15:10		15:20: M03,	15:10			F09
15:15		15:30: M04,	15:15			3 kg
15:20			15:20		F05	
15:25			15:25		3 kg	
15:30			15:30			C1
15:35			15:35			300gr
15:40	50m	15:45: C01,	15:40			
15:45		15:50: M02,	15:45			M1
15:50			15:50			400 gr
15:55	400m	16:00: F01,	15:55			
16:00		16:05: F02,	16:00			M2
16:05		16:10: F03,	16:05			400 gr
16:10		16:15: F04	16:10			
16:15		16:20: F05				
16:20		16:25: M01,				
16:25		16:30: M02,				
16:30		16:35: M03,				
16:35		16:40: M04,				
16:40		16:45: M05,				
16:45		16:50: M06,				
16:50		16:55: M07,				
16:55		17:00: M08,				
17:00		17:05: M09,				
17:05		17:10: M10,				
17:10	800m	17:25: F01,				
17:15		17:33: F02,				
17:20						
17:25						
17:30						
17:35						
17:40						
17:45						
17:50						
17:55						
18:00						
Leeftijdsgroepen:			Juryteam 1 Juryteam 2 Juryteam 3 Juryteam 4			
8-15	man1	vrouw1				
16+	man2	vrouw2				
	lage vaardigheid					

M man
F vrouw
C mix
01 divisie nr.

Meldtijden:

- Looponderdelen: 15 minuten voor start in de callroom voor de looponderdelen.
- Technische onderdelen: 10 minuten voor de start bij het onderdeel.