

GROTE PRIJS STAD LOKEREN (FLANDERS CUP)

CAD – SCHOL – JUN – SEN – MAS

PROGRAM

	<u>HEREN</u>	<u>DAMES</u>
<u>A.C.</u>	100m – 200m – 400m – 800m – 1500m – 110mH – 400mH – 2000m steeple – 4x100m – LJ – PV – HJ – DT – SP – JT	100m – 200m – 400m – 800m – 1500m – 3000m – 100mH – 400mH – 4x100m – LJ – TJ – PV – HJ – DT – SP – JT
<u>JUN</u>	110mH	
<u>Wheelers</u>	100m – 200m	100m – 200m

PRELIMINARY TIMETABLE

Pre-events		Pre-events	
<u>12.15</u>	4x 100m AC women 4x 100m AC men		
<u>12.30</u>	400m AC women (reeks C/D/...) 400m AC men (reeks C/D/...)		
<u>12.55</u>	100m wheelers 100m AC women (reeks C/D/...) 100m AC men (reeks C/D/...)	<u>12.50</u>	LJ AC women (< 5m40) *
<u>14.00</u>	100mH AC women 110mH JUN men 110mH AC men	<u>13.00</u>	SP AC men (< 12m00) *
<u>14.30</u>	2000m steeple AC men	<u>13.10</u>	PV AC men (> 4m00 – start 3m80)
<u>14.40</u>	200m wheelers 200m AC women (reeks C/D/...) 200m AC men (reeks C/D/...)	<u>13.20</u>	JT AC women (max 12 atleten)
<u>15.30</u>	800m AC women (reeks C/D/...) 800m AC men (reeks C/D/...)	<u>13.30</u>	HJ AC women (< 1m60 – start 1m45) HJ AC men (< 1m80 – start 1m45)
	Main events	<u>14.15</u>	LJ AC men (< 6m50) *
<u>16.00</u>	400m AC women (reeks A/B)		* max 3 attempts
<u>16.10</u>	400m AC men (reeks A/B)	<u>15.00</u>	Main events
<u>16.20</u>	100m AC women (reeks A/B)	<u>15.15</u>	SP AC women (12 atleten)
<u>16.30</u>	100m AC men (reeks A/B)	<u>15.30</u>	DT AC heren (12 atleten)
<u>16.40</u>	1500m AC women (reeks A/B)	<u>15.45</u>	LJ AC women (> 5m40)
<u>16.50</u>	1500m AC men (reeks A/B)	<u>16.15</u>	HJ AC men (> 1m80 – start 1m75)
<u>17.00</u>	400mH AC women (reeks A/B/...)		PV AC women (> 3m20 – start 3m00)
<u>17.20</u>	400mH AC men (reeks A/B/...)	<u>16.45</u>	JT AC men (12 atleten)
<u>17.30</u>	800m AC women (reeks A/B)	<u>17.00</u>	LJ AC men (> 6m50)
<u>17.40</u>	800m AC men (reeks A/B)	<u>17.30</u>	HJ AC women (> 1m60)
<u>17.50</u>	200m AC women (reeks A/B)	<u>17.45</u>	SP AC men (> 12m00)
<u>18.00</u>	200m AC men (reeks A/B)		
<u>18.10</u>	3000m AC women (< 10'30")	<u>18.15</u>	DT AC women (12 atleten)
	Late events	<u>18.30</u>	TJ AC women (12 atleten)
<u>18.25</u>	1500m AC women (reeks C/D/...)		
<u>18.45</u>	1500m AC men (reeks C/D/...)		