

## MEERKAMP AC HERENTALS : 1e dag

### UURSCHEMA:

9u30:	80mH Cad D	VER Mas H (5-kamp)
10u00:	100m Jun/Sen H + M35-40-45-50-55(10-kamp)	HOOG Cad D (stand 1)
10u30:	100m schol H	
11u00:	100mH schol D	VER Jun/Sen H + M35-40-45-50-55(10 kamp) SPEER Mas H (5-kamp)
11u30:		HOOG Schol D (stand 2)
12u30:	100mH Jun/Sen D	KOGEL Cad D (stand 1)
12u45:		VER Schol H
13u00:	100m Cad H	KOGEL Jun H/M50-55 (6kg)
13u30:	200m Mas H (5-kamp)	KOGEL Sen H + M35-40-45 (7kg)  HOOG Jun/Sen D (stand 1)
14u00:	<b>100m A.V. D</b>	VER Cad H
14u15:	<b>100m A.V. H</b>	HOOG Jun/Sen H + M35-40-45-50-55(10kamp) [begin hoogte ≤ 1m50)] (stand 2)
14u30:		KOGEL Schol H (stand 2) DISCUS Mas H (5-kamp)
15u00:		<b>VER A.V. D + H</b>  HOOG Jun/Sen H + M35-40-45-50-55(10kamp) [begin hoogte > 1m50)] (stand 1) KOGEL Schol D (stand 1)
15u30:		KOGEL Cad H (stand 2)
16u00:	1500m Mas H	KOGEL jun-sen D
16u30:	200m Schol D	HOOG Schol H (stand 2)
17u00:		POLSTOK Cad H
17u30:	200m Jun/Sen D	
18u00:	400m Jun/Sen H + M35-40-45-50-55(10kamp)	
18u30:	400m Schol H	

## MEERKAMP AC HERENTALS : 2e dag

### UURSCHEMA

9u30:	110mH Jun/Sen H + M35-40-45-50-55(10kamp)	
10u00:	100mH Cad H	
10u15:	100mH Mas D + 80mH Mas D	DISCUS Jun/Sen H + M35-40-45-50-55(10kamp)
10u30:	110mH Schol H	HOOG cad H
11u00:		VER Cad D KOGEL Mas D
12u15:		VER schol D DISCUS schol H POLSTOK jun-sen H + M35-40-45-50-55(10kamp)
12u30:		SPEER Cad D HOOG Mas D
13u30:		SPEER Schol D
14u00:	<b>5000m Snelw. Alle Cat. D + H</b>	VER Jun/Sen D
14u30:		SPEER Cad H
15u00:	800m Cad D	VER Mas D POLSTOK Schol H
15u30:	800m Schol D	SPEER jun-sen D
15u45:	800m Mas D	
16u00:	1000m Cad H	
16u30:		SPEER jun-sen H + M35-40-45-50-55(10kamp)
17u00:	800m Jun/Sen D	
17u30:		SPEER Schol H
18u00:	1500m jun-sen H + M35-40-45-50-55(10kamp)	
18u30:	1500m Schol H	