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| Atletiekclub VITApiste Ninove (Mondo)Nummer :  | Zondag 5 mei 201314u00  |

# B.V.V.Landelijke 3A

## PROGRAMMA

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| Cad/schol | 100m-200m-800m-1500m-300H (400H) |  | Hoog-ver--kogel-speer |
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## UURROOSTER

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| 14u00 | 300 Horden (76cm) Cad | 14u00 | Hoog Schol |
| 14u20 | 300 Horden (84cm) Sch |  | Ver cad |
| 14u40 | 100m Cad |  | Speer schol (600gr) |
| 14u55 | 100m Schol |  | Kogel Cad (4kg) |
| 15u10 | 800m Cad | 15u15 | Hoog Cad |
| 15u25 | 800m Schol |  | Ver Schol |
| 15u40 | 1500m Cad |  | Kogel Schol (5kg) |
| 15u55 | 1500m Schol | 15u30 | Speer cad (500gr) |
| 16u10 | 200m Cad |  |  |
| 16u25 | 200m Schol |  |  |
| 16U45 | 4x100m Cad |  |  |
| 17u00 | 4x100m Schol |  |  |
|  |  |  |  |
|  | **Deelnemende clubs** |  |  |
|  |  |  |  |
|  | Vita-Avr-Hale-Stax-Riem-Hac-Avmo-Macw-KKS-Hamm-Lebb |  |  |
|  | ***Hoogten van de lat Cadetten****1m20-1m30-1m40-1m45-1m50**1m55-1m60-1m65 +3cm****Hoogten van de lat scholieren****1m30-1m40-1m50-1m55-1m60**1m65-1m68 +3cm* |  |  |
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