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| Atletiekclub VITApiste Ninove (Mondo)Nummer : 18278 | Zondag 6 mei 201713u30 |

# B.V.V. cad/schol jongens L3

## PROGRAMMA

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| Cad / Schol | 100m – 200m – 800m – 1500m -300H (400H)  Hoog – ver – kogel – speer – 4x100m | | |
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## UURROOSTER

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| 14u00  14u20 | 300H cadetten (76cm)  400H scholieren (84cm) | 13u30 | Hoog scholieren  Ver cadetten |
|  |  |  | Speer scholieren (700g) |
| 14u40 | 100m cadetten |  | Kogel cadetten (4kg) |
| 14u55 | 100m scholieren |  |  |
|  |  |  |  |
| 15u10 | 800m cadetten | 15u15 | Hoog cadetten |
| 15u25 | 800m scholieren |  | Ver scholieren |
| 15u40 | 1500m cadetten |  | Kogel scholieren (5kg) |
| 15u55 | 1500m scholieren | 15u30 | Speer cadetten (600g) |
|  |  |  |  |
| 16u10 | 200m cadetten |  |  |
| 16u25 | 200m scholieren |  |  |
|  |  |  |  |
| 16u45 | 4x100m cadetten |  |  |
| 17u00 | 4x400m scholieren |  |  |
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|  | **Deelnemende clubs** |  |  |
|  | Vita-Acp-Lebb-HCO-Hac-Hale-Avmo-KKs-Stax-Alva  **Hoogten van de lat** |  |  |
| Cad | *1m20 / 1m30 / 1m40 / 1m45 / 1m50 / 1m55 / 1m60 / 1m65 / 1m68 +3cm* | | |

Sch *1m30 / 1m40 / 1m50 / 1m55 / 1m60 / 1m65 / 1m68 / 1m71+3cm*