

## Loopnummers

13:00	100m M50 <b>Reeksen</b>
13:05	100m M45 <b>Reeksen</b>
13:10	100m M40 <b>Reeksen</b>
13:20	300m horden W60 - 68 cm
13:25	300m horden M70 - 68 cm
13:30	300m horden W50 W55 - 76 cm
13:35	300m horden M60 - 76 cm
13:45	400m horden W35 W40 - 76 cm
13:50	400m horden M55 - 84 cm
13:55	400m horden M50 - 84 cm
14:00	400m horden M45 - 91 cm
14:05	400m horden M40 - 91 cm
14:20	400m horden M35 - 91 cm
14:25	100m M70+
14:30	100m M60 M65
14:35	100m M55
14:40	100m M50 finale
14:45	100m M45 finale
14:50	100m M40 finale
15:05	100m M35
15:15	800m M65+
15:25	800m M55 M60
15:35	800m M50
15:45	800m M45
15:55	800m M40
16:10	800m M35
16:20	400 m W55+
16:25	400 m W50
16:30	400 m W45
16:35	400 m W40
16:40	400 m W35
16:45	1500 m W50+
17:00	1500 m W35 W40 W45
17:15	200m M70+
17:20	200m M65
17:25	200m M60
17:30	200m M55
17:35	200m M50
17:40	200m M45
17:45	200m M40
17:50	200m M35
17:55	2000m steeple W35+
18:10	2000m steeple M60+
18:30	3000m steeple M35 ->M55

## Kampnummers

12:00	Discus M60 M65
12:00	hoog M60+
12:00	kogel M70+
13:30	Discus M70+
13:30	kogel M50 M55
13:30	polstok W35+
13:30	speerwerpen W35 W40 45 ver W50+
14:00	ver W50+
14:45	kogel M60 M65
14:45	speerwerpen W50 W55
15:00	speerwerpen W60+
15:15	ver W35
15:15	ver W35 W40 W45
15:45	Discus M50
16:00	hoog M35 M40 M45
16:00	kogel M35 M40
17:00	Discus M55
17:00	hinkstap W35+
17:00	kogel M45
17:30	hoog M50 M55
17:45	Discus M35 M40
19:00	Discus M45

## Zondag 18 juni

### Loopnummers

10:00	5000 m W35 W40 W45
10:30	5000 m W50+
11:00	80m horden W50 W55 -76 cm
11:00	80m horden W60 -68cm
11:10	80m horden W40 W45 - 76 cm
11:12	80m horden M70 - 76 cm
11:15	100m horden M60 M65 - 84 cm
11:20	100m horden W35 - 84 cm
11:30	100m horden M50 M55 -91 cm
11:40	110m horden M45 -99 cm
11:45	110m horden M40 - 99 cm
11:50	110m horden M35 - 99 cm
13:20	100 m W55+
13:25	100 m W50
13:30	100 m W45 <b>Rechtstr.Finale</b>
13:35	100 m W40 <b>Rechtstr.Finale</b>
13:40	100 m W35 <b>Rechtstr.Finale</b>
13:50	1500m M60+
14:00	1500m M50 M55
14:10	1500m M45
14:20	1500m M40
14:30	1500m M35
14:40	800 m W55+
14:50	800 m W45 W50
15:00	800 m W35 W40
15:10	400 m M70+
15:15	400 m M60 M65
15:20	400 m M55
15:25	400 m M50
15:30	400 m M45
15:35	400 m M40
15:40	400 m M35
15:50	200 m W55+
15:55	200 m W50
16:00	200 m W45
16:05	200 m W40
16:10	200 m W35
16:15	5000 m M50 M55
16:45	5000 m M40 M45
17:10	5000 m M35
17:35	5000 m M60+

### Kampnummers

10:00	hinkstap M50+
10:00	speer M45
11:00	speer M35 M40
11:30	hinkstap M35 M40 M45
12:30	kogel W35
13:00	ver M70+
13:15	kogel W40
13:30	Discus W60+
13:30	Discus W75+
13:30	polstok M50+
13:30	speer M50 M55
13:30	speer M60 M65
14:00	kogel W45
14:00	ver M60 M65
14:30	speer M70 M75
14:30	speer M80+
14:30	Discus W35
14:45	kogel W50
15:30	polstok M35 M40 M45
15:00	ver M50 M55
15:30	Discus W40 W45
15:30	hoog W35+
15:30	kogel W55
16:15	ver M40 M45
16:30	kogel W60+
16:30	kogel W75+
16:30	Discus W50 W55
17:30	ver M35