|  |  |
| --- | --- |
| Atletiekclub VITANummer : 21603(k/b) | Zaterdag 25 september 202114u30 |

# MEDAILLEMEETING

## PROGRAMMA

|  |  |  |  |
| --- | --- | --- | --- |
|  | **JONGENS / MANNEN** |  | **MEISJES / VROUWEN** |
| KAN. | Spurt, hoog, vortex, uithouding | KAN. | Spurt, hoog, vortex, uithouding |
| BEN. | Hindernis, ver, stoten, aflossing | BEN. | hindernis, ver, stoten, aflossing |
|  |  |  |  |
|  |  |  |  |

## UURROOSTER

|  |  |
| --- | --- |
| 14u30 | Hoog kangoeroes |
| 15u05 | Vortex kangoeroes |
| 15u40 | spurt kangoeroes |
| 16u30 | uithouding kangoeroes |
|  |  |

|  |  |
| --- | --- |
| 14u30 | hindernis benjamins |
| 15u10 | ver benjamins |
| 15u45 | stoten benjamins |
| 16u20 | teamestafette |
|  |  |