

Looise – AV Open Meeting

Vrijdag 15 mei 19h00

Benaderend tijdschema

| Uur | Proef | Categorie | Uur | Proef | Categorie |
|-------|-------------------|-------------------------------------|-------|---|--|
| 19h00 | 100 100 100 | Cad Dames Sch Dames JSM Dames | 19h00 | Discus 1.75kg Discus 2kg Speer 500gr Speer 400gr | Jun Heren Sen/M35-45 Heren Cad/Sch/W50-70 Dames W75+ Dames |
| 19h15 | 100 100 100 | Cad Heren Sch Heren JSM Heren | 19h15 | Speer 400gr Hamer 5kg Hinkstap | M80+ Heren Sch/M60-65 Heren Cad/Sch/JSM Dames |
| 19h45 | 800 800 800 | Cad Dames Sch Dames JSM Dames | 19h45 | Discus 1kg Discus 750gr Speer 700gr Hamer 4kg Hamer 3kg | JS/W35-75 Dames W80+ Dames Sch/M50-55 Heren Cad/M70-75 Heren M80+ Heren |
| 20h05 | 800 800 800 | Cad Heren Sch Heren JSM Heren | 20h30 | Discus 1kg Speer 600gr Speer 500gr Hamer 6kg Hamer 7.26kg | Cad/Sch Dames Cad/M60-65 Heren M70-75 Heren Jun/M50-55 Heren Sen/M35-45 Heren Cad/Sch/JSM Heren |
| 20h30 | 200 200 200 | Cad Heren Sch Heren JSM Heren | 20h45 | Hinkstap | |
| 20h45 | 200 200 200 | Cad Dames Sch Dames JSM Dames | 21h00 | Discus 1kg Speer 600gr | Cad/M60+ Heren JS/W35-45 Dames |
| 21h15 | 3000 3000 | JSM Dames JSM Heren | 21h20 | Discus 1.5kg Speer 800gr | Sch/M50-55 Heren JS/M35-45 Heren |

Proeven per categorie

Cad Dames 100 / 200 / 800 / Hinkstap / Discus / Speer
 Schol Dames 100 / 200 / 800 / Hinkstap / Discus / Speer
 JSM Dames 100 / 200 / 800 / 3000 / Hinkstap
 JS Dames Discus / Speer
 Mas Dames Discus / Speer
 Cad Heren 100 / 200 / 800 / Hinkstap / Discus / Speer / Hamer
 Schol Heren 100 / 200 / 800 / Hinkstap / Discus / Speer / Hamer
 JSM Heren 100 / 200 / 800 / 3000 / Hinkstap
 JS Heren Discus / Speer / Hamer
 Mas Heren Discus / Speer / Hamer



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