

GROTE PRIJS JOSSE RINGOIR AALST**Vrouwen**

CAD: 100m, 200 m, 400 m, hoog, ver, kogel,
4 x 100m,

SCHOL: 100m H, 100m, 200m, 400m, 400m H,
hoog, ver, kogel, 4 x 100m,

JUN/SEN: 100m H, 100m, 200m, 400m, 400m H,
hoog, ver, kogel, 4 x 100m, 4 x 400m

UURSCHEMA :

14u00: 100m H	SCHOL V, JUN/SEN V
14u15: 110m H	SCHOL H
14u30: 110m H	JUN H SEN H
14u45: 400m	CAD V SCHOL V JUN/SEN V
15u00: 400m	CAD H SCHOL H JUN/SEN H
15u30: 100m	CAD V SCHOL V JUN/SEN V
16u00: 100m	CAD H SCHOL H JUN/SEN H
16u30: 400m H	SCHOL V JUN/SEN V
16u45: 400m H	SCHOL H JUN/SEN H
17u00: 200m	CAD V SCHOL V JUN/SEN V
17u30: 200m	CAD H SCHOL H JUN/SEN H
18u00: 4 x 400m	JUN/SEN V
18u15: 4 x 400m:	JUN/SEN H
18u30: 4 x 100m:	CAD V SCHOL V JUN/SEN V
19u00: 4 x 100m:	CAD H SCHOL H JUN/SEN H

Zondag 11/08/2019**Heren**

CAD: 100m, 200m, 400m, hoog, ver, kogel, 4 x
100m,

SCHOL: 110m H, 100m, 200m, 400m, 400m H,
hoog, ver, kogel, 4 x 100m,

JUN/SEN: 110m H, 100m, 200m, 400m, 400m H,
hoog, ver, kogel, 4 x 100m, 4 x 400m

14u00: kogel JUN/SEN V

14u30 : hoog CAD/SCH/JUN/SEN V

Ver CAD/SCH H

15u00: kogel CAD H

15u30 : ver JUN/SEN V

15u45 : kogel JUN/SEN H

16u00: hoog JUN/SEN H

16u30 : ver CAD/SCH V

16u45 : kogel SCHOL H

17u00 : hoog CAD/SCH H

17u30: ver JUN/SEN H

17u45: kogel CAD/SCH V