

## Open Provinciaal kampioenschap steeple + 10.000m

## Programma

| Cadetten     |              | Scholieren   |              | JSM          |              |
|--------------|--------------|--------------|--------------|--------------|--------------|
| Dames        | Heren        | Dames        | Heren        | Dames        | Heren        |
| 14.00 200    | 14.00 200    | 14.00 200    | 14.00 200    | 14.00 200    | 14.00 200    |
| 14.30 hoog   | 14.00 discus | 15.20 2000st | 15.20 2000st | 14.00 kogel  | 14.45 kogel  |
| 14.45 discus | 15.00 1500st | 15.45 hoog   | 16.15 speer  | 15.30 speer  | 14.45 1000   |
| 15.00 1500st | 17.30 ver    | 16.30 ver    | 16.45 hoog   | 16.00 3000st | 15.30 ver    |
|              |              |              |              | 16.30 10.000 | 16.00 3000st |
|              |              |              |              |              | 16.30 10.000 |

## Uurschema

| Uur   | Loopnrs      | hoog  | discus | ver   | speer | kogel |
|-------|--------------|-------|--------|-------|-------|-------|
| 14u00 | 200 cad D    |       | cad H  |       |       | JSM D |
|       | 200 cad H    |       |        |       |       |       |
|       | 200 sch D    |       |        |       |       |       |
|       | 200 sch H    |       |        |       |       |       |
|       | 200 JSM D    |       |        |       |       |       |
|       | 200 JSM H    |       |        |       |       |       |
| 14u30 |              | cad D |        |       |       |       |
| 14u45 | 1000 JSM H   |       | cad D  |       |       | JSM H |
| 15u00 | 1500st cad D |       |        |       |       |       |
|       | 1500st cad H |       |        |       |       |       |
| 15u15 |              |       |        |       |       |       |
| 15u20 | 2000st sch D |       |        |       |       |       |
|       | 2000st sch H |       |        |       |       |       |
| 15u30 |              |       |        | JSM H | JSM D |       |
| 15u45 |              | sch D |        |       |       |       |
| 16u00 | 3000st JSM H |       |        |       |       |       |
|       | 3000st JSM D |       |        |       |       |       |
| 16u15 |              |       |        |       | sch H |       |
| 16u30 | 10km JSM D   |       |        | sch D |       |       |
|       | 10km JSM H   |       |        |       |       |       |
| 16u45 |              | sch H |        |       |       |       |
| 17u00 |              |       |        |       |       |       |
| 17u30 |              |       |        | cad H |       |       |