

Stedelijk Sportstadion
Spanjestraat 181
8800 Roeselare

13u30

RUBENS CUP

| BEN J | BEN M | PUP J | PUP M | MIN J | MIN M |
|--------------|--------------|-------------|--------------|-------------|--------------|
| 13.45 4x60m | 13.30 4x60m | | | | |
| 14.00 Hoog | 14.00 Hockey | 14.00 Kogel | 14.00 Ver | 14.30 80m | 14.15 80m |
| 15.00 Hockey | 15.00 Hoog | 14.45 60m | 15.00 60m | 15.00 Ver | 15.00 Kogel |
| 15.45 60m | 16.00 60m | 16.00 Hoog | 16.00 Discus | 16.00 Kogel | 16.30 300m |
| 17.15 600m | 17.00 600m | 17.45 1000m | 17.30 1000m | 16.45 300m | 17.00 Discus |

| | LOOP | VER | HOOG | HOCKEY | KOGEL | DISCUS |
|-------|------------|-------|-------|--------|-------|--------|
| 13.30 | 4X60 BEN M | | | | | |
| 13.45 | 4X60 BEN J | | | | | |
| 14.00 | | PUP M | BEN J | BEN M | PUP J | |
| 14.15 | 80 MIN M | | | | | |
| 14.30 | 80 MIN J | | | | | |
| 14.45 | 60 PUP J | | | | | |
| 15.00 | 60 PUP M | MIN J | BEN M | BEN J | MIN M | |
| 15.15 | | | | | | |
| 15.30 | | | | | | |
| 15.45 | 60 BEN J | | | | | |
| 16.00 | 60 BEN M | | PUP J | | MIN J | PUP M |
| 16.15 | | | | | | |
| 16.30 | 300 MIN M | | | | | |
| 16.45 | 300 MIN J | | | | | |
| 17.00 | 600 BEN M | | | | | MIN M |
| 17.15 | 600 BEN J | | | | | |
| 17.30 | 1000 PUP M | | | | | |
| 17.45 | 1000 PUP J | | | | | |

Deelnameprijs: gratis