

datum: 1 augustus 2020 inschrijfgeld 2.5€/proef inkom gratis  
wedstrijd: open meeting DALO Lommel (B)

**VOORLOPIG TIJD SCHEMA**

	loopn.			ver	discus	speer	kogel	hoog
16u00	100 m	G recrea	16u00		js h	js d	schol h	
		AMH d			mas M35-45	mas W35/45	mas M60-65	
		AMH h				mas W50-55		
		kad d	16u15	G recrea		mas W60-65-70		
		schol d				mas W75+		
		jsm d	17u00	kad d				
		kad h		Amh d				
		schol h	17u15		schol h	js h	kad h	
		jsm h			mas M50-55	mas M35-45	mas M70-75	
17u15	1000 m	kad d					mas M80+	
		schol d						
		jsm d						
		kad h						
		schol h	18u30	kad h	js d	kad d	js h	
		jsm h		schol h	mas W35-40-45	schol d	mas M35-45	
18u30	300 m	kad d		jsm h	mas W50-55-60+		mas M50-55	
		schol d		Amh h	mas W 75+			
		jsm d						
		kad h						
		schol h						
		jsm h	19u45		kad h	schol h	kad d	
					mas M60-65-70+	mas M50-55	schol d	
20u00	2000 m	kad d						
		jsm d						
		kad h						
		schol h	21u00		schol d	kad h	js d	
		jsm h			kad d	mas M60-65	mas W35-40-45	
						mas M70-75	mas W50-55-60+	
						mas M80+	mas W75+	

Categorie België			Categorie Nederland			
heren	kad	100 m	300m	1000	2000 m	jun C
		ver	discus	speer	kogel	
	schol	100 m	300m	1000	2000 m	Jun B
ver		discus	speer	kogel		
dames	kad	100 m	300m	1000	2000 m	Jun A / Sen / Veteranen
		ver	discus	speer	kogel	
	schol	100 m	300m	1000		jun C
		discus	speer	kogel	Jun B	
	jsm	100 m	300m	1000	2000 m	Jun A / Sen / Veteranen
			discus	speer	kogel	
G recrea	M+V	100 m	ver			
AMH	M+V	100 m	ver			