

## **B.V.V. CAD/SCHOL JONGENS L3**

### **PROGRAMMA**

Cad / 100m – 200m – 800m – 1500m -300H (400H)

Schol Hoog – ver – kogel – speer – 4x100m

### **UURROOSTER**

<u>14u00</u>	300H cadetten (76cm)	<u>13u30</u>	Hoog scholieren
<u>14u20</u>	400H scholieren (84cm)		Ver cadetten
			Speer scholieren (700g)
<u>14u40</u>	100m cadetten		Kogel cadetten (4kg)
<u>14u55</u>	100m scholieren		
<u>15u10</u>	800m cadetten	<u>15u15</u>	Hoog cadetten
<u>15u25</u>	800m scholieren		Ver scholieren
<u>15u40</u>	1500m cadetten		Kogel scholieren (5kg)
<u>15u55</u>	1500m scholieren	<u>15u30</u>	Speer cadetten (600g)
<u>16u10</u>	200m cadetten		
<u>16u25</u>	200m scholieren		
<u>16u45</u>	4x100m cadetten		
<u>17u00</u>	4x400m scholieren		

#### **Deelnemende clubs**

Vita-Acp-Lebb-HCO-Hac-Hale-  
Avmo-KKs-Stax-Alva

#### **Hoogten van de lat**

Cad 1m20 / 1m30 / 1m40 / 1m45 / 1m50 / 1m55 / 1m60 / 1m65 / 1m68 +3cm

Sch 1m30 / 1m40 / 1m50 / 1m55 / 1m60 / 1m65 / 1m68 / 1m71+3cm