

**NIEUWPOORTSE MEERKAMPEN****zaterdag 30 juni en zondag 1 juli 2018****FLANDERS CUP MEERKAMPEN****PROVINCIALE KAMPIOENSCHAPPEN MEERKAMPEN**

Sportpark De Lenspolder – Nieuwpoort

Inrichting MACW / PC

Inschrijvingsgeld : €2,50 / meerkamp voor ben/pup/min, €5 / meerkamp vanaf cadet

Medailles per podium

**Inschrijvingen binnen ten laatste 1 uur voor de eerste proef  
(ben-pup-min 30')****Dag 2**

Meeting nr. 18395

**1 juli 2018****Programma**

| Heren |         | Dames |                            |
|-------|---------|-------|----------------------------|
|       |         | BEN   | 4K(60-600-ver-kogel)       |
|       |         | PUP   | 4K(60-1000-hoog-kogel)     |
|       |         | MIN   | 5K(80-1000-ver-hoog-kogel) |
| CAD   | 8-kamp  | CAD   | 6-kamp                     |
| SCH   | 10-kamp | SCH   | 7-kamp                     |
| J/S   | 10-kamp | J/S   | 7-kamp                     |
| MAS   | 5-kamp  |       |                            |

**Volgorde der proeven**

|       |                    |       |       |                         |           |
|-------|--------------------|-------|-------|-------------------------|-----------|
| 10u00 | 110mH(0,99/1,067m) | J/S H | 10u00 | kogelstoten             | Ben D     |
| 10u10 | 110mH(0,914m)      | Sch H | 10u00 | hoogspringen            | Pup D (2) |
| 10u20 | 100mH(0,914m)      | Cad H | 10u00 | hoogspringen            | Min D (1) |
| 10u45 | 60m                | Ben D | 10u00 | verspringen             | Mas H     |
| 11u00 | 60m                | Pup D | 10u30 | verspringen             | Cad D     |
| 11u15 | 80m                | Min D | 11u00 | discuswerpen (1,75/2kg) | J/S H     |
| 12u00 | 600m               | Ben D | 11u00 | speerwerpen             | Mas H     |
| 12u05 | 1000m              | Pup D | 11u15 | verspringen             | Ben D     |
| 12u15 | 200m               | Mas H | 11u30 | kogelstoten             | Pup D     |
| 13u30 | 1000m              | Min D | 11u45 | polstokspringen         | Cad H     |
| 14u30 | 800m               | Cad D | 11u45 | discuswerpen (1,5kg)    | Sch H     |
| 14u40 | 800m               | Sch D | 12u00 | kogelstoten (2,0kg)     | Min D     |
| 14u45 | 800m               | J/S D | 12u00 | speerwerpen (500g)      | Cad D     |
| 15u00 | 1500m              | Mas H | 12u00 | verspringen             | Sch D     |
| 16u30 | 1500m              | Sch H | 12u00 | verspringen             | J/S D     |
| 17u15 | 1000m              | Cad H | 12u45 | verspringen             | Min D     |
| 17u45 | 1500m              | J/S H | 13u00 | hoogspringen            | Sch H (1) |
|       |                    |       | 13u30 | speerwerpen (500g)      | Sch D     |
|       |                    |       | 13u30 | speerwerpen (600gr)     | J/S D     |
|       |                    |       | 13u30 | polstokspringen         | J/S H     |
|       |                    |       | 14u00 | discuswerpen            | Mas H     |
|       |                    |       | 15u00 | speerwerpen (700g)      | Sch H     |
|       |                    |       | 15u30 | speerwerpen (600g)      | Cad H     |
|       |                    |       | 16u15 | speerwerpen (800g)      | J/S H     |

Verspringen : windgunstigste stand, op basis van windmeting

Speerwerpen : stand tussen de 2 kogelstanden

Hoogspringen (1) : stand verst van grote discuskooi verwijderd

Hoogspringen (2) : mat dichtst bij discuskooi gelegen

Polstokaanloopzijde : wordt gekozen in functie van de wind

's Middags kan ingeschreven worden voor een warm middagmaal aan € 12 p.p. Dit dient te gebeuren vóór 9.15 u ter plaatse doch liefst op voorhand (0485/180.760, [eddy.louwie@telenet.be](mailto:eddy.louwie@telenet.be)). Betaling de dag zelf ter plaatse vóór 9.15 u.

| <b>BENJAMINS<br/>MEISJES</b> |       | <b>PUPILLEN<br/>MEISJES</b> |       | <b>MINIEMEN<br/>MEISJES</b> |       |
|------------------------------|-------|-----------------------------|-------|-----------------------------|-------|
| 10u00                        | kogel | 10u00                       | hoog  | 10u00                       | hoog  |
| 10u45                        | 60m   | 11u00                       | 60m   | 11u15                       | 80m   |
| 11u15                        | ver   | 11u30                       | kogel | 12u00                       | kogel |
| 12u00                        | 600m  | 12u05                       | 1000m | 12u45                       | ver   |
|                              |       |                             |       | 13u30                       | 1000m |

| <b>CADETTEN<br/>DAMES</b> |       | <b>CADETTEN<br/>HEREN</b> |         | <b>SCHOLIEREN<br/>DAMES</b> |       | <b>SCHOLIEREN<br/>HEREN</b> |        | <b>JUN/SEN<br/>DAMES</b> |       | <b>JUN/SEN<br/>HEREN</b> |         | <b>MASTERS<br/>HEREN</b> |        |
|---------------------------|-------|---------------------------|---------|-----------------------------|-------|-----------------------------|--------|--------------------------|-------|--------------------------|---------|--------------------------|--------|
| 10u30                     | ver   | 10u20                     | 100m H  | 12u00                       | ver   | 10u10                       | 110m H | 12u00                    | ver   | 10u00                    | 110m H  | 10u00                    | ver    |
| 12u00                     | speer | 11u45                     | polstok | 13u30                       | speer | 11u45                       | discus | 13u30                    | speer | 11u00                    | discus  | 11u00                    | speer  |
| 14u30                     | 800m  | 15u30                     | speer   | 14u40                       | 800m  | 13u00                       | hoog   | 14u45                    | 800m  | 13u30                    | polstok | 12u15                    | 200m   |
|                           |       | 17u15                     | 1000m   |                             |       | 15u00                       | speer  |                          |       | 16u15                    | speer   | 14u00                    | discus |
|                           |       |                           |         |                             |       | 16u30                       | 1500m  |                          |       | 17u45                    | 1500m   | 15u00                    | 1500m  |

| <b>uur</b> | <b>loopnummer</b> | <b>hoog</b>            | <b>ver</b>     | <b>polstok</b> | <b>kogel</b> | <b>speer</b>   | <b>discus</b> |
|------------|-------------------|------------------------|----------------|----------------|--------------|----------------|---------------|
| 10u00      | 110m H J/S H      | Pup D (2)<br>Min D (1) | Mas H          |                | Ben D        |                |               |
| 10u10      | 110m H Sch H      |                        |                |                |              |                |               |
| 10u20      | 100m H Cad H      |                        |                |                |              |                |               |
| 10u30      |                   |                        | Cad D          |                |              |                |               |
| 10u45      | 60m Ben D         |                        |                |                |              |                |               |
| 11u00      | 60m Pup D         |                        |                |                |              | Mas H          | J/S H         |
| 11u15      | 80m Min D         |                        | Ben D          |                |              |                |               |
| 11u30      |                   |                        |                |                | Pup D        |                |               |
| 11u45      |                   |                        |                | Cad H          |              |                | Sch H         |
| 12u00      | 600m Ben D        |                        | Sch D<br>J/S D |                | Min D        | Cad D          |               |
| 12u05      | 1000m Pup D       |                        |                |                |              |                |               |
| 12u15      | 200m Mas H        |                        |                |                |              |                |               |
| 12u45      |                   |                        | Min D          |                |              |                |               |
| 13u00      |                   | Sch H (1)              |                |                |              |                |               |
| 13u30      | 1000m Min D       |                        |                | J/S H          |              | Sch D<br>J/S D |               |
| 14u00      |                   |                        |                |                |              |                | Mas H         |
| 14u30      | 800m Cad D        |                        |                |                |              |                |               |
| 14u40      | 800m Sch D        |                        |                |                |              |                |               |
| 14u45      | 800m J/S D        |                        |                |                |              |                |               |
| 15u00      | 1500m Mas H       |                        |                |                |              | Sch H          |               |
| 15u30      |                   |                        |                |                |              | Cad H          |               |
| 16u15      |                   |                        |                |                |              | J/S H          |               |
| 16u30      | 1500m Sch H       |                        |                |                |              |                |               |
| 17u15      | 1000m Cad H       |                        |                |                |              |                |               |
| 17u45      | 1500m J/S H       |                        |                |                |              |                |               |