

Programma

| | Jongens (J) | Meisjes (M) |
|-----|-----------------------------------|-----------------------------------|
| BEN | 60-ver-hockey-3x600 | 60-ver-hockey-3x600 |
| PUP | 60-60H-kogel-hoog-3x600 | 60-60H-kogel-hoog-3x600 |
| MIN | 80-80H-150H-ver-speer-kogel-3x600 | 80-60H-150H-ver-speer-kogel-3x600 |

Volgorde der proeven

| | | | | | |
|-------|----------------|-------|-------|--------|-------|
| 14u00 | 80mH (0,838m) | Min J | 14u00 | ver | Ben J |
| 14u15 | 60mH (0,762m) | Pup M | | speer | Min M |
| 14u30 | 60mH (0,762m) | Pup J | 14u15 | kogel | Min J |
| 14u45 | 60mH (0,762m) | Min M | 14u30 | hoog | Pup M |
| 15u10 | 80m | Min J | 14u45 | ver | Ben M |
| 15u30 | 80m | Min M | | hockey | Ben J |
| 15u45 | 60m | Ben M | 15u | kogel | Pup J |
| 15u55 | 60m | Pup J | 15u30 | speer | Min J |
| 16u05 | 60m | Ben J | 15u45 | ver | Min M |
| 16u15 | 60m | Pup M | | kogel | Pup M |
| 16u30 | 150mH (0,762m) | Min M | 16u15 | hoog | Pup J |
| 16u40 | 150mH (0,762m) | Min J | | hockey | Ben M |
| 16u50 | 3x600m | Ben J | 16u50 | kogel | Min M |
| 17u00 | 3x600m | Ben M | 17u00 | ver | Min J |
| 17u10 | 3x600m | Pup M | | | |
| 17u20 | 3x600m | Pup J | | | |
| 17u30 | 3x600m | Min M | | | |
| 17u40 | 3x600m | Min J | | | |

Hoogten van de lat hoogspringen:

Pupillen M:

0,90-0,95-1,00-1,05-1,10-1,15-1,20-1,25-1,30-1,35 + 5cm

Pupillen J:

0,95-1,00-1,05-1,10-1,15-1,20-1,25-1,30-1,35-1,40 + 5cm

| BENJAMINS MEISJES | BENJAMINS JONGENS | PUPILLEN MEISJES | PUPILLEN JONGENS | MINIEMEN MEISJES | MINIEMEN JONGENS |
|------------------------------|------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 14u45 ver | 14u00 ver | 14u15 60mH | 14u30 60mH | 14u00 speer | 14u00 80mH |
| 15u45 60m | 14u45 hockey | 14u30 hoog | 15u00 kogel | 14u45 60mH | 14u15 kogel |
| 16u15 hockey | 16u05 60m | 15u45 kogel | 15u55 60m | 15u30 80m | 15u10 80m |
| 17u00 3x600m | 16u50 3x600m | 16u15 60m | 16u15 hoog | 15u45 ver | 15u30 speer |
| | | 17u10 3x600m | 17u20 3x600m | 16u40 150mH | 16u40 150mH |
| | | | | 16u50 kogel | 17u00 ver |
| | | | | 17u30 3x600m | 17u40 3x600m |

| uur | loopnummer | hoog | ver | hockey | kogel | speer |
|-------|--------------|-------|-------|--------|-------|-------|
| 14u00 | 80mH Min J | | Ben J | | | Min M |
| 14u15 | 60mH Pup M | | | | Min J | |
| 14u30 | 60mH Pup J | Pup M | | | | |
| 14u45 | 60mH Min M | | Ben M | Ben J | | |
| 15u00 | | | | | Pup J | |
| 15u10 | 80m Min J | | | | | |
| 15u30 | 80m Min M | | | | | Min J |
| 15u45 | 60m Ben M | | Min M | | Pup M | |
| 15u55 | 60m Pup J | | | | | |
| 16u05 | 60m Ben J | | | | | |
| 16u15 | 60m Pup M | Pup J | | Ben M | | |
| 16u30 | 150mH Min M | | | | | |
| 16u40 | 150mH Min J | | | | | |
| 16u50 | 3x600m Ben J | | | | Min M | |
| 17u00 | 3x600m Ben M | | Min J | | | |
| 17u10 | 3x600m Pup M | | | | | |
| 17u20 | 3x600m Pup J | | | | | |
| 17u30 | 3x600m Min M | | | | | |
| 17u40 | 3x600m Min J | | | | | |

