

Onderdeel	categorie	series	start	Locatie	Ophalen startnummer bij Arsenal
400m	v		1 18:40:00		17:10:00
1500m	m		1 18:50:00		17:20:00
100m	JC		1 19:00:00		17:30:00
100m	ABC		1 19:07:00		17:37:00
100m	v		1 19:14:00		17:44:00
100m	m		2 19:21:00		17:51:00
1500m	v		1 19:35:00		18:05:00
400m	m		2 19:45:00		18:15:00

60m	JPA1	1	19:00:00	parallel baan
60m	MPA1	1	19:04:00	parallel baan
60m	JPA2	1	19:08:00	parallel baan
60m	MPA2	1	19:12:00	parallel baan
60m	MC	1	19:16:00	parallel baan
80m	JD	1	19:20:00	parallel baan
80m	MC	1	19:24:00	parallel baan

HSS	MV	18:30:00	54	17:00:00
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Callroom schema

10'	5'	Call-room 1	Call-room 2	call-room 2	start	Start				
zelf naar CR 2			17:49	17:59	18:00	18:30	HSS	MV		
	18:09	18:14	18:19	18:23	18:33	18:38	18:40	400m	v	
	18:23	18:28	18:33	18:37	18:47	18:48	18:50	1500m	m	
	18:30 melden in marathon poort				18:58	19:00	100m	JC	Sprintchallenge	
	18:30 melden in marathon poort				19:05	19:07	100m	ABC	Sprintchallenge	
	18:46	18:51	18:56	19:00	19:10	19:12	19:14	100m	v	
	18:47	18:52	18:57	19:01	19:11	19:13	19:21	100m	m	Heat 1
	19:00	19:05	19:10	19:14	19:24	19:26	19:28	100m	m	Heat 2
	19:08	19:13	19:18	19:22	19:32	19:33	19:35	1500m	v	
	19:17	19:22	19:27	19:31	19:41	19:43	19:45	400m	m	Heat 1
	19:14	19:19	19:24	19:28	19:38	19:40	19:52	400m	m	Heat 2
	18:30 melden in marathon poort			18:57		19:00	60m	JPA1	Sprintchallenge	
	18:34 melden in marathon poort			19:01		19:04	60m	MPA1	Sprintchallenge	
	18:38 melden in marathon poort			19:05		19:08	60m	JPA2	Sprintchallenge	
	18:42 melden in marathon poort			19:09		19:12	60m	MPA2	Sprintchallenge	
	18:46 melden in marathon poort			19:13		19:16	60m	MD	Sprintchallenge	
	18:50 melden in marathon poort			19:17		19:20	80m	JD	Sprintchallenge	
	18:54 melden in marathon poort			19:21		19:24	80m	MC	Sprintchallenge	