

HJS UITNODIGINGSBYEENKOMS - BHS INVITATION MEETING

29 / 01 / 2010

TYDTAFEL - TIME TABLE

O	- OPE / OPEN	VS/LJ	- VERSPRING / LONG JUMP
SG/JT	- SPIESGOOI / JAVELIN THROW	HS/HJ	- HOOGSPRING / HIGH JUMP
DG/DT	- DISKUSGOOI / DISCUS THROW	GS/SP	- GEWIGSTOOT / SHOT PUT
DS/TJ	- DRIESPRONG / TRIPLE JUMP	H	- HEKKIES / HURDLES

NO	TYD TIME	ITEM	
1	18:00	200mH	S O.14
2		GS / SP	D O.19 (o)
3		SG / JT	S O.17
4		SG / JT	S O.19
5		HS / HJ	D O.19 (o)
6		DS / TJ	S O.19
7		VS / LJ	S O.17
8	18:10	300mH	S O.15
9	18:20	400mH	S O.16
10	18:25	400mH	S O.17
11	18:30	400mH	S O.19
12	18:45	100m	S O.14
13	18:50	100m	D O.15
14	18:55	100m	S O.15
15	19:00	100m	S O.16
16	19:05	100m	S O.17
17	19:10	100m	D O.19
18	19:15	100m	S O.19
19	19:20	400m	S O.15
20		VS / LJ	D O.19 (o)
21		HS / HJ	S O.19
22		GS / SP	S O.19
23		DG / DT	S O.17
24	19:25	400m	S O.16
25	19:30	400m	S O.17
26	19:35	400m	S O.19
27	19:40	1500m	S O.14

NO	TYD TIME	ITEM	
28	19:50	1500m	B U.15
29	20:00	1500m	B U.19
30	20:10	90mH	B U.14
31		LJ / VS	B U.19
32		SP / GS	B U.17
33	20:20	100mH	G U.17
34	20:25	100mH	B U.15
35	20:30	110mH	B U.16
36	20:35	110mH	B U.17
37	20:40	110mH	B U.19
38	20:45	200m	B U.14
39	20:50	200m	B U.15
40	20:55	200m	B U.16
41	21:00	200m	B U.17
42	21:05	200m	G U.19 (o)
43	21:10	200m	B U.19
44	21:15	800m	B U.14
45	21:20	800m	B U.15
46	21:25	800m	B U.17
47	21:30	800m	G U.19 (o)
48	21:35	800m	B U.19
49	21:40	3000m	B U.19 (o)
50	21:50	4 × 100m	B U.14
51	21:55	4 × 100m	B U.15
52	22:00	4 × 100m	B U.17
53	22:05	4 × 100m	G U.19 (o)
54	22:10	4 × 100m	B U.19