

**Chronoloog competitie Athletics Champs**

**wedstrijd 1 en 3**

Wedstrijd 1: datum vereniging adres plaats

Wedstrijd 3: datum vereniging adres plaats

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pupillen A** | | | | | | | | | | | | | | | | **Pupillen B/C/mini** | | | | | | | | | | | |  |
|  | **Poule A** | | | | | | **Poule B** | | | | | **Poule C** | | | | | **Poule D** | | | | **Poule E** | | | | **Poule F** | | | |  |
| 1 | | 2 | 3 | 4 | | 5 | | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Tijd | rd | | gl | bl | gr | | rd | | gl | bl | gr | rd | | gl | bl | gr | rd | gl | bl | gr | rd | gl | bl | gr | rd | gl | bl | gr | Tijd |
| 9.30 | **Vergadering teambegeleiders**  *(onder voorbehoud in kantine)* | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9.30 |
| 9.35 | 9.35 |
| 9.40 | 9.40 |
| 9.45 | 9.45 |
| 9.50 | **Warming-up teams**  *onder leiding van trainer/teambegeleider* | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9.50 |
| 9.55 | 9.55 |
| 10.00 | **Estafette**  *(middenterrein atletiekbaan: eerste pupillen A, aansluitende pupillen B/C/mini)* | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10.00 |
| 10.05 | 10.05 |
| 10.10 |  | |  |  |  | |  | |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 10.10 |
| 10.15 | **Hoog**  *op de mat (6a)* | | | **Kogel**  *uit ring (4a)* | | | **Vortex**  *op het gras (5)* | | | | | **Horden**  *60 meter (3a)* | | | | | **Vortex**  *op het gras (5)* | | | | **Hurkhoog**  *in de zandbak (8)* | | | | **Sprint**  *40 meter uit staande start* | | | | 10.15 |
| 10.20 | 10.20 |
| 10.25 | 10.25 |
| 10.30 | 10.30 |
| 10.35 |  | | | | | |  | |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 10.35 |
| 10.40 | **Kogel**  *uit ring (4a)* | | | **Hoog**  *op de mat (6a)* | | | **Horden**  *60 meter (3a)* | | | | | **Vortex**  *op het gras (5)* | | | | | **Hurkhoog**  *in de zandbak (8)* | | | | **Sprint**  *40 meter uit staande start* | | | | **Vortex**  *op het gras (5)* | | | | 10.40 |
| 10.45 | 10.45 |
| 10.50 | 10.50 |
| 10.55 | 10.55 |
| 11.00 |  | |  | | | |  | |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 11.00 |
| 11.05 | **Horden**  60 meter *(3a)* | | | | | | **Hoog**  *op de mat (6a)* | | | **Kogel**  *uit ring (4a)* | | **Pauze** | | | | | **Slingeren**  *op het gras (10b)* | | | | **Pauze** | | | | **Hurkhoog**  *in de zandbak (8)* | | | | 11.05 |
| 11.10 | 11.10 |
| 11.15 | 11.15 |
| 11.20 | 11.20 |
| 11.25 |  |  | |  | |  |  | | | | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 11.25 |
| 11.30 | **Pauze** | | | | | | **Kogel**  *uit de ring(4a)* | | | **Hoog**  *op de mat (6a)* | | **Polsstok**  *in de zandbak (11)* | | | | | **Horden**  *40 meter (3b)* | | | | **Slingeren**  *op het gras (10b)* | | | | **Pauze** | | | | 11.30 |
| 11.35 | 11.35 |
| 11.40 | 11.40 |
| 11.45 | 11.45 |
| 11.50 |  | |  |  |  | |  | |  | | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 11.50 |
| 11.55 | **Polsstok**  *in de zandbak (11)* | | | | | | **Pauze** | | | | | **Hoog**  *op de mat (6a)* | | | **Kogel**  *uit ring (4a)* | | **Pauze** | | | | **Horden**  *40 meter (3b)* | | | | **Slingeren**  *op het gras (10b)* | | | | 11.55 |
| 12.00 | 12.00 |
| 12.05 | 12.05 |
| 12.10 | 12.10 |
| 12.15 |  | |  |  |  | |  | |  |  |  |  | | | | |  |  |  |  |  |  |  |  |  |  |  |  | 12.15 |
| 12.20 | **Vortex**  *op het gras (5)* | | | | | | **Polsstok**  *in de zandbak (11)* | | | | | **Kogel**  *uit ring (4a)* | | | **Hoog**  *op de mat (6a)* | | **Sprint**  *40 meter uit staande start* | | | | **Vortex**  *op het gras (5)* | | | | **Horden**  *40 meter (3b)* | | | | 12.20 |
| 12.25 | 12.25 |
| 12.30 | 12.30 |
| 12.35 | 12.35 |
| 12.40 |  | |  |  |  | |  | |  |  |  |  | |  | | |  |  |  |  |  |  |  |  |  |  |  |  | 12.40 |
| 12.45 | **Meters maken (6 min.)**  *afhankelijk van aantallen wordt er in series gestart* | | | | | | | | | | | | | | | |  | | | |  | | | |  | | | | 12.45 |
| 12.50 |  | | | |  | | | |  | | | | 12.50 |
| 12.55 |  | | | | | | |  | | | | |  | | | | **Meters maken (4 min.)**  *afhankelijk van aantallen wordt er in series gestart* | | | | | | | | | | | | 12.55 |
| 13.00 |  | | | | | | |  | | | | |  | | | | 13.00 |
| 13.05 |  | | | | | | |  | | | | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  | 13.05 |
| 13.10 | **Gezamenlijke afsluiting** | | | | | | | | | | | | | | | | | | | | | | | | | | | | 13.10 |
| 13.15 | 13.15 |

2x toeter einde ronde (bij hoogspringen mag beurt worden afgemaakt)

wisselpauze

1x toeter start onderdeel

*Graag aan het einde van elke ronde scorebriefjes (laten) inleveren in de inleverbus op het centrale punt*