

## WEDNESDAY 16 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
					<b>WEIGHT THROW</b>			
8:00	M50	60 HURDLES	45	Pentathlon	10:00	W50	14	Blaarmeersen A
8:18	M55	60 HURDLES	29	Pentathlon	10:00	W65	8	Blaarmeersen B
8:30	M70	200	31	6	11:30	W40	16	Blaarmeersen A
8:45	M50	LONG JUMP	Pentathlon	A	11:30	W35	6	Blaarmeersen B
8:45	M65	200	25	5	14:00	W60	14	Blaarmeersen A
8:57	M60	200	43	8	14:00	W45	12	Blaarmeersen B
9:00	W55+	POLE VAULT	11		15:30	W70	5	Blaarmeersen A
9:00	M55	LONG JUMP	Pentathlon	B	15:30	W75	5	Blaarmeersen B
9:18	M55	200	34	6	16:30	W55	11	Blaarmeersen A
9:36	M35	60 HURDLES	38	Pentathlon	16:30	W80+	4	Blaarmeersen B
9:51	M50	200	57	3				
10:00	M60	60 HURDLES	20	Pentathlon	<b>JAVELIN THROW</b>			
10:09	M50	200	57	7	8:30	M40	19	Blaarmeersen
10:27	M45	200	67	12	10:00	M70	11	Blaarmeersen
10:45	M35	LONG JUMP	Pentathlon	A	11:00	M60	17	Blaarmeersen
10:45	M60	LONG JUMP	Pentathlon	B	12:20	M50	10	Blaarmeersen
10:45	M55	SHOT PUT	Pentathlon		13:20	M45	15	Blaarmeersen
11:00	M50	SHOT PUT	Pentathlon		14:35	M55	8	Blaarmeersen
11:00	M65	60 HURDLES	14	Pentathlon	15:35	M35	14	Blaarmeersen
11:06	M40	200	70	12	16:45	M75	6	Blaarmeersen
11:42	M35	200	48	8	17:30	M65	13	Blaarmeersen
12:00	M65	LONG JUMP	Pentathlon	B	18:30	M80+	5	Blaarmeersen
12:00	M60	SHOT PUT	Pentathlon					
12:00	M55	HIGH JUMP	Pentathlon					
12:06	M40	60 HURDLES	35	Pentathlon				
12:21	W55	200	23	4				
12:33	W50	200	28	5				
12:45	M40	LONG JUMP	Pentathlon	A				
12:48	W45	200	31	6				
13:00	W45-W50	POLE VAULT	11					
13:03	M70	60 HURDLES	21	Pentathlon				
13:12	M75	60 HURDLES	3	Pentathlon				
13:15	W40	200	23	4				
13:15	M35	SHOT PUT	Pentathlon					
13:15	M50	HIGH JUMP	Pentathlon					
13:27	M80+	60 HURDLES	4	Pentathlon				
13:30	W35	200	19	4				
13:30	M65	SHOT PUT	Pentathlon					
13:42	W65+	3000	25	1				
13:59	M45	60 HURDLES	38	Pentathlon				
14:00	M70	LONG JUMP	Pentathlon	B				
14:00	M75+	LONG JUMP	Pentathlon	B				
14:14	W55	60 HURDLES	10	2				
14:22	W50	60 HURDLES	11	2				
14:30	W45	60 HURDLES	14	2				
14:30	M60	HIGH JUMP	Pentathlon					
14:38	W40	60 HURDLES	24	3				
14:45	M45	LONG JUMP	Pentathlon	A				
14:50	W35	60 HURDLES	10	2				
14:58	W60	3000	14	1				
15:15	W55	3000	7	1				
15:15	M40	SHOT PUT	Pentathlon					
15:30	M70	SHOT PUT	Pentathlon					

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	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility	AGE CATEGORY	COMPETITORS	Facility
15:30	M75+	SHOT PUT	Pentathlon				
15:32	M55	1000	Pentathlon	2			
15:45	M35	HIGH JUMP	Pentathlon				
15:48	W70	60 HURDLES					FINAL
15:52	W65	60 HURDLES					FINAL
15:56	W60	60 HURDLES					FINAL
16:00	W50	3000	23	1			
16:00	M75+	TRIPLE JUMP	11	B			
16:00	W40	POLE VAULT	10				
16:00	M65	HIGH JUMP	Pentathlon				
16:17	W55	60 HURDLES					FINAL
16:21	W50	60 HURDLES					FINAL
16:25	W45	3000	19	1			
16:42	W45	60 HURDLES	FINAL	1			
16:45	M35	TRIPLE JUMP	14	A			
16:46	W40	60 HURDLES					FINAL
16:50	W40	3000	22	1			
17:00	M70	TRIPLE JUMP	10	B			
17:07	W35	60 HURDLES					FINAL
17:11	W35	3000	7	1			
17:15	M45	SHOT PUT	Pentathlon				
17:15	M70	HIGH JUMP	Pentathlon				
17:15	M75+	HIGH JUMP	Pentathlon				
17:28	M60	1000	Pentathlon	1			
17:36	M50	1000	Pentathlon	2			
17:45	M40	HIGH JUMP	Pentathlon				
17:52	M80+	3000	8	1			
18:09	M65	1000	Pentathlon	1			
18:15	M65	TRIPLE JUMP	12	B			
18:15	M40	TRIPLE JUMP	25	A			
18:17	M35	1000	Pentathlon	2			
18:30	W35	POLE VAULT	8				
18:33	M70-M75	3000	21	1			
19:07	M65	3000	21	1			
19:24	M70	1000	Pentathlon	1			
19:30	M60	TRIPLE JUMP	13	B			
19:32	M75+	1000	Pentathlon	1			
19:40	M60	3000	32				
20:00	M45	HIGH JUMP	Pentathlon				
20:00	M45	TRIPLE JUMP	18	A			
20:14	M40	1000	Pentathlon	2			
20:30	M55	3000	33	2			
20:45	M55	TRIPLE JUMP	22	B			
21:04	M50	3000	32	2			
21:38	M45	3000	41	2			
21:45	M50	TRIPLE JUMP	17	A			
22:12	M40	3000	34	2			
22:46	M35	3000	40	2			
23:20	M45	1000	Pentathlon	2			

## THURSDAY 17 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
8:00	M40	800	48	5	<b>WEIGHT THROW</b>			
8:30	W35	60 HURDLES	10	Pentathlon	9:00	M55	21	Blaarmeersen A
8:30	W50	TRIPLE JUMP	15	A	9:00	M60	21	Blaarmeersen B
8:30	W65+	TRIPLE JUMP	8	B	11:00	M35	6	Blaarmeersen A
8:56	W50	60 HURDLES	9	Pentathlon	11:00	M80	5	Blaarmeersen B
9:00	M75+	POLE VAULT	8		13:00	M50	20	Blaarmeersen A
9:04	M70	60 HURDLES	17	3	13:00	M65	21	Blaarmeersen B
9:16	M45	800	59	6	14:30	M70	14	Blaarmeersen A
9:30	W35	HIGH JUMP	Pentathlon	A	14:30	M45	20	Blaarmeersen B
9:52	W55	60 HURDLES	7	Pentathlon	16:00	M85+	4	Blaarmeersen A
9:56	M50	800	46	5	16:30	M75	5	Blaarmeersen B
10:00	W50	HIGH JUMP	Pentathlon	B	17:00	M40	20	Blaarmeersen A
10:00	W35	TRIPLE JUMP	5	A	<b>DISCUS THROW</b>			
10:00	W60	TRIPLE JUMP	8	B				
10:26	W40	60 HURDLES	18	Pentathlon	8:30	W50	19	Blaarmeersen
10:38	M65	60 HURDLES	9	2	10:00	W65	10	Blaarmeersen
10:46	M60	60 HURDLES	20	3	11:00	W40	19	Blaarmeersen
10:58	M60	800	31	4	12:30	W60	10	Blaarmeersen
11:00	W40	TRIPLE JUMP	9	A	13:30	W45	17	Blaarmeersen
11:22	M55	60 HURDLES	18	3	15:00	W70-W75	11	Blaarmeersen
11:30	W35	SHOT PUT	Pentathlon	A	16:00	W55	14	Blaarmeersen
11:30	W55	TRIPLE JUMP	5	B	17:15	W80+	6	Blaarmeersen
11:30	M70	POLE VAULT	15		18:00	W35	7	Blaarmeersen
11:34	M50	60 HURDLES	25	4				
11:50	M80	200	8	2				
11:56	M75	200	16	3				
12:00	W55	HIGH JUMP	Pentathlon	B				
12:00	W50	SHOT PUT	Pentathlon	B				
12:00	W45	TRIPLE JUMP	10	A				
12:00	W40	HIGH JUMP	Pentathlon	A				
12:05	M45	60 HURDLES	26	4				
12:21	M40	60 HURDLES	16	2				
12:29	M35	60 HURDLES	15	2				
12:37	M70	200	SEMI FINALS	2				
12:43	W45	60 HURDLES	16	Pentathlon				
12:51	M65	200	SEMI FINALS	2				
12:57	W60	60 HURDLES	7	Pentathlon				
13:01	W65+	60 HURDLES	6	Pentathlon				
13:05	M60	200	SEMI FINALS	3				
13:11	M55	200	SEMI FINALS	3				
13:17	M50	200	SEMI FINALS	3				
13:26	M45	200	SEMI FINALS	3				
13:30	W50	LONG JUMP	Pentathlon	B				
13:30	W35	LONG JUMP	Pentathlon	A				
13:35	M40	200	SEMI FINALS	3				
13:44	M35	200	SEMI FINALS	2				
13:50	W75+	200	7	2				
13:56	W70	200	10	2				
14:02	W65	200	18	3				
14:11	W60	200	SEMI FINALS	2				
14:17	W55	200	SEMI FINALS	2				
14:23	W50	200	SEMI FINALS	2				
14:29	W45	200	SEMI FINALS	2				
14:30	W55	SHOT PUT	Pentathlon	B				

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	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
14:30	W45	HIGH JUMP	Pentathlon	A				
14:30	W40	SHOT PUT	Pentathlon	A				
14:35	W40	200	SEMI FINALS	2				
14:41	W35	200	SEMI FINALS	2				
14:47	M35-M45	3000 RACE WALKING	36	1				
15:00	W60	HIGH JUMP	Pentathlon	B				
15:00	W65+	HIGH JUMP	Pentathlon	C				
15:12	M50-M55	3000 RACE WALKING	33	1				
15:30	M65	POLE VAULT	13					
15:37	W35	800	Pentathlon	1				
15:43	W50	800	Pentathlon	1				
15:49	M60	3000 RACE WALKING	28	1				
16:14	M65	3000 RACE WALKING	26	1				
16:30	W45	SHOT PUT	Pentathlon	A				
16:30	W60+	SHOT PUT	Pentathlon	B				
16:30	W40	LONG JUMP	Pentathlon	A				
16:30	W55	LONG JUMP	Pentathlon	B				
16:44	M70+	3000 RACE WALKING	35	1				
17:14	W35-W50	3000 RACE WALKING	35	1				
17:44	W55-W60	3000 RACE WALKING	26	1				
18:14	W65+	3000 RACE WALKING	22	1				
18:30	W45	LONG JUMP	Pentathlon	A				
18:30	W60+	LONG JUMP	Pentathlon	B				
18:30	M60	POLE VAULT	16					
18:44	W55	800	Pentathlon	1				
18:50	W40	800	Pentathlon	1				
18:56	M90+	200		FINAL				
18:59	M85	200		FINAL				
19:02	M80	200		FINAL				
19:05	W75+	200		FINAL				
19:08	M75	200		FINAL				
19:11	W70	200		FINAL				
19:14	M70	200		FINAL				
19:17	W65	200		FINAL				
19:20	M65	200		FINAL				
19:23	W60	200		FINAL				
19:26	M60	200		FINAL				
19:29	W55	200		FINAL				
19:32	M55	200		FINAL				
19:35	W50	200		FINAL				
19:38	M50	200		FINAL				
19:41	W45	200		FINAL				

## THURSDAY 17 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
19:44	M45	200		FINAL				
19:47	W40	200		FINAL				
19:50	M40	200		FINAL				
19:53	W35	200		FINAL				
19:56	M35	200		FINAL				
19:59	W60+	800	Pentathlon	1				
20:05	M85+	60 HURDLES		FINAL				
20:09	M80	60 HURDLES		FINAL				
20:13	M75	60 HURDLES		FINAL				
20:17	M70	60 HURDLES		FINAL				
20:21	W45	800	Pentathlon	1				
20:27	M70	800	20	2				
20:39	M65	60 HURDLES		FINAL				
20:43	M60	60 HURDLES		FINAL				
20:47	M65	800	21	2				
20:59	M60	800	SEMI FINALS	2				
21:11	M55	60 HURDLES		FINAL				
21:15	M50	60 HURDLES		FINAL				
21:19	M55	800	29	3				
21:37	M50	800	SEMI FINALS	3				
21:55	M45	60 HURDLES		FINAL				
21:59	M40	60 HURDLES		FINAL				
22:03	M35	60 HURDLES		FINAL				
22:07	M45	800	SEMI FINALS	3				
22:25	M40	800	SEMI FINALS	3				
22:43	M35	800	30	3				
22:55	W35	800	16	2				
23:07	W40	800	28	3				
23:25	W45	800	23	3				

## FRIDAY 18 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
					<b>DISCUS THROW</b>			
8:30	M45	LONG JUMP	41	A	8:30	M40	21	Blaarmeersen
8:30	M60	LONG JUMP	28	B	10:00	M75	5	Blaarmeersen
8:30	M45	POLE VAULT	24		10:45	M45	17	Blaarmeersen
8:30	M35	400	39	7	12:30	M80+	6	Blaarmeersen
9:00	W35-40	HIGH JUMP	11	A	14:00	M65	6	Blaarmeersen
9:00	W45	HIGH JUMP	13	B	15:00	M35	15	Blaarmeersen
9:05	M40	400	51	9	16:30	M70	14	Blaarmeersen
9:50	M45	400	67	12				
10:30	M70	LONG JUMP	24	B	9:00	M55	13	Emmanuel Hiel
10:50	M50	400	46	8	10:30	M50	20	Emmanuel Hiel
11:00	W50-W55	HIGH JUMP	20	A	14:00	M60	33	Emmanuel Hiel
11:00	W60-W65	HIGH JUMP	16	B				
11:00	W70+	HIGH JUMP	13	C				
11:00	W65	SHOT PUT	10	B				
11:00	W45	SHOT PUT	19	A				
11:30	M40	LONG JUMP	30	A				
11:30	M40	POLE VAULT	19					
11:30	M55	400	34	6				
12:00	M60	400	27	5				
12:15	W40	SHOT PUT	12	A				
12:15	W40	SHOT PUT	12	B				
12:25	W40	400	22	4				
12:45	W45	400	30	5				
13:10	W50	400	19	4				
13:30	W45	SHOT PUT	19	A				
13:30	M70	60	31	4				
13:30	W50	SHOT PUT	13	A				
13:30	W50	SHOT PUT	13	B				
13:42	M65	60	25	4				
13:45	M35	LONG JUMP	29	A				
13:54	M60	60	42	6				
14:12	M55	60	45	6				
14:15	M50	POLE VAULT	19					
14:30	W50	60	32	4				
14:30	M65	LONG JUMP	22	B				
14:42	M50	60	60	8				
15:00	W55	SHOT PUT	16	A				
15:00	W60	SHOT PUT	10	B				
15:06	W45	60	34	5				
15:21	M45	60	96	12				
15:57	W40	60	30	4				
16:00	M50	LONG JUMP	27	A				
16:09	M40	60	71	9				
16:30	M75	LONG JUMP	13	B				
16:30	W75	SHOT PUT	7	A				
16:30	W70	SHOT PUT	7	B				
16:36	M35	60	59	8				
17:00	M80+	800		FINAL				
17:00	M55	POLE VAULT	15					
17:06	W75+	800		FINAL				

## FRIDAY 18 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
17:12	M75	800		FINAL				
17:18	W70	800		FINAL				
17:24	M70	800		FINAL				
17:29	W65	800		FINAL				
17:34	M65	800		FINAL				
17:39	W60	800		FINAL				
17:44	M60	800		FINAL				
17:49	W55	800		FINAL				
17:54	M55	800		FINAL				
18:00	W50	800		FINAL				
18:00	M55	LONG JUMP	25	A				
18:00	M80+	LONG JUMP	12	B				
18:00	W35	SHOT PUT	7	A				
18:00	W80+	SHOT PUT	8	B				
18:06	M50	800		FINAL				
18:12	W45	800		FINAL				
18:17	M45	800		FINAL				
18:22	W40	800		FINAL				
18:27	M40	800		FINAL				
18:32	W35	800		FINAL				
18:37	M35	800		FINAL				
18:42	M80	60	SEMI FINALS	2				
18:48	M75	60	SEMI FINALS	2				
18:54	M70	60	SEMI FINALS	2				
19:00	M65	60	SEMI FINALS	2				
19:06	M60	60	SEMI FINALS	2				
19:12	M55	60	SEMI FINALS	2				
19:15	M35	POLE VAULT	13					
19:18	M50	60	SEMI FINALS	3				
19:27	M45	60	SEMI FINALS	4				
19:39	M40	60	SEMI FINALS	3				
19:48	M35	60	SEMI FINALS	3				
19:57	W75+	60	SEMI FINALS	2				
20:03	W70	60	SEMI FINALS	2				
20:09	W65	60	SEMI FINALS	2				
20:15	W60	60	SEMI FINALS	2				
20:21	W55	60	SEMI FINALS	2				
20:27	W50	60	SEMI FINALS	2				
20:33	W45	60	SEMI FINALS	2				
20:39	W40	60	SEMI FINALS	2				
20:45	W35	60	SEMI FINALS	2				

## SATURDAY 19 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	semi finals Facility		AGE CATEGORY	COMPETITORS	Facility
					<b>HAMMERTHROW</b>			
					<b>8:30</b>	W60	18	Blaarmeersen
<b>9:00</b>	M35	400	SEMI FINALS	3	<b>10:00</b>	W80+	4	Blaarmeersen
<b>9:12</b>	M40	400	SEMI FINALS	4	<b>10:45</b>	W35	6	Blaarmeersen
<b>9:28</b>	M45	400	SEMI FINALS	4	<b>11:30</b>	W40	17	Blaarmeersen
<b>9:44</b>	M50	400	SEMI FINALS	3	<b>13:15</b>	W50	17	Blaarmeersen
<b>9:56</b>	M55	400	SEMI FINALS	3	<b>14:45</b>	W70	7	Blaarmeersen
<b>10:08</b>	M60	400	SEMI FINALS	2	<b>15:45</b>	W55	16	Blaarmeersen
<b>10:16</b>	M65	400	14	3	<b>16:00</b>	W75	8	Blaarmeersen
<b>10:28</b>	M70	400	16	3	<b>17:00</b>	W45	14	Blaarmeersen
<b>10:40</b>	M75	400	8	2	<b>18:15</b>	W65	9	Blaarmeersen
<b>10:48</b>	W35	400	10	2	<b>CROSS COUNTRY 5 KM</b>			
<b>10:56</b>	W40	400	SEMI FINALS	2				
<b>11:00</b>	M50	HIGH JUMP	24	A	<b>12:00</b>	M65+	59	Blaarmeersen
<b>11:00</b>	M80+	HIGH JUMP	10	C	<b>12:45</b>	W55+	50	Blaarmeersen
<b>11:00</b>	M40	SHOT PUT	17	A	<b>13:30</b>	M55-M60	74	Blaarmeersen
<b>11:00</b>	M40	SHOT PUT	17	B	<b>14:15</b>	W45-W50	54	Blaarmeersen
<b>11:16</b>	W45	400	SEMI FINALS	2	<b>15:00</b>	M45-M50	114	Blaarmeersen
<b>11:26</b>	W50	400	SEMI FINALS	2				
<b>11:41</b>	W55	400	11	2				
<b>11:51</b>	W60	400	9	2	<b>15:45</b>	W35-W40	34	Blaarmeersen
<b>12:00</b>	W65	400	7	2	<b>16:30</b>	M35-M40	87	Blaarmeersen
<b>12:30</b>	M55	SHOT PUT	15	A				
<b>12:30</b>	M55	SHOT PUT	15	B				
<b>13:00</b>	M45	HIGH JUMP	24	A				
<b>13:00</b>	M65	HIGH JUMP	22	B				
<b>13:00</b>	M75	HIGH JUMP	9	C				
<b>14:00</b>	M80+	SHOT PUT	10	A				
<b>14:00</b>	M75	SHOT PUT	12	B				
<b>15:00</b>	M40	HIGH JUMP	22	A				
<b>15:00</b>	M55	HIGH JUMP	18	B				
<b>15:00</b>	M70	HIGH JUMP	9	C				
<b>15:00</b>	M45	SHOT PUT	14	A				
<b>15:00</b>	M45	SHOT PUT	14	B				
<b>16:30</b>	M60	SHOT PUT	13	A				
<b>16:30</b>	M60	SHOT PUT	12	B				
<b>17:30</b>	M90+	60 m		FINAL				
<b>17:35</b>	M85	60 m		FINAL				
<b>17:40</b>	W80+	60 m		FINAL				
<b>17:45</b>	M80	60 m		FINAL				
<b>17:50</b>	W75	60 m		FINAL				
<b>17:55</b>	M75	60 m		FINAL				
<b>18:00</b>	M35	SHOT PUT	19	A				
<b>18:00</b>	M70	SHOT PUT	15	B				
<b>18:00</b>	W70	60 m		FINAL				
<b>18:05</b>	M70	60 m		FINAL				
<b>18:10</b>	W65	60 m		FINAL				
<b>18:15</b>	M65	60 m		FINAL				
<b>18:20</b>	W60	60 m		FINAL				
<b>18:25</b>	M60	60 m		FINAL				

## SATURDAY 19 MARCH 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	semi finals Facility		AGE CATEGORY	COMPETITORS	Facility
18:30	M50	SHOT PUT	20	A				
18:30	M65	SHOT PUT	19	B				
18:30	W55	60 m		FINAL				
18:35	M55	60 m		FINAL				
18:40	W50	60 m		FINAL				
18:45	M50	60 m		FINAL				
18:50	W45	60 m		FINAL				
18:55	M45	60 m		FINAL				
19:00	W40	60 m		FINAL				
19:05	M40	60 m		FINAL				
19:10	W35	60 m		FINAL				
19:15	M35	60 m		FINAL				
19:20	M90+	400 m		FINAL				
19:25	M85	400 m		FINAL				
19:30	M80	400 m		FINAL				
19:30	M35	HIGH JUMP	11	A				
19:30	M60	HIGH JUMP	14	B				
19:35	M75	400 m		FINAL				
19:40	W70+	400 m		FINAL				
19:45	M70	400 m		FINAL				
19:50	W65	400 m		FINAL				
19:55	M65	400 m		FINAL				
20:00	W60	400 m		FINAL				
20:05	M60	400 m		FINAL				
20:10	W55	400 m		FINAL				
20:15	M55	400 m		FINAL				
20:20	W50	400 m		FINAL				
20:25	M50	400 m		FINAL				
20:30	W45	400 m		FINAL				
20:35	M45	400 m		FINAL				
20:40	W40	400 m		FINAL				
20:45	M40	400 m		FINAL				
20:50	W35	400 m		FINAL				
20:55	M35	400 m		FINAL				





## SUNDAY 20 MAART 2011 TIME TABLE

	AGE CATEGORY	EVENT	COMPETITORS	Heats Facility		AGE CATEGORY	COMPETITORS	Facility
					<b>HAMMERTHROW</b>			
8:30	W45	LONG JUMP	22	A	8:30	M75	3	Blaarmeersen
9:00	M80+	1500	7	1	9:00	M45	18	Blaarmeersen
9:00	W70+	LONG JUMP	13	B	11:00	M80+	9	Blaarmeersen
9:10	M75	1500	7	1	12:00	M65	17	Blaarmeersen
9:20	M70	1500	20	2	13:15	M35	9	Blaarmeersen
9:40	W70+	1500	11	1	14:15	M70	16	Blaarmeersen
9:50	M65	1500	23	2	15:30	M40	18	Blaarmeersen
10:10	W65	1500	10	1				
10:15	W40	LONG JUMP	21	A	9:00	M55	13	Emmanuel Hiel
10:20	M60	1500	40	3	10:30	M50	14	Emmanuel Hiel
10:30	W65	LONG JUMP	11	B	12:00	M60	16	Emmanuel Hiel
10:44	W60	1500	12	1	<b>JAVELIN THROW</b>			
10:52	M55	1500	38	3	9:00	W50	15	Blaarmeersen
11:16	W55	1500	12	1	10:15	W40	12	Blaarmeersen
11:24	M50	1500	46	3	11:20	W70-W75	8	Blaarmeersen
11:48	W50	1500	25	2	12:20	W60-W65	7	Blaarmeersen
12:00	W50	LONG JUMP	17	A	13:10	W45	6	Blaarmeersen
12:00	W60	LONG JUMP	11	B	13:55	W55	6	Blaarmeersen
12:00	M45	1500	61	4	14:40	W80+	6	Blaarmeersen
12:32	W45	1500	14	1	15:25	W35	3	Blaarmeersen
12:40	M40	1500	56	4				
13:12	W40	1500	25	2				
13:28	M35	1500	37	3				
13:30	W35	LONG JUMP	8	A				
13:30	W55	LONG JUMP	14	B	<b>RACE WALKING 5 KM</b>			
13:42	W35	1500	16	1				
14:30	M80+	4 x 200		1	8:30	M70+	38	Blaarmeersen
14:40	M75	4 x 200		1	9:15	W60+	37	Blaarmeersen
14:50	W75+	4 x 200		1	10:00	M65	30	Blaarmeersen
15:00	W70	4 x 200		1	10:45	M60	34	Blaarmeersen
15:10	M70	4 x 200		1	11:30	M50-M55	33	Blaarmeersen
15:20	W65	4 x 200		1	12:15	W35-W55	51	Blaarmeersen
15:30	M65	4 x 200		1	13:00	M35-M45	38	Blaarmeersen
15:40	W60	4 x 200		1				
15:50	M60	4 x 200		1				
16:00	W55	4 x 200		1				
16:10	M55	4 x 200		1				
16:20	W50	4 x 200		1				
16:30	M50	4 x 200		1				
16:40	W45	4 x 200		1				
16:50	M45	4 x 200		1				
17:00	W40	4 x 200		1				
17:10	M40	4 x 200		1				
17:20	W35	4 x 200		1				
17:30	M35	4 x 200		1				
<b>17:45</b>	<b>CLOSING CEREMONY</b>							