**Chronoloog competitie Athletics Champs 2016**

**wedstrijd 4 adsv Dynamica Vlissingen op zaterdag 17 september 2016**

atletiekbaan Vrijburg,

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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**  *In krachtruimte boven 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 | **Vortex**  *op het gras (5)* | | | | | | | **Ver**  *In de zandbak (7a)* | | | | | | **Sprint**  *60 meter uit blok (2a)* | | | | | | | | **Hoog**  *op de mat (6b)* | | **Stoten**  *medicien bal (4b)* | | **Vortex**  *op het gras (5)* | | | | **Horden**  *pendelestafette (12)* | | | | 10.15 |
| 10.20 | 10.20 |
| 10.25 | 10.25 |
| 10.30 | 10.30 |
| 10.35 |  |  | | |  |  | |  | |  |  |  | |  |  | | |  | |  | |  | | | |  |  |  |  |  |  |  |  | 10.35 |
| 10.40 | **Ver**  *in de zandbak (7a)* | | | | | | | **Sprint**  *60 meter uit blok (2a)* | | | | | | **Vortex**  *op het gras (5)* | | | | | | | | **Stoten**  *medicien bal (4b)* | | **Hoog**  *op de mat (6b)* | | **Horden**  *pendelestafette (12)* | | | | **Vortex**  *op het gras (5)* | | | | 10.40 |
| 10.45 | 10.45 |
| 10.45 | 10.45 |
| 10.50 | 10.50 |
| 10.55 |  | |  | |  | |  |  |  | |  | |  |  |  | | |  | |  | |  | | | |  |  |  |  |  |  |  |  | 10.55 |
| 11.00 | **Slingeren**  *op het gras (10a)* | | | | | | | **Pauze** | | | | | | **Ver**  *In de zandbak (7a)* | | | | | | | | **Horden**  *pendelestafette (12)* | | | | **Hoog**  *op de mat (6b)* | | **Stoten**  *medicien bal (4b)* | | **Pauze** | | | | 11.00 |
| 11.05 | 11.05 |
| 11.10 | 11.10 |
| 11.15 | 11.15 |
| 11.20 |  |  | | |  | |  |  |  | |  | |  |  | | |  | |  | |  |  |  |  |  |  | | | |  |  |  |  | 11.20 |
| 11.25 | **Horden**  *60 meter (3a)* | | | | | | | **Slingeren**  *op het gras (10a)* | | | | | | **Pauze** | | | | | | | | **Pauze** | | | | **Stoten**  *medicien bal (4b)* | | **Hoog**  *op de mat (6b)* | | **Verspringen**  *in de zandbak vanaf de afzetmat (7b)* | | | | 11.25 |
| 11.30 | 11.30 |
| 11.35 | 11.35 |
| 11.40 | 11.40 |
| 11.45 |  |  | | |  | |  |  | |  |  | |  |  | | |  | |  | |  |  |  |  |  |  | | | |  |  |  |  | 11.45 |
| 11.50 | **Pauze** | | | | | | | **Horden**  *60 meter (3a)* | | | | | | **Slingeren**  *op het gras (10a)* | | | | | | | | **Verspringen**  *in de zandbak vanaf de afzetmat (7b)* | | | | **Pauze** | | | | **Hoog**  *op de mat (6b)* | | **Stoten**  *medicien bal (4b)* | | 11.50 |
| 11.55 | 11.55 |
| 12.00 | 12.00 |
| 12.05 | 12.05 |
| 12.10 |  |  | | |  | |  |  | |  |  |  | |  | |  | |  | |  | |  |  |  |  |  |  |  |  |  | | | | 12.10 |
| 12.15 | **Sprint**  *60 meter uit blok (2a)* | | | | | | | **Vortex**  *op het gras (5)* | | | | | | **Horden**  *60 meter (3a)* | | | | | | | | **Vortex**  *op het gras (5))* | | | | **Verspringen**  *in de zandbak vanaf de afzetmat (7b)* | | | | **Stoten**  *medicien bal (4b)* | | **Hoog**  *op de mat (6b)* | | 12.15 |
| 12.20 | 12.20 |
| 12.25 | 12.25 |
| 12.30 | 12.30 |
| 12.35 |  | |  |  | |  | |  | |  |  |  | |  |  | | |  | |  | |  |  |  |  |  |  |  |  |  | | | | 12.35 |
| 12.40 |  | |  | |  |  | |  | |  |  |  | |  |  | | |  | |  | | **Gezamenlijke afsluiting met stadioncross** | | | | | | | | | | | | 12.40 |
| 12.45 |  | |  | |  |  | |  | |  |  |  | |  |  | | |  | |  | | 12.45 |
| 12.50 | **Gezamenlijke afsluiting met stadioncross** | | | | | | | | | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | 12.50 |
| 12.55 |  |  |  |  |  |  |  |  |  |  |  |  | 12.55 |
| 13.00 |  | |  | |  |  | |  | |  |  |  | |  |  | | |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  | 13.00 |
| 13.05 | **Uitreiking van de verschillende prijzen en aandenkens**  **voor de Athletics Champs, de Supercrack, de Ir Knaap Beker en de Zierikzeebeker.** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 13.05 |
| 13.10 | 13.10 |

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 in de discuskooi.*