

Flanders Youth Challenge

zondag 19/09/2021

Aanvang : 10 u

Meeting nr. 21600

Meeting op selectie (enkel voor clubs van de Vlaamse Atletiekliga én enkel o.b.v. beste bewezen prestaties in 2021)

Sportpark De Lenspolder Nieuwpoort Max. 2 proeven (+ aflossing) Medailles voor de eerste 3 van elke proef

Inschrijvingsgeld : € 3 / proef (**enkel vóórinschrijvingen via atletiek.nu**)

Toegangsgeld : € 5

Programma

| Jongens | | Meisjes | |
|--|--|---|--|
| PUP 60-60H-1000-ver-hoog-kogel-hockey-discus-4x60 | | 60-60H-1000-ver-hoog-kogel-hockey-discus-4x60 | |
| MIN 80-80H-150-150H-300-1000-ver-hoog-speer-discus | | 80-60H-150-150H-300-1000-hoog-kogel-speer-discus-4x80 | |

Volgorde der proeven

| | | | | | |
|-------|------------|-------|-------|--------|-------|
| 10u | 4x80m | min M | 10u | speer | min J |
| 10u15 | 4x60m | pup J | | kogel | pup M |
| 10u30 | 4x60m | pup M | 10u45 | discus | min M |
| 10u50 | 80mHorden | min J | | hoog | min J |
| 11u05 | 60mHorden | min M | | ver | pup J |
| 11u15 | 60mHorden | pup J | | hockey | pup M |
| 11u20 | 60mHorden | pup M | 11u30 | discus | pup J |
| 11u35 | 150m | min J | | kogel | min M |
| 11u45 | 150m | min M | 12u15 | hoog | min M |
| 11u55 | 150mHorden | min M | | hockey | pup J |
| 12u05 | 150mHorden | min J | 14u | ver | min J |
| 12u15 | 300m | min J | | discus | pup M |
| 12u25 | 300m | min M | | hoog | pup M |
| 14u30 | 80m | min M | | speer | min M |
| 14u40 | 80m | min J | 15u | kogel | pup J |
| 14u50 | 60m | pup J | 15u30 | discus | min J |
| 15u | 60m | pup M | 15u45 | ver | pup M |
| 16u20 | 1000m | min J | | hoog | pup J |
| 16u30 | 1000m | min M | | | |
| 16u40 | 1000m | pup M | | | |
| 16u50 | 1000m | pup J | | | |

| PUPILLEN MEISJES | | PUPILLEN JONGENS | | MINIEMEN MEISJES | | MINIEMEN JONGENS | |
|---------------------|--------|---------------------|--------|---------------------|--------|---------------------|--------|
| 10u | kogel | 10u15 | 4x60m | 10u | 4x80m | 10u | speer |
| 10u30 | 4x60m | 10u45 | ver | 10u45 | discus | 10u45 | hoog |
| 10u45 | hockey | 11u15 | 60mH | 11u05 | 60mH | 10u50 | 80mH |
| 11u20 | 60mH | 11u30 | discus | 11u30 | kogel | 11u35 | 150m |
| 14u | discus | 12u15 | hockey | 11u45 | 150m | 12u05 | 150mH |
| 14u | hoog | 14u50 | 60m | 11u55 | 150mH | 12u15 | 300m |
| 15u | 60m | 15u | kogel | 12u15 | hoog | 14u | ver |
| 15u45 | ver | 15u45 | hoog | 12u25 | 300m | 14u40 | 80m |
| 16u40 | 1000m | 16u50 | 1000m | 14u | speer | 15u30 | discus |
| | | | | 14u30 | 80m | 16u20 | 1000m |
| | | | | 16u30 | 1000m | | |

| uur | loopnrs. | hoog | ver | hockey | speer | discus | kogel |
|-------|-------------|-------|-------|--------|-------|--------|-------|
| 10u | 4x80m min M | | | | min J | | pup M |
| 10u15 | 4x60m pup J | | | | | | |
| 10u30 | 4x60m pup M | | | | | | |
| 10u45 | | min J | pup J | pup M | | min M | |
| 10u50 | 80mH min J | | | | | | |
| 11u05 | 60mH min M | | | | | | |
| 11u15 | 60mH pup M | | | | | | |
| 11u20 | 60mH pup J | | | | | | |
| 11u30 | | | | | | pup J | min M |
| 11u35 | 150m min J | | | | | | |
| 11u45 | 150m min M | | | | | | |
| 11u55 | 150mH min M | | | | | | |
| 12u05 | 150mH min J | | | | | | |
| 12u15 | 300m min J | min M | | pup J | | | |
| 12u25 | 300m min M | | | | | | |
| 14u | | pup M | min J | | min M | pup M | |
| 14u30 | 80m min M | | | | | | |
| 14u40 | 80m min J | | | | | | |
| 14u50 | 60m pup J | | | | | | |
| 15u | 60m pup M | | | | | | pup J |
| 15u30 | | | | | | min J | |
| 15u45 | | pup J | pup M | | | | |
| 16u20 | 1000m min J | | | | | | |
| 16u30 | 1000m min M | | | | | | |
| 16u40 | 1000m pup M | | | | | | |
| 16u50 | 1000m pup J | | | | | | |

Miniemen mogen niet dubbelen op 150 m, 150 m horden, 300 m en 1000 m !

Kampnummers pupillen-miniemen: steeds 3 pogingen

Aanvangshoogten hoogspringen :

Pupillen 1,05 m (per 5 cm, van zodra nog slechts 5 atleten in wedstrijd : per 3 cm)

Miniemen : 1,15 m (per 5 cm, van zodra nog slechts 5 atleten in wedstrijd : per 3 cm)

Aanvangshoogte polsstokspringen

Miniemen : 1,80 m (per 10 cm, zodra 5 atleten in wedstrijd : per 5 cm)

Hordenhoogtes : 60 m H miniemen meisjes en alle pupillen : 0,686 m 80 m H miniemen jongens : 0,762 m

150 m H miniemen meisjes (3 horden) : 0,686 m 150 m H miniemen jongens (3 horden) : 0,762 m

Podia om 12 u – 14 u – 16 u – 18 u