

## Dames

### Hordewedstrijden op een 400m piste

|         | PROEF | HOOGTE | AANTAL | EERSTE | TUSSEN | LAATSTE |
|---------|-------|--------|--------|--------|--------|---------|
| Pup     | 60mH  | 0,686m | 6      | 11,00m | 7,00m  | 14,00m  |
| Min     | 60mH  | 0,686m | 6      | 11,00m | 7,00m  | 14,00m  |
|         | 150mH | 0,686m | 3      | 40,00m | 35,00m | 40,00m  |
| Cad     | 80mH  | 0,762m | 8      | 12,00m | 8,00m  | 12,00m  |
|         | 300mH | 0,762m | 7      | 50,00m | 35,00m | 40,00m  |
| Sch     | 100mH | 0,762m | 10     | 13,00m | 8,50m  | 10,50m  |
|         | 400mH | 0,762m | 10     | 45,00m | 35,00m | 40,00m  |
| Jun/Sen | 100mH | 0,838m | 10     | 13,00m | 8,50m  | 10,50m  |
|         | 400mH | 0,762m | 10     | 45,00m | 35,00m | 40,00m  |
| W 35    | 100mH | 0,838m | 10     | 13,00m | 8,50m  | 10,50m  |
| W 35-45 | 400mH | 0,762m | 10     | 45,00m | 35,00m | 40,00m  |
| W 40-45 | 80mH  | 0,762m | 8      | 12,00m | 8,00m  | 12,00m  |
| W 50-55 | 80mH  | 0,762m | 8      | 12,00m | 7,00m  | 19,00m  |
|         | 300mH | 0,762m | 7      | 50,00m | 35,00m | 40,00m  |
| W 60+   | 80mH  | 0,686m | 8      | 12,00m | 7,00m  | 19,00m  |
| W 60-65 | 300mH | 0,686m | 7      | 50,00m | 35,00m | 40,00m  |
| W 70+   | 200mH | 0,686m | 5      | 20,00m | 35,00m | 40,00m  |

## Heren

|         | PROEF | HOOGTE | AANTAL | EERSTE | TUSSEN | LAATSTE |
|---------|-------|--------|--------|--------|--------|---------|
| Pup     | 60mH  | 0,686m | 6      | 11,00m | 7,00m  | 14,00m  |
| Min     | 80mH  | 0,762m | 8      | 12,00m | 8,00m  | 12,00m  |
|         | 150mH | 0,762m | 3      | 40,00m | 35,00m | 40,00m  |
| Cad     | 100mH | 0,838m | 10     | 13,00m | 8,50m  | 10,50m  |
|         | 300mH | 0,762m | 7      | 50,00m | 35,00m | 40,00m  |
| Sch     | 110mH | 0,914m | 10     | 13,72m | 9,14m  | 14,02m  |
|         | 400mH | 0,838m | 10     | 45,00m | 35,00m | 40,00m  |
| Jun     | 110mH | 0,991m | 10     | 13,72m | 9,14m  | 14,02m  |
| Jun/Sen | 400mH | 0,914m | 10     | 45,00m | 35,00m | 40,00m  |
| Sen     | 110mH | 1,067m | 10     | 13,72m | 9,14m  | 14,02m  |
| M 35-45 | 110mH | 0,991m | 10     | 13,72m | 9,14m  | 14,02m  |
|         | 400mH | 0,914m | 10     | 45,00m | 35,00m | 40,00m  |
| M 50-55 | 100mH | 0,914m | 10     | 13,00m | 8,50m  | 10,50m  |
|         | 400mH | 0,838m | 10     | 45,00m | 35,00m | 40,00m  |
| M 60-65 | 100mH | 0,838m | 10     | 12,00m | 8,00m  | 16,00m  |
|         | 300mH | 0,762m | 7      | 50,00m | 35,00m | 40,00m  |
| M 70-75 | 80mH  | 0,762m | 8      | 12,00m | 7,00m  | 19,00m  |
|         | 300mH | 0,686m | 7      | 50,00m | 35,00m | 40,00m  |
| M 80+   | 80mH  | 0,686m | 8      | 12,00m | 7,00m  | 19,00m  |
|         | 200mH | 0,686m | 5      | 20,00m | 35,00m | 40,00m  |

### Hordewedstrijden op een short track

|         | PROEF | HOOGTE | AANTAL | EERSTE | TUSSEN | LAATSTE |
|---------|-------|--------|--------|--------|--------|---------|
| Pup     | 60mH  | 0,686m | 5      | 11,00m | 7,00m  | 21,00m  |
| Min     | 60mH  | 0,686m | 5      | 11,00m | 7,00m  | 21,00m  |
| Cad     | 60mH  | 0,762m | 5      | 12,00m | 8,00m  | 16,00m  |
| Sch     | 60mH  | 0,762m | 5      | 13,00m | 8,50m  | 13,00m  |
| Jun/Sen | 60mH  | 0,838m | 5      | 13,00m | 8,50m  | 13,00m  |
| W 35    | 60mH  | 0,838m | 5      | 13,00m | 8,50m  | 13,00m  |
| W 40-45 | 60mH  | 0,762m | 5      | 12,00m | 8,00m  | 16,00m  |
| W 50-55 | 60mH  | 0,762m | 5      | 12,00m | 7,00m  | 20,00m  |
| W 60+   | 60mH  | 0,686m | 5      | 12,00m | 7,00m  | 20,00m  |

Alle 50mH: Aantal = 4 horden; eerste+tussenafstanden identiek aan 60mH.

|         | PROEF | HOOGTE | AANTAL | EERSTE | TUSSEN | LAATSTE |
|---------|-------|--------|--------|--------|--------|---------|
| Pup     | 60mH  | 0,686m | 5      | 11,00m | 7,00m  | 21,00m  |
| Min     | 60mH  | 0,762m | 5      | 12,00m | 8,00m  | 16,00m  |
| Cad     | 60mH  | 0,838m | 5      | 13,00m | 8,50m  | 13,00m  |
| Sch     | 60mH  | 0,914m | 5      | 13,72m | 9,14m  | 9,72m   |
| Jun     | 60mH  | 0,991m | 5      | 13,72m | 9,14m  | 9,72m   |
| Sen     | 60mH  | 1,067m | 5      | 13,72m | 9,14m  | 9,72m   |
| M 35-45 | 60mH  | 0,991m | 5      | 13,72m | 9,14m  | 9,72m   |
| M 50-55 | 60mH  | 0,914m | 5      | 13,00m | 8,50m  | 13,00m  |
| M 60-65 | 60mH  | 0,838m | 5      | 12,00m | 8,00m  | 16,00m  |
| M 70-75 | 60mH  | 0,762m | 5      | 12,00m | 7,00m  | 20,00m  |
| M80+    | 60mH  | 0,686m | 5      | 12,00m | 7,00m  | 20,00m  |

Alle 50mH: Aantal = 4 horden; eerste+tussenafstanden identiek aan 60mH.

### Steeple wedstrijden op een 400m standaard ovale piste

| CATEGORIEEN              | AFSTAND | BALKEN | SLOTEN | HOOGTE |
|--------------------------|---------|--------|--------|--------|
| Cadetten                 | 1500 m  | 13     | 3      | 0,762m |
| Scholieren & Master W35+ | 2000 m  | 18     | 5      | 0,762m |
| Junioren & Seniores      | 3000 m  | 28     | 7      | 0,762m |

| CATEGORIEEN         | AFSTAND | BALKEN | SLOTEN | HOOGTE           |
|---------------------|---------|--------|--------|------------------|
| Cadetten            | 1500 m  | 13     | 3      | 0,762m           |
| Master M60+         | 2000 m  | 18     | 5      | 0,762m           |
| Scholieren          | 2000 m  | 18     | 5      | 0,838m           |
| Masters M35 tem M55 | 3000 m  | 28     | 7      | 0,838m of 0,914m |
| Junioren & Seniores | 3000 m  | 28     | 7      | 0,914m           |

## Windmeting

o Vanaf startschot voor:

- 100m = 10 sec
- 80mH = 10 sec
- 100mH = 13 sec
- 200m & 150m = 10 sec vanaf het moment dat de eerste atleet in de rechte lijn komt
- Ver/HSS = 5 sec

o 50mH/60mH = 30m voor de aankomst: 5 sec

o Vanaf startschot voor:

- 100m = 10 sec
- 80mH = 10 sec
- 100mH/110H = 13 sec
- 200m & 150m = 10 sec vanaf het moment dat de eerste atleet in de rechte lijn komt
- Ver/HSS = 5 sec

o 50mH/60mH = 30m voor de aankomst: 5 sec

## Werptuigen

|         | KOGEL    | DISCUS   | SPEER  | HAMER    | GEWICHT  |
|---------|----------|----------|--------|----------|----------|
| Pup     | 2,000 kg | 0,600 kg |        |          |          |
| Min     | 2,000 kg | 0,750 kg | 400 gr |          |          |
| Cad     | 3,000 kg | 1,000 kg | 500 gr | 3,000 kg |          |
| Sch     | 3,000 kg | 1,000 kg | 500 gr | 3,000 kg |          |
| Jun     | 4,000 kg | 1,000 kg | 600 gr | 4,000 kg | 9,080 kg |
| Sen     | 4,000 kg | 1,000 kg | 600 gr | 4,000 kg | 9,080 kg |
| W 35-45 | 4,000 kg | 1,000 kg | 600 gr | 4,000 kg | 9,080 kg |
| W 50-55 | 3,000 kg | 1,000 kg | 500 gr | 3,000 kg | 7,260 kg |
| W 60-70 | 3,000 kg | 1,000 kg | 500 gr | 3,000 kg | 5,450 kg |
| W 75+   | 2,000 kg | 0,750 kg | 400 gr | 2,000 kg | 4,000 kg |

|         | KOGEL    | DISCUS   | SPEER  | HAMER    | GEWICHT   |
|---------|----------|----------|--------|----------|-----------|
| Pup     | 2,000 kg | 0,600 kg |        |          |           |
| Min     | 3,000 kg | 0,750 kg | 400 gr |          |           |
| Cad     | 4,000 kg | 1,000 kg | 600 gr | 4,000 kg |           |
| Sch     | 5,000 kg | 1,500 kg | 700 gr | 5,000 kg |           |
| Jun     | 6,000 kg | 1,750 kg | 800 gr | 6,000 kg | 11,340 kg |
| Sen     | 7,260 kg | 2,000 kg | 800 gr | 7,260 kg | 15,880 kg |
| M 35-45 | 7,260 kg | 2,000 kg | 800 gr | 7,260 kg | 15,880 kg |
| M 50-55 | 6,000 kg | 1,500 kg | 700 gr | 6,000 kg | 11,340 kg |
| M 60-65 | 5,000 kg | 1,000 kg | 600 gr | 5,000 kg | 9,080 kg  |
| M 70-75 | 4,000 kg | 1,000 kg | 500 gr | 4,000 kg | 7,260 kg  |
| M 80+   | 3,000 kg | 1,000 kg | 400 gr | 3,000 kg | 5,450 kg  |

## Talmtijden

| Aant. Atleten<br>> 3 + eerste poging<br>2 of 3<br>1<br>opeenvolgende poging | INDIVIDUELE PROEVEN |        |        | MEERKAMP |        |        |
|-----------------------------------------------------------------------------|---------------------|--------|--------|----------|--------|--------|
|                                                                             | hoog                | polsst | andere | hoog     | polsst | andere |
|                                                                             | 1'                  | 1'     | 1'     | 1'       | 1'     | 1'     |
|                                                                             | 1'30"               | 2'     | 1'     | 1'30"    | 2'     | 1'     |
|                                                                             | 3'                  | 5'     |        | 2'       | 3'     |        |
|                                                                             | 2'                  | 3'     | 2'     | 2'       | 3'     | 2'     |

Wanneer nog slechts een atleet in wedstrijd blijft bij het Hoogspringen of het Polstokspringen en die de wedstrijd wint en een poging doet op Wereldrecordhoogte (of eerder welk ander voor de wedstrijd relevant record), wordt de hierboven vermelde talmtijd met 1 minuut verlengd