

# Woensdagavondcompetitie 2017 H.A.C. Helmond

| week | dag    | Pup BC                | tijd | Pup A             | tijd | Junioren D          | tijd  |
|------|--------|-----------------------|------|-------------------|------|---------------------|-------|
| 14   | 5-apr  | ver                   |      |                   |      |                     |       |
| 15   | 12-apr |                       |      | ver               |      | speer               | 18.50 |
|      |        |                       |      |                   |      | 600m                | 20.00 |
| 16   | 19-apr | vortex / duurloop     |      |                   |      | sprint              | 18.50 |
|      |        |                       |      |                   |      | discus              | 19.10 |
| 17   | 26-apr |                       |      |                   |      |                     |       |
| 18   | 3-mei  |                       |      |                   |      |                     |       |
| 19   | 10-mei | 40m / medicinbal      |      |                   |      | ver                 | 18.50 |
|      |        |                       |      |                   |      | 1000m               | 20.00 |
| 20   | 17-mei |                       |      | 60m/kogel         |      |                     |       |
| 21   | 24-mei | C: hoog               |      |                   |      | horden              | 18.50 |
|      |        | B: 40m h / slingeren  |      |                   |      | kogel               | 19.15 |
| 22   | 31-mei |                       |      | hoog              |      |                     |       |
| 23   | 7-jun  |                       |      |                   |      |                     |       |
| 24   | 14-jun | C: 40m h / slingeren  |      | 60m h / slingeren |      |                     |       |
|      |        | B: hoog               |      |                   |      |                     |       |
| 25   | 21-jun | hurkhoog              |      |                   |      | hoog                | 18.50 |
| 26   | 28-jun |                       |      | polsstok ver      |      | horden              | 18.50 |
|      |        |                       |      |                   |      | kogel               | 19.15 |
| 27   | 5-jul  | medicinbal / duurloop |      |                   |      |                     |       |
| 28   | 12-jul |                       |      | kogel/1000m       |      | ver                 | 18.50 |
|      |        |                       |      |                   |      | 600m (serie op PR)  | 20.00 |
| 29   |        |                       |      |                   |      |                     |       |
| 30   |        |                       |      |                   |      |                     |       |
| 31   |        |                       |      |                   |      |                     |       |
| 32   |        |                       |      |                   |      |                     |       |
| 33   |        |                       |      |                   |      |                     |       |
| 34   |        |                       |      |                   |      |                     |       |
| 35   | 30-aug | C: hoog               |      |                   |      | sprint              | 18.50 |
|      |        | B: 40m / vortex       |      |                   |      | speer               | 19.10 |
| 36   | 6-sep  |                       |      | hoog              |      |                     |       |
| 37   | 13-sep | C: 40m / vortex       |      |                   |      | hoog                | 18.50 |
|      |        | B: hoog               |      |                   |      |                     |       |
| 38   | 20-sep |                       |      | 60m / vortex      |      |                     |       |
| 39   | 27-sep |                       |      |                   |      | discus              | 18.50 |
|      |        |                       |      |                   |      | 1000m (serie op PR) | 20.00 |