

TIMETABLE IFAM OUTDOOR - OORDEGEM

SATURDAY 09.08.2025

09u30	100m AC women (from Heat D)
10u05	100m AC men (from Heat D)
10u55	400m AC women (from Heat D)
11u40	400m AC men (from Heat D)
12u40	200m AC women (from Heat D)
13u20	200m AC men (from Heat D)
14u10	100mH AC women (84cm) Heats
14u30	110mH AC men (107cm) Heats
14u50	800m AC women (from Heat E)
15u30	800m AC men (from Heat E)
16u45	110mH AC men (107cm) Final
16u50	100mH AC women (84cm) Final
17u00	100m AC women Final A, B, C
17u10	100m AC men Final A, B, C
17u25	400mH AC women (76cm) Heats A, B, C, D, E
17u55	400mH AC men (91cm) Heats A, B, C, D, E
18u30	200m AC men Finale A, B, C
18u40	200m AC women Finale A, B, C
18u55	400m AC women Final Heats A, B, C
19u10	400m AC men Final Heats A, B, C
19u25	800m AC women Heat A, B, C, D
19u40	800m AC men Heat A, B, C, D
20u00	1000m AC women International Heat
20u05	1000m AC Men International Heat
20u15	3000m ST women Heat A
20u30	3000m ST men Heat A, B, C
21u05	1500m AC women Heat A, B, C
21u25	1500m AC men Heat A, B, C, D
21u50	5000m AC women Heat
22u10	5000m AC men Heat A
22u30	5000m AC men Heat B
22u50	5000m AC men Heat C
23u10	1500m AC women (from Heat D) minimum 4.45
23u30*	1500m AC men (from Heat E) minimum 4.00
00u30*	5000m AC men (from Heat D) minimum 15.00

FIELD EVENTS
(NATIONAL)

14u30	shot put men
14u50	long jump women
15u00	discus women
16u00	shot put women
16u50	long jump men
17u00	discus men

* Depending on possible cancellations, this can be earlier