

WORLD ATHLETICS™

Continental Tour Bronze

TIMETABLE IFAM OUTDOOR - OORDEGEM

ifam OORDEGEM
OUTDOOR

 SPORT.
VLAANDEREN

 EUROPEAN
ATHLETICS
YOUR SPORT FOR LIFE

SATURDAY 09.08.2025

10u00	100m AC women (from Heat E)	
10u25	100m AC men (from Heat E)	
11u10	400m AC women (from Heat E)	
11u50	400m AC men (from Heat E)	
12u50	200m AC women (from Heat D)	
13u30	200m AC men (from Heat D)	
14u20	100mH AC women (84cm) Heats	
14u40	110mH AC men (107cm) Heats	
14u55	800m AC women (from Heat E)	
15u25	800m AC men (from Heat F)	
16u30	110mH AC men (107cm) Final	
16u35	100mH AC women (84cm) Final	
16u45	100m AC women Final A, B, C, D	
17u00	100m AC men Final A, B, C, D	
17u20	400mH AC women (76cm) Heats A, B, C, D, E ...	
17u50	400mH AC men (91cm) Heats A, B, C, D, E ...	
18u25	200m AC men Finale A, B, C	
18u35	200m AC women Finale A, B, C	
18u50	400m AC women Final Heats A, B, C, D	
19u05	400m AC men Final Heats A, B, C, D	
19u20	800m AC women Heat A, B, C, D	
19u35	800m AC men Heat A, B, C, D, E	
20u00	1000m AC Men International Heat	
20u10	3000m ST women Heat A	
20u25	3000m ST men Heat A, B	
20u50	1500m AC women Heat A, B, C, D	
21u15	1500m AC men Heat A, B, C, D, E	
21u45	5000m AC women Heat 1	
22u05	5000m AC men Heat A	
22u25	5000m AC men Heat B	
22u45	5000m AC men Heat C	
23u05	1500m AC women (from Heat E)	
23u25	1500m AC men (from Heat F) *	
23u50*	5000m AC men (from Heat D)*	

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



CRAFT
JOHNNY DE CEULAERDE
PHOTOGRAPHY

 Valckenier
move with a smile

BLACKROLL®
Do it your health

 **SPORTUNIT**

 **Glaswerken
De Grom** sinds 1955





 Veldeman
SCHILDERWERKEN & AANNEMINGEN

 YOUR
DRIVE
TO WIN
SPORTS NUTRITION
www.wcup.eu

 **sportwijzer**

 powered by
MASPOE
TOPSPORT