

|                       |                          |            |                          |            |       |            | MEETING VAC<br>VILVOORDE | MEETING DUFF<br>DUFFEL |  |                          |     |                          |     |                          |         | BK JUN BEL |  |            |  |  |  |
|-----------------------|--------------------------|------------|--------------------------|------------|-------|------------|--------------------------|------------------------|--|--------------------------|-----|--------------------------|-----|--------------------------|---------|------------|--|------------|--|--|--|
| WEEK 36               |                          |            |                          |            |       |            |                          |                        |  |                          |     |                          |     |                          | WEEK 37 |            |  |            |  |  |  |
| ma - 31/08            |                          | wo - 02/09 |                          | vr - 04/09 |       | za - 05/09 |                          | zo - 06/09             |  | ma - 07/09               |     | wo - 09/09               |     | vr - 11/09               |         | za - 12/09 |  | zo - 13/09 |  |  |  |
| 1ste jaar CADET DAMES |                          | 19u30      |                          | 19u30      |       | 19u30      |                          |                        |  | 19u30                    |     | 19u30                    |     | 19u30                    |         |            |  |            |  |  |  |
| Evelien Vets          | Lte                      | LaC        | SpT                      | JeV        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Fen Antonissen        |                          |            | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  |                          |     | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Jo Lieckens           | Lte                      | LaC        | SpT                      | JeV        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Juliette Horemans     |                          |            | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  |                          |     | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Lilli-free Frans      |                          |            | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  |                          |     | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Mila Thielemans       | Lte                      | LaC        | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Miranda Ekhibise      | Lte                      | LaC        | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Nanette David         | Lte                      | LaC        | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| 2de jaar CADET DAMES  | 19u30                    |            | 19u30                    |            | 19u30 |            |                          |                        |  | 19u30                    |     | 19u30                    |     | 19u30                    |         |            |  |            |  |  |  |
| Aliki Hopchet         | Lte                      | LaC        | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Feline De Swert       | Lte                      | LaC        | SpT                      | JeV        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Good-Luck Kossi       | R                        |            | St+Co                    | VeS        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Jolien Monsieurs      | R                        |            | St+Co                    | VeS        | Lte   | KoS        | PaH                      |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Juno Pieters          | Lte                      | LaC        | SpT                      | JeV        | Lte   | KoS        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | KoS     |            |  |            |  |  |  |
| Lauren Wuyts          | JV alternatieve training |            | JV alternatieve training |            | AnK   | FoW        |                          |                        |  | JV alternatieve training |     | JV alternatieve training |     | JV alternatieve training |         |            |  |            |  |  |  |
| Saar Vanchaze         | Lte                      | LaC        | St+Co                    | VeS        | Lte   | AnK        |                          |                        |  | Lte                      | LaC | St+Co                    | VeS | Lte                      | AnK     |            |  |            |  |  |  |

Meerkamper

|     |                     |       |                     |       |                    |           |                       |
|-----|---------------------|-------|---------------------|-------|--------------------|-----------|-----------------------|
| KoS | Korte Spurt         | JePSS | Jesse PSS           | St+Co | Stabiliteit-core   | R         | Rust                  |
| VeS | Verlengde Spurt     | CaH   | Carl Hoog           | KrA   | Kracht training    | 1/2 F     | Halve Fond            |
| LaC | Lactisch-uithouding | AnK   | Anik Kogel / Discus | Len   | Lenigheid training |           | Deelname wedstrijd    |
| SpK | Sprongkracht        | FoW   | Fons speer / Discus | Lte   | Looptechniek       | lege cel  | Kan dan niet trainen  |
| JeV | Jean Ver            | DiW   | Dirk DH Werpen      | Habc  | Horde ABC          | Alt.Na.Tr | Alternatieve training |
| SpT | Sprong techniek     | PaH   | Paul Horden         | VeH   | Verlengde horden   | AFWEZIG   | Gemelde afwezigheid   |

|                       | WEEK 36                   |     |                           |          |                           |     |            |            | WEEK 37                   |     |            |     |                           |     |            |            |
|-----------------------|---------------------------|-----|---------------------------|----------|---------------------------|-----|------------|------------|---------------------------|-----|------------|-----|---------------------------|-----|------------|------------|
|                       | ma - 31/08                |     | wo - 02/09                |          | vr - 04/09                |     | za - 05/09 | zo - 06/09 | ma - 07/09                |     | wo - 09/09 |     | vr - 11/09                |     | za - 12/09 | zo - 13/09 |
| 1ste jaar CADET HEREN | 19u30                     |     | 19u30                     |          | 19u30                     |     |            |            | 19u30                     |     | 19u30      |     | 19u30                     |     |            |            |
| Cas Koninkx           | Lte                       | LaC |                           |          |                           |     |            |            | Lte                       | LaC |            |     |                           |     |            |            |
| Emile Reusens         | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Ernest Vermeulen      | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Ingo Dils             | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Jasper Tilemans       | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Jonas Cassaer         | Lte                       | LaC | St+Co                     | JePSS ?? | AnK                       | FoW |            |            | Lte                       | LaC | CaH        |     | AnK                       | FoW |            |            |
| Kobe Rodyns           |                           |     | St+Co                     | VeS      | Lte                       | KoS |            |            |                           |     | St+Co      | VeS | Lte                       | KoS |            |            |
| Matz Van Haver        | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Oliver Braet          | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Siebe Dieltjens       |                           |     | St+Co                     | VeS      | Lte                       | KoS |            |            |                           |     | St+Co      | VeS | Lte                       | KoS |            |            |
| Thomas Van Herck      | Lte                       | LaC | St+Co                     | VeS      | AnK                       | FoW | PaH        |            | Lte                       | LaC | St+Co      | VeS | AnK                       | FoW |            |            |
| Tiebe Aertgeerts      |                           |     | St+Co                     | VeS      | St+Co                     | VeS |            |            |                           |     | St+Co      | VeS | St+Co                     | VeS |            |            |
| 2de jaar CADET HEREN  | 19u30                     |     | 19u30                     |          | 19u30                     |     |            |            | 19u30                     |     | 19u30      |     | 19u30                     |     |            |            |
| Alec Everdepoel       | CaH alternatieve training |     | CaH alternatieve training |          | CaH alternatieve training |     |            |            | CaH alternatieve training |     | CaH        |     | CaH alternatieve training |     |            |            |
| Stef Everaert         | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Lowie Claessens       | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | St+Co      | VeS | Lte                       | KoS |            |            |
| Tim Mylemans          | Lte                       | LaC | St+Co                     | JePSS ?? | AnK                       | FoW | PaH        |            | Lte                       | LaC | CaH        |     | AnK                       | FoW |            |            |
| Victor Symens         | Lte                       | LaC | St+Co                     | VeS      | Lte                       | KoS |            |            | Lte                       | LaC | CaH        |     | Lte                       | KoS |            |            |