Datum		Lokatie	Sport A + B	Zwembad	Droogtraining	Lokatie	Sport C	Zwembad	Droogtraining	Lokatie	Sport D	Zwembad	Droogtraining	Lokatie	Sport E	Zwembad	Droogtraining
		M = Molenheide Db = Piste DonBosco Helchteren FH = Finse Piste Hechtel G = Zwembad Genk H = Zwembad Hasselt O = Zwembad Overpelt				C* = C groep die meer dan 75% van afstand gezwommen hebben											
7/01/2019		M	18.30 - 20.00	1.5													
8/01/2019						M	18.30-20.00	1,5		M	18.30-20.00	1.5					
9/01/2019		M	18.30 - 20.00	1.5										M	18.30-19.30	1,0	
10/01/2019																	
11/01/2019		M	18.00-20.30	1.5	1,0	M	18.00-20.30	1,5	1,0								
12/01/2019		M	07.30-09.00	1.5		M	07.30-09.00	1,5		M	07.30-10.00	1,0	1,0	M	08.00-09.00	1,0	
13/01/2019		1 dag Limburg Cup				1 dag Limburg Cup				1 dag Limburg Cup				1 dag Limburg Cup			
						G	08.00-10.00 enkel C*										
14/01/2019		M	18.30 - 20.00	1.5													
15/01/2019						M	18.30-20.00	1,5		M	18.30-20.00	1.5					
16/01/2019		M	18.30 - 20.00	1.5										M	18.30-19.30	1,0	
17/01/2019						M	19.00-20.30	1,5		M	19.00-20.30	1.5		M	18.00-19.00	1,0	
18/01/2019		M	18.00-20.30	1.5	1,0	M	18.00-20.30	1,5	1,0								
19/01/2019		M	07.30-09.00	1.5		M	07.30-09.00	1,5		M	07.30-10.00	1,0	1,0	M	08.00-09.00	1,0	
19/01/2019							VJK Lange Afstand										
20/01/2019																	
21/01/2019		M	18.30 - 20.00	1.5													
22/01/2019						M	18.30-20.00	1,5		M	18.30-20.00	1.5					
23/01/2019		M	18.30 - 20.00	1.5										M	18.30-19.30	1,0	
24/01/2019						M	19.00-20.30	1,5		M	19.00-20.30	1.5		M	18.00-19.00	1,0	
25/01/2019		M	18.00-20.30	1.5	1,0												
26/01/2019		M	07.30-09.00	1.5			Janus			M	07.30-10.00	1,0	1,0				
27/01/2019		Limburg Cup Lommel					Janus			Limburg Cup Lommel							
28/01/2019		M	18.30 - 20.00	1.5													
29/01/2019						M	18.30-20.00	1,5		M	18.30-20.00	1.5					
30/01/2019		M	18.30 - 20.00	1.5										M	18.30-19.30	1,0	
31/01/2019						M	19.00-20.30	1,5		M	19.00-20.30	1.5		M	18.00-19.00	1,0	
1/02/2019		M	18.00-20.30	1.5	1,0	M	18.00-20.30	1,5	1,0								
2/02/2019		M	07.30-09.00	1.5		M	07.30-09.00	1,5		M	07.30-10.00	1,0	1,0	M	08.00-09.00	1,0	
3/02/2019						G	08.00-10.00 enkel C*										
4/02/2019		M	18.30 - 20.00	1.5													
5/02/2019						M	18.30-20.00	1,5		M	18.30-20.00	1.5					
6/02/2019		M	18.30 - 20.00	1.5										M	18.30-19.30	1,0	
7/02/2019						M	19.00-20.30	1,5		M	19.00-20.30	1.5		M	18.00-19.00	1,0	
8/02/2019		M	18.00-20.30	1.5	1,0	M	18.00-20.30	1,5	1,0								
9/02/2019		M	07.30-09.00	1.5			VJK			M	07.30-10.00	1,0	1,0				
10/02/2019							VJK										
11/02/2019		M	18.30 - 20.00	1.5													
12/02/2019						M	18.30-20.00	1,5		M	18.30-20.00	1.5					
13/02/2019		M	18.30 - 20.00	1.5										M	18.30-19.30	1,0	
14/02/2019						M	19.00-20.30	1,5		M	19.00-20.30	1.5		M	18.00-19.00	1,0	
15/02/2019		M	18.00-20.30	1.5	1,0	M	18.00-20.30	1,5	1,0								
16/02/2019		M	07.30-09.00	1.5		M	07.30-09.00	1,5		M	07.30-10.00	1,0	1,0	M	08.00-09.00	1,0	
17/02/2019																	
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28/02/2019																	
1/03/2019																	