

CADETTES			CADETS		
80 H./0.762	Parisse Anne-Françoise (1993)	12.29	100 H (0.914)	Roelants Sebastiaan (2012)	14.65
200H	Cornez Marine (2017)	35.45			
300 H./0.762	Scimeca Lina (2004)	46.60	300 H (0.762)	Ghuys Dimitri. Jr (2014)	41.85
400 H./0.762			400 H (0.838)		
80 m.	Mathieu Sandrine (1992)	11.07			
100 m.	Meghlaoui-Huc Alicia (2017)	12.79	100 m.	Defauw Sébastien (2011)	11.83
			150 m.	Heynderickx Ludo (1993)	18.39
200 m.	Scimeca Lina (2004)	26.17	200 m.	Defauw Sébastien (2011)	23.77
300 m.	Pontynen N (1991)	42.60	300 m.	Noël Léo (2014)	37.71
400 m.	Meghlaoui-Huc Alicia (2017)	59.46	400 m.	Heynderickx Ludo (1993)	53.34
600 m.			600 m		
800 m.	Detienne Sophie (1989)	2.14.75	800 m.	Parvais Olivier (1983)	2.02.2
1000 m.	Roobaert Laurence (1987)	2.57.4	1000 m.	Clerckx Nicolas (1996)	2.42.94
1500 m.	Roobaert Laurence (1987)	4.41.2	1500 m.	Minet Gérard (1972)	4.17.5
1500 m steeple	Vasteels Lucie (2018)	5.31.76			
Mile	Vasteels Lucie (2018)	5.33.17	Mile	Verhaegen Matteo (2017)	4.49.13
3000 m.			3000 m.		
Longueur	Scimeca Lina (2003)	5.15	Longueur	Dethier Olivier (1993)	5.96
Triple saut	Ego Caroline (2001)	10.13	Triple saut	Dethier Olivier (1993)	12.05
Hauteur	Vasteels Elsa (2019)	1.53	Hauteur	Dehou J. (1999)	1.86
Perche	De la Hera Maya (14)	2.75	Perche	Descamps Lucas (2018)	3.80
Poids 3kg	Scimeca Anna (2005)	12.73			
Poids 4kg	Ballas Elsa (2019)	10.97	Poids 4 kg	Chiesi Raphael (2001)	14.91
Disque 1kg	Scimeca Anna (2005)	36.84	Disque 1kg	Stalas Jean (1990)	46.06
Javelot 500gr	Williams J. (1995)	38.52			
Javelot 600gr	Ballas Elsa (2019)	32.96	Javelot 600gr	Ego Laurent (2003)	43.08
Marteau 3kg	Cheneviere S. (1991)	18.46	Marteau 4kg	Pierre Nicolas (1999)	49.01
Marteau 4kg					
Triathlon	Seghers Cathy (1982)	1226			
Pentathlon	Schepers Kinda (1991)	2373	Pentathlon	Di Stefano G. (93)	2.530
Hexathlon	D'Angelo Sarah (2013)	2.795			
			Octathlon	Dewel Hugo (2019)	3.592
RELAIS			RELAIS		
4 x 100	Vanderpoorten AS-Schepers Kinda	53.39	4 x 100	Sempot Axel. - Spigeleer Loïc.	46.65
	Di Stefano Nadia – Mathieu Sandrine (1991)			Lognay Samuel - Chiroux Gaétan (2016)	
4 x 200	Hafvenström Astrid – Kiass Yasmina	2.08.34	4 x 200	Reginster Gaetan – Noël Léo	1.40.35
	Langthaler S – Paternotte A. (2008)			Bourlard Loïc– Ghuys Dimitri Jr (2014)	
4 x 400			4 x 400	Defauw Sébastien - Mayne Marty	3.54.21
				Reginster Quentin – Spigeleer Nicolas (2011)	
4 x 800			4 x 800	Brisart Jonathan- Heynderickx Ronny	8.42.41
				Gilson Mathieu – Clerckx Nicolas (1996)	
Suédois 400-300-200-100	O'Shea Chloé - Meghlaoui-Huc Alicia	2.27.79	Suédois (400-300-200-100)	Defauw Sébastien - Spigeleer Nicolas	2.12.94
	Delanghe Emma - De Preudhonne Nina (2017)			Reginster Quentin – Mayne Marty (2011)	
Olympique 800-400-200-100	Metillon Mélanie – Rovai G.	4.24.11	Olympique (800-400-200-100)	Brisart Jonathan – Clerckx Nicolas	3.44.06
	Laureys M. – Cousinne A. (2005)			Bouqueau Rudy - Heynderickx Ronny (1996)	