

| RARC/KAWV | BK voorw. | en BVB | zat. | 23-apr | |
|-----------|----------------------------|-----------------|---------------------------|--------|-----|
| | 13.30-14.30 starten met | voorw. 1XW/M | eerste blok f(inschr.) | BK | |
| 101 | 14.35 | JW16 | 1X | 2000m | BVB |
| 102 | 14.45 | JM16 | 2X | 2000m | BVB |
| 103 | 15.00 | JM14 | 1X pol | 1000m | BVB |
| 104 | 15.20 | JW14 | 2X | 1000m | BVB |
| 105 | 15.30 | M/Wmas | 2X | 1000m | |
| 106 | 15.35 | Mbeg | 1X | 1000m | BVB |
| 107 | 15.45 | Wbeg | 2X | 1000m | BVB |

16.00-17.00 voorw tweede blok BK
starten met eindigen met 1XM-23/W 2XW en M f(inschr.)

| RARC/KAWV | BVB | zondag | 24-apr | PASEN | zondag |
|-----------|-------|---------|--------|-------|------------------|
| 201 | 10.15 | JW12 | 2X | 500m | BVB steiger 1500 |
| 202 | 10.20 | JM12 | 2X | 500m | BVB steiger 1500 |
| 203 | 10.35 | M/W/Mas | 1X | 1000m | |
| 204 | 10.40 | JW14 | 1X pol | 1000m | BVB |
| 205 | 10.55 | JM14 | 2X | 1000m | BVB |
| 206 | 11.05 | Wbeg | 1X | 1000m | BVB |
| 207 | 11.15 | Mbeg | 2X | 1000m | BVB |
| 208 | 11.25 | W16 | 2X | 2000m | BVB |
| 209 | 11.35 | M16 | 1X | 2000m | BVB |

| RARC/KAWV | | BK | 2011 | timing | zondag |
|-----------|--------|-------|------|--------------------------------|--------|
| 210 | 13.30 | JW | 1X | REEKSEN OP | |
| 211 | 13.38 | JM | 1X | ZATERDAGNAMIDDAG | |
| 212 | 13.46 | LW | 1X | 13.30-14.30 | |
| 213 | 13.54 | LM | 1X | | |
| 214 | 14.02 | W | 1X | | |
| 215 | 14.10 | M | 1X | | |
| | SPRINT | | 500m | | |
| S1 | 14.30 | JW14 | 1X | | |
| S2 | 14.40 | JM14 | 1X | | |
| S3 | 15.05 | JM12 | 1X | pol BVB | |
| S4 | 15.20 | JW 12 | 1X | pol BVB | |
| S5 | 15.30 | JW 14 | 2X | | |
| S6 | 15.40 | JM 14 | 2X | | |
| 216 | 16.05 | W-23 | 1X | REEKSEN OP | |
| 217 | 16.10 | M-23 | 1X | ZATERDAGNAMIDDAG | |
| 218 | 16.18 | W | 2- | 16.00-17.00 | |
| 219 | 16.26 | M | 2- | | |
| 220 | 16.34 | JW | 2X | | |
| 221 | 16.42 | LW | 2X | | |
| 222 | 16.50 | JM | 2- | | |
| 223 | 16.58 | JM | 2X | Hoofdnummers: > 3uur verschil | |
| 224 | 17.06 | LM | 2X | per categorie voor dubbelstart | |
| 225 | 17.14 | JW | 2- | | |
| 226 | 17.22 | LM | 2- | | |
| 227 | 17.30 | W | 2X | | |
| 228 | 17.38 | M | 2X | | |