

| Datum | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | Datum | U15 | U17 | U21 | Seniors | Dames |
|----------|------------|--------------|------------|------------|------------|------------|------------|------------|----------|----------------|-----------------|------------------|---------------------------|-------|
| Ma 31-07 | | | TR 18.15 | | | | | | Ma 31-07 | | TR 19.30 | TR 19.30 | | |
| Di 01-08 | | | | | | TR 18.15 | | | Di 01-08 | TR 18.15 | | | LTR 19.30 | |
| Wo 02-08 | | | TR 18.15 | | | | | | Wo 02-08 | | TR 19.30 | TR 19.30 | | |
| Do 03-08 | | | | | | TR 18.15 | | | Do 03-08 | TR 18.15 | | | TR 19.30 | |
| Vr 04-08 | | | | | | | | | Vr 04-08 | | Doorslaar 19.00 | | TR 19.30 | |
| Za 05-08 | | | Bambrugge | | | | | | Za 05-08 | | | | | |
| Zo 06-08 | | | | | | | | | Zo 06-08 | | | | Beker v Oost ??? 16.00 | |
| Ma 07-08 | | | | | | | | | Ma 07-08 | | TR 19.30 | TR 19.30 | LTR 19.30 | |
| Di 08-08 | | | | | | TR 18.15 | | | Di 08-08 | TR 18.15 | | | TR 19.30 | |
| Wo 09-08 | | | | | | | | | Wo 09-08 | | TR 19.30 | TR 19.30 | | |
| Do 10-08 | | | | | | TR 18.15 | | | Do 10-08 | TR 18.15 | | | Doggen 19.30 | |
| Vr 11-08 | | | | | | | | | Vr 11-08 | | | | | |
| Za 12-08 | | | | Houtem | | | Mere | | Za 12-08 | | | | TR 10.30 | |
| Zo 13-08 | | | | | | | | | Zo 13-08 | Mere | | | Beker v Oost ??? 16.00 | |
| Ma 14-08 | | | | | | | | | Ma 14-08 | | TR 19.30 | TR 19.30 | TR 19.30 | |
| Di 15-08 | | | Herdersem | Herdersem | | | | | Di 15-08 | | | | | |
| Wo 16-08 | TR 18.15 | | | TR 18.15 | TR 18.15 | TR 18.15 | | | Wo 16-08 | | TR 19.30 | Herdersem 19.30 | TR 19.30 | |
| Do 17-08 | | TR 18.15 | TR 18.15 | | | | | TR 18.15 | Do 17-08 | TR 18.15 | | | TR 19.30 | |
| Vr 18-08 | | | | | | | | | Vr 18-08 | | | | | |
| Za 19-08 | | Beervelde | Oudegem | | | | | | Za 19-08 | Massemen | Strombeek 11.15 | | | |
| Zo 20-08 | | | | | | | Oudegem | | Zo 20-08 | | | | Lebeke Aalst 16.00 | |
| Ma 21-08 | | | | TR 18.15 | TR 18.15 | TR 18.15 | | | Ma 21-08 | | TR 19.30 | TR 19.30 | | |
| Di 22-08 | | TR 18.15 | TR 18.15 | | | | | TR 18.15 | Di 22-08 | TR 18.15 | Doorslaar 19.30 | | TR 19.30 | |
| Wo 23-08 | STAGEDAG | STAGEDAG | STAGEDAG | STAGEDAG | STAGEDAG | STAGEDAG | STAGEDAG | STAGEDAG | Wo 23-08 | STAGEDAG | STAGEDAG | STAGEDAG | | |
| Do 24-08 | | TR 18.15 | TR 18.15 | | | | | TR 18.15 | Do 24-08 | TR 18.15 | | | Burst 19.30 | |
| Vr 25-08 | | | | | | | | | Vr 25-08 | | Overmere | | TR 19.00 + Walking Dender | |
| Za 26-08 | | Gijz.Ooster. | | Overmere | R.Opdorp | | Lippelo | Grembergen | Za 26-08 | | | Gerda StNi 13.00 | | |
| Zo 27-08 | | | | | | | Smetlede | | Zo 27-08 | | | | Beker v Oost ??? 16.00 | |
| Ma 28-08 | | | | TR 18.15 | TR 18.15 | TR 18.15 | | TR 18.15 | Ma 28-08 | | Borsbeke 19.00 | TR 19.30 | | |
| Di 29-08 | | TR 18.15 | TR 18.15 | | | | | | Di 29-08 | TR 18.15 | | | TR 19.30 | |
| Wo 30-08 | TR 18.15 | | | TR 18.15 | TR 18.15 | TR 18.15 | | TR 18.15 | Wo 30-08 | Borsbeke 18.00 | TR 19.30 | TR 19.30 | | |
| Do 31-08 | | TR 18.15 | TR 18.15 | | | | | | Do 31-08 | TR 18.15 | | | TR 19.30 | |
| Vr 01-09 | | | | | | | | | Vr 01-09 | | | | TR 19.30 | |
| Za 02-09 | COMPETITIE | COMPETITIE | COMPETITIE | COMPETITIE | COMPETITIE | COMPETITIE | COMPETITIE | COMPETITIE | Za 02-09 | COMPETITIE | COMPETITIE | COMPETITIE | COMPETITIE | |

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| Blauw | Training op Schoonaarde | Paars | Oefenmatch op juvenus |
| Geel | Looptraining Park Aalst | Rood | Oefenmatch op verplaatsing |
| Oranje | Looptraining Konijnenberg Berlare | Groen | Tornooi op verplaatsing |

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