

20TH MEMORIAL RASSCHAERT

Mondo Track - FLANDERSCUPMEETING

PROGRAMME

Men

100m-200m-400m-800m-1500-5000m-
110H-400H-high jump-pole vault-long
jump-shot put-discus-javelin

Women

100m-200m-400m-800m-1500m-
3000mst-100H-high jump-pole vault-long
jump-triple jump-shot put-discus-javelin

UURROOSTER

15h00 100m heats Women

15h30 100m heats Men

16h10 200m Women

16h40 200m Men

17h20 400m Women (B,.... heats)

17h40 **400m Women (A heat)**
400m Men (A/B heat)

18h00 **100m Final A Women**
100m Final A Men

18h20 **400mH Men**

18h40 **800m Women (A heat)**
800m Men (A/B heat)

19H00 **100mH Women**
110mH Men

19h25 **3000m Sc Women**

19h50 **1500m Women (AB heat)**
1500m Men (A/B/C heat)

20h30 **5000m Men (A heat)**

20h50 400m Men (C, ... heats)

21h10 800m Women (B, ... heats)

21h30 800m Men (C,heats)

21h50 1500m women (B, ... heats)

1500m Men (D,.... heats)

5000m Men (B,.... heats)

15h00 Pole vault Women (2m01)

16h00 Triple jump Women (9m of 11m)
Discus women (1kg)

17h00 Long jump women
High jump women (1m39)

17h30 Pole vault Men (3m51)
Shot put Men (7,26kg)
Javelin men (800gr)

18h30 Long jump men (groep 1)
Shot put Women (4kg)

18h45 Discus men (2kg)

19h00 High jump Men (1m51)

20h00 Javelin women (600gr)

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FLANDERS CUP MEETING

We are very pleased that the stadium has been renovated. Now the stadium contains a mondo track (8 lanes for 200m).

We ask you to registrate your participation for the head programme. Please fill in the registration form on our site (www.atletiekvita.be) before the 5th of August,

On the day of the competition you have to confirm your participation one hour before your event.

Financial rewards:

- for the amelioration of the stadium record you receive € 70.

- every athlete not affiliated with the VAL or affiliated with the VAL and not living in Belgium who performs better than the Flanders Cup B bonus receives € 40.

- every athlete not affiliated with the VAL or affiliated with the VAL and not living in Belgium who performs better than the Flanders Cup A bonus receives € 65.

Men	B-bonus	A-bonus	Stadium Record
100m	10,75	10,65	10,33
200m	21,50	21,25	20,72
400m	48,30	47,50	45,61
800m	1,49,30	1,48,50	1,46,61
1500m	3,46,00	3,44,00	3,38,16
5000m	14,05,00	13,58,00	13,20,89
110h	14,35	14,15	13,59
400h	52,50	52,00	50,81
High jump	2,07	2,12	2,22
Pole vault	5,00	5,25	5,60
Long jump	7,40	7,60	7,58
Shot put	16,40	17,30	18,58
Discus	52,00	54,00	60,26
Javelin	67,00	70,00	77,84
Women			
100m	12,05	11,90	11,59
200m	24,50	24,20	23,37
400m	54,90	54,50	52,35
800m	2,07,00	2,04,50	2,02,20
1500m	4,21,00	4,17,50	4,12,45
3000st	10,14,00	10,06,00	9,46,60
100h	13,90	13,60	13,36

High jump	1,78	1,82	1,87
Pole vault	3,50	3,70	4,06
Long jump	5,90	6,10	6,63
Triple jump	12,40	12,60	13,38
Shot put	15,25	15,60	17,56
Discus	53,00	56,00	62,39
Javelin	45,00	48,00	56,97