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| Atletiekclub VITApiste Ninove | Saturday 27th july 201315h00 |

#  23th MEMORIAL RASSCHAERT

**Mondo Track - FLANDERSCUPMEETING**

## PROGRAMME

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| **Men** | **Women** |
| 100m-200m-400m-800m-1500-5000m-110H-400H-high jump-pole vault-long jump-shot put-discus-javelin | 100m-200m-400m-800m-1500m-5000m (mixt race heat B)-3000mst-100H-400h-high jump-pole vault-long jump-triple jump-shot put-discus-javelin |

## UURROOSTER

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| 15h00 | 100m heats Women | 15h00 | Pole vault Women (2m01) |
| 15h30 | 100m Heats Men | 16h00 | Triple jump Women (9m of 11m) |
| 16h00 | 200m Women |  | Discus women (1kg) |
| 16h30 | 200m Men |  |  |
|  |  | 17h00 | Long jump women |
| 17h10 | 400m Women (B,.... heats) |  | High jump women (1m39) |
| ***17h25*** | ***400m Women(A heat)*** | 17h30 | Pole vault Men (3m51) |
|  | ***400m Men (A/B heat)*** |  | Shot put Men (7,26kg) |
| ***17u40*** | ***110mH Men heats*** |  |  |
|  | ***100mH Women Heats*** |  |  |
| ***18h00*** | ***100m Final A Women***  |  | Javelin men (800gr) |
|  | ***100m Final A Men*** |  |  |
| ***18h20*** | ***400mH Men*** | 18h30 | Long jump men (groep 1) |
|  | ***400mH Women*** |  | Shot put Women (4kg) |
| ***18h50*** | ***800m Women (A/B heat)*** | 18h45 | Discus men (2kg) |
|  | ***800m Men (A/B heat)*** | 19h00 | High jump Men (1m51) |
| ***19H10*** | ***100mH Women Final*** |  |  |
|  | ***110mH Men Final*** |  |  |
| ***19h35*** | ***3000 st Women*** |  |  |
| ***20h00*** | ***1500m Women (AB heat)*** |  |  |
|  | ***1500m Men (A/B/C heat)*** | 20h00 | Javelin women (600gr) |
| ***20h30*** | ***5000m Men (A heat)*** |  |  |
| **20h50** | **5000m Mixed (B heat)** |  |  |
| 21h10 | 400m Men (C, ... heats) |  |  |
| 21h30 | 800m Women (C, ... heats) |  |  |
| 21h45 | 800m Men (C, ....heats) |  |  |
| 22h05 | 1500m women (C, ... heats) |  |
|  | 1500m Men (D,.... heats) |  |
|  | 5000m Men (C,.... heats) |  |
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#  23th MEMORIAL RASSCHAERT

**FLANDERS CUP MEETING**

We ask to registrate your participation for the head programme. Please fill in the registration form on our site ([www.atletiekvita.be](http://www.atletiekvita.be)) before the 23th of july. For distances for 400m and longer we accept only one registration.

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 A bonus receives € 65.

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| **Men** | **A-bonus** | **Stadium Record** |
| 100m | 10,55 | 10,23 |
| 200m | 21,25 | 20,72 |
| 400m | 47,50 | 45.61 |
| 800m | 1,48,50 | 1,44.25 |
| 1500m | 3,43.60 | 3,37.10 |
| 5000m | 13,50,00 | 13,16,72 |
| 110h | 14,15 | 13,59 |
| 400h | 52.00 | 49.86 |
| High jump | 2,12 | 2,22 |
| Pole vault | 5,20 | 5,60 |
| Long jump | 7,60 | 7,75 |
| Triple Jump | 15.30 |  |
| Shot put | 17,30 | 18,60 |
| Discus | 54,50 | 60,26 |
| Javelin | 71.00 | 77,84 |
| **Women** |  |  |
| 100m | 11,80 | 11,36 |
| 200m | 24,10 | 23,37 |
| 400m | 54,50 | 51.84 |
| 800m | 2,04,50 | 1.59.67 |
| 1500m | 4,17,50 | 4,07,90 |
| 3000st | 10,06,00 | 9,44,97 |
| 100h | 13,65 | 13,34 |
| 400h | 59.00 | 57.75 |
| High jump | 1,81 | 1,87 |
| Pole vault | 3,90 | 4,31 |
| Long jump | 6,10 | 6,63 |
| Triple jump | 12,60 | 13.43 |
| Shot put | 15,70 | 17,60 |
| Discus | 54,00 | 62,39 |
| Javelin | 52,00 | 56,97 |