

23TH 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-5000m
(mixt race heat B)-3000mst-100H-400h-
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 Finall A Women**
100m Final A Men

18h20 **400mH Men**
400mH Women

18h50 **800m Women (A/B heat)**
800m Men (A/B heat)

19H10 **100mH Women**
110mH Men

19h35 **3000 st Women**

20h00 **1500m Women (AB heat)**
1500m Men (A/B/C heat)

20h10 **5000m Men (A heat)**

20h55 400m Men (C, ... heats)

21h15 800m Women (B, ... heats)

21h35 800m Men (C,heats)

21h55 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)

ATLETIEKCLUB VITA
PISTE NINOVE

SATURDAY 27TH JULY 2013
15H00

22TH MEMORIAL RASSCHAERT

FLANDERS CUP MEETING

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

We ask to registrate your participation for the head programme. Please fill in the registration form on our site (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.

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