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| Atletiekclub VITApiste Ninove | Saturday 2nd August 201415h00 |

# 24th MEMORIAL RASSCHAERT

**Mondo Track - FLANDERSCUPMEETING**

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| **Men** | **Women** |
| 100m-200m-400m-800m-1500-5000m-110H-400H-high jump-pole vault-long jump-shot put-discus-javelin-4x100m  200m wheelers / 400m wheelers | 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 / 200m wheelers en 400m wheelers |

## Time Shedule

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| 15h00 | 100m heats Women | 14h30 | Hammer Throw Women |
| 15h30 | 100m Heats Men | 15h00 | Pole vault Women (2m01) |
| 16h10 | 200m Women | 16h00 | Triple jump Women (9m of 11m) |
| 16h40 | 200m Men |  | Discus women (1kg) |
| 17h15 | 200m wheelers | 17h00 | Long jump women |
| 17h20 | 400m Women (B,.... heats) |  | High jump women (1m39) |
| ***17h35*** | ***400m Women(A heat)*** | 17h30 | Pole vault Men (3m51) |
|  | ***400m Men (A/B heat)*** |  | Shot put Men (7,26kg) |
| ***18h00*** | ***100m Final A Women*** |  |  |
|  | ***100m Final A Men*** |  | Javelin men (800gr) |
| ***18h15*** | ***400mH Men*** |  |  |
|  | ***400mH Women*** | 18h30 | Long jump men (groep 1) |
| ***18h45*** | ***400m Wheelers*** |  | 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 schol women (76cm)*** |  |  |
|  | ***100mH Women Heats*** |  |  |
|  | ***110mH Men Heats*** |  |  |
| ***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 | 100m H Women Final |  |  |
|  | 110m H Men Final |  |  |
| 21h05 | 4 x 100m Men |  |  |
| 21h15 | 400m Men (C, ... heats) |  |  |
| 21h30 | 800m Women (C, ... heats) |  |  |
| 21h50 | 800m Men (C, ....heats) |  |  |
| **22h10**  22h25 | **5000m mixed B heat**  1500m women (C, ... heats) |  | |
|  | 1500m Men (D,.... heats) |  | |
|  | 5000m Mixed (C,.... heats) |  | |
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# 24th 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 30th 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** | **Minima** | **Stadium Record** |
| 100m | 10,50 | 10,23 |
| 200m | 21,20 | 20,70 |
| 400m | 47,20 | 45.61 |
| 800m | 1,48,00 | 1,44.25 |
| 1500m | 3,43.00 | 3,34,76 |
| 5000m | 13,45,00 | 13,16,72 |
| 110h | 14,10 | 13,43 |
| 400h | 51.50 | 49.35 |
| High jump | 2,12 | 2,35 |
| Pole vault | 5,20 | 5,63 |
| Long jump | 7,60 | 7,97 |
| Triple Jump | 15.30 |  |
| Shot put | 17,30 | 19,21 |
| Discus | 54,50 | 62,95 |
| Javelin | 71.00 | 77,84 |
| **Women** |  |  |
| 100m | 11,70 | 11,36 |
| 200m | 24,00 | 23,25 |
| 400m | 54,20 | 51.70 |
| 800m | 2,04,00 | 1.59.67 |
| 1500m | 4,16,00 | 4,07,27 |
| 3000st | 10,04,00 | 9,42,91 |
| 100h | 13,60 | 12,90 |
| 400h | 59.00 | 56,56 |
| 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 | 17,75 |
| Discus | 54,00 | 62,39 |
| Javelin | 52,00 | 56,97 |