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| Atletiekclub VITApiste Ninove | Saturday 1st August 201514h30 |

#  25th 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-4x100m200m wheelers / 400m wheelers | 100m-200m-400m-800m-1500m-5000m -3000mst-100H-400h-high jump-pole vault-long jump-triple jump-shot put-discus-javelin-hammer / 200m wheelers en 400m wheelers |

## Time Shedule

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| 14h30 | 100m heats Women | 14h00 | Hammer Women |
| 15h00 | 100m Heats Men | 15h15 | Pole vault Women (2m01) |
| 15h40 | 200m Women | 16h00 | Triple jump Women (9m of 11m) |
| 16h10 | 200m Men |  | Discus women (1kg) |
| 16h50 | 200m Wheelers | 17h00 | Long jump women |
| 17h10 | ***400mH Women***  |  | High jump women (1m39) |
|  | ***400mH Men***  |  |  |
| 17h40 | 400m Women (B,.... heats) |  |  |
| ***17h50*** | ***400m Women(A heat)*** | 17h30 | Pole vault Men (3m51) |
|  | ***400m Men (A/B/C heat)*** |  | Shot put Men (7,26kg) |
| ***18h10*** | ***100m Final A Women***  |  | Javelin men (800gr) |
|  | ***100m Final A Men*** |  |  |
| ***18h25*** | ***100mH Women Heats*** |  |  |
|  | ***110mH Men Heats*** | 18h30 | Long jump men (groep 1) |
| ***18h50*** | ***400m Wheelers*** |  | Shot put Women (4kg) |
| ***19h05*** | ***800m Women (A/B heat)*** | 18h45 | Discus men (2kg) |
|  | ***800m Men (A/B heat)*** |  | High jump Men (1m51) |
| ***19h20*** | **110m H Men Final** |  |  |
|  | **100m H Women Final**  |  |  |
| ***19h35*** | ***3000 st Women*** |  |  |
| ***19h50*** | ***1500m Women (AB heat)*** |  |  |
|  | ***1500m Men (A/B/C heat)*** | 20h00 | Javelin women (600gr) |
| ***20h25*** | ***5000m Men (A heat)*** |  |  |
| 20h50 | 400m Men (D, ... heats) |  |  |
| 21h20 | 5000m Women |  |  |
| 21h40 | 5000m Men B-heat |  |  |
| 21h55 | 800m Women (C, ... heats) |  |  |
| 22h20 | 800m Men (C, ....heats) |  |  |
| 22h45 | 1500m Women (C… heats) |  |
| 23h00 | 1500m Men (D,.... heats) |  |
| 23h20 | 5000m Men (C-heats) |  |
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#  25th 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 her-under mentioned limits receives € 65.

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| **Men** | **Minima** | **Stadium Record** |
| 100m | 10,50 | 10,23 |
| 200m | 21,20 | 20,35 |
| 400m | 47,20 | 45.53 |
| 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 |
| Shot put | 17,30 | 19,21 |
| Discus | 54,50 | 62,95 |
| Javelin | 71.00 | 77,84 |
| **Women** |  |  |
| 100m | 11,70 | 11,24 |
| 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 | 55.84 |
| 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 |
| Hammer | 53.50 | 62.69 |