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| Atletiekclub VITApiste NinoveNummer : 16439 | Saturday 23th July 201613h30 |

#  26th 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-100m wheelers / 200m wheelers | 100m-200m-400m-800m-1500m-3000mst-100H-400h-high jump-pole vault-long jump-triple jump-shot put-discus-javelin-hammer / 100m wheelers en 200m wheelers |

## Time Shedule

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| 13h30 | 400m Men (C-heats) | 13h00 | Hammer Women |
| 14h10 | 100m heats Women |  |  |
| 14h40 | 100m Heats Men | 15h15 | Pole vault Women (2m01) |
| 15h20 | 200m Women | 16h00 | Triple jump Women (9m of 11m) |
| 15h50 | 200m Men |  | Discus women (1kg) |
| 16u40 | ***400mH Women (76cm)*** | 17h00 | Long jump women |
|  | ***400mH Men (91cm)*** |  | High jump women (1m39) |
| 17h10 | 400m Women (B,.... heats) |  |  |
| ***17h20*** | ***400m Women(A heat)*** |  |  |
|  | ***400m Men (A/B/C heat)*** | 17h30 | Pole vault Men (3m51) |
| ***17h40*** | ***100m Wheelers Women & Men*** |  | Shot put Men (7,26kg) |
| ***17h50*** | ***100m Final A Women***  |  | Javelin Women (600gr) |
|  | ***100m Final A Men*** |  |  |
| ***18h05*** | ***3000m steeple women*** |  |  |
| ***18h20*** | ***800m Women (A/B heat)*** | 18h30 | Long jump men (groep 1) |
| ***18h35*** | ***800m Men (A/B heat)*** |  | Shot put Women (4kg) |
| ***18h50*** | **100m H Women Final** |  |  |
|  | **110m H Men Final**  | 18h45 | High jump Men (1m51) |
| ***19h15*** | **200m Wheelers women & men** | 19h00 | Discus men (2kg) |
| ***19h40*** | ***1500m Women (AB heat)*** |  |  |
|  | ***1500m Men (A/B/C heat)*** |  |  |
| ***20h20*** | ***5000m Men (A heat)*** |  |  |
|  |  |  |  |
| 21h00 | 800m Women (C, ... heats) |  |  |
| 21h30 | 800m Men (C, ....heats) |  |  |
| 22h05 | 1500m Women (C… heats) |  |  |
| 22h30 | 1500m Men (D,.... heats) |  |  |
| 23h10 | 5000m Men (B-heats) |  |  |
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| Atletiekclub VITApiste Ninove | Saturday 23th JUly 2016 13h30 |

#  26th 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 19 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 | 21,19 | 20,35 |
| 400m | 47,08 | 45.53 |
| 800m | 1,48,00 | 1,44.25 |
| 1500m | 3,42.02 | 3,34,76 |
| 5000m | 13,36,48 | 13,16,72 |
| 110h | 14,10 | 13,43 |
| 400h | 51.50 | 49.35 |
| High jump | 2,17 | 2,35 |
| Pole vault | 5,23 | 5,63 |
| Long jump | 7,60 | 7,97 |
| Shot put | 17,63 | 19,21 |
| Discus | 55,84 | 62,95 |
| Javelin | 71.94 | 77,84 |
| **Women** |  |  |
| 100m | 11,68 | 11,24 |
| 200m | 23,85 | 23,25 |
| 400m | 53,81 | 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 | 58.37 | 55.84 |
| High jump | 1,82 | 1,87 |
| Pole vault | 4,25 | 4,31 |
| Long jump | 6,16 | 6,63 |
| Triple jump | 12,69 | 13.43 |
| Shot put | 16,45 | 17,75 |
| Discus | 54,00 | 62,39 |
| Javelin | 54,62 | 56,97 |
| Hammer | 60.00 | 62.69 |