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| Atletiekclub VITApiste NinoveNummer : 19459 | Saturday 3th August 201913h30 |

# 29th 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-200m-400m-800m-1500m-3000mst-100H-400h-high jump-pole vault-long jump-triple jump-shot put-discus-hammer |

## Time Shedule

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| 13h30 | 400m Men (D-heats) | 12h45 | Hammer Women |
| 14h00 | 100m heats Women |  |  |
| 14h35 | 100m Wheelers |  |  |
| 14h45 | 100m Heats Men | 15h15 | Pole vault Women (2m01) |
| 15h20 | 200m Women | 16h00 | Triple jump Women (9m of 11m) |
| 15h50 | 200m Wheelers |  |  |
| 16h00 | 200m Men | 16h30 | Discus women (1kg) |
| 16u45 | ***400mH Women (76cm)*** | 17h00 | Long jump women |
|  | ***400mH Men (91cm)*** |  | High jump women (1m39) |
| 17h15 | 400m Women (B,…. heats) |  |  |
| ***17h35*** | ***400m Women(A heat)*** |  |  |
| ***17h50*** | ***400m Men (A/B/C heat)*** | 17h30 | Pole vault Men (3m51) |
|  |  |  | Shot put Men (7,26kg) |
| ***18h00*** | ***100m Final A Women*** |  |  |
|  | ***100m Final A Men*** |  |  |
| ***18h15*** | ***3000m steeple women*** |  |  |
| ***18h30*** | ***800m Women (A/B heat)*** | 18h30 | Long jump men (groep 1) |
| ***18h45*** | ***800m Men (A/B heat)*** |  | Shot put Women (4kg) |
| ***19h00*** | **100m H Women HEATS** |  |  |
| ***19h15*** | **110m H Men HEATS** | 18h45 | High jump Men (1m51) |
|  |  | 19h00 | Discus men (2kg) |
| ***19h35*** | ***1500m Women (AB heat)*** |  |  |
| ***19h50*** | ***1500m Men (A/B/C heat)*** |  |  |
| ***20h15*** | ***5000m Men (A heat)*** |  |  |
| ***20h40*** | ***110m H Men Final*** |  |  |
| **20h50** | **100m H Women Final** |  |  |
| 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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# 29th 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 31th 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 € 125.00.

- 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 | 10,07 |
| 200m | 21,19 | 20,33 |
| 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 | 19,41 |
| Discus | 55,84 | 66.34 |
| Javelin | 71.94 | 77,84 |
| **Women** |  |  |
| 100m | 11,68 | 11,24 |
| 200m | 23,85 | 23,16 |
| 400m | 53,81 | 51.70 |
| 800m | 2,04,00 | 1.59.67 |
| 1500m | 4,16,00 | 4,07,27 |
| 3000st | 10,04,00 | 9,30,89 |
| 100h | 13,60 | 12,90 |
| 400h | 58.37 | 55.84 |
| High jump | 1,82 | 1,90 |
| Pole vault | 4,25 | 4,31 |
| Long jump | 6,16 | 6,63 |
| Triple jump | 12,69 | 13.43 |
| Shot put | 16,45 | 17,82 |
| Discus | 54,00 | 62,39 |
| Javelin | 54,62 | 56,97 |
| Hammer | 60.00 | 63.75 |