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| Atletiekclub VITApiste NinoveNummer : 20417 | Saturday 17th july 202112h45 / 13h40 |

# 30th 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

|  |  |  |  |
| --- | --- | --- | --- |
| 13h40 | 400m Men (D-heats) | 12h45 | Hammer Women |
| 14h00 | 100m heats Women |  |  |
| 14h35 | 100m Wheelers Men/Woman |  |  |
| 14h45 | 100m Heats Men | 15h15 | Pole vault Women (2m01) |
| 15h20 | 200m Women | 16h00 | Triple jump Women (9m of 11m) |
| 15h50 | 200m Wheelers Men/Women |  |  |
| 16h00 | 200m Men | 16h30 | Discus women (1kg) |
| 16u40 | ***400mH Women (76cm)*** | 17h00 | Long jump women |
|  | ***400mH Men (91cm)*** |  | High jump women (1m39) |
| **17h10** | **400m Women (A,…. heats)** |  |  |
| ***17h40*** | ***400m Men (A/B/C heat)*** | 17h30 | Pole vault Men (3m51) |
| ***17h55*** | ***800m Wheelers Men/Women*** |  | 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/B heat)*** |  |  |
|  |  |  |  |
| 20h55 | 800m Women (C, … heats) |  |  |
| 21h20 | 800m Men (C, ….heats) |  |  |
| 21h50 | 1500m Women (C… heats) |  |  |
| 22h05 | 1500m Men (D,…. heats) |  |  |
| 22h50 | 5000m Men (B-heats) |  |  |
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