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| Atletiekclub VITApiste NinoveNummer : 22509 | Saturday 16th july 202212h45 / 13h40 |

#  31th 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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| --- | --- | --- | --- |
| 13h40 | 400m Men (D-heats) | 12h45 | Hammer Women |
| 14h00 | 100m heats Women |  |  |
| 14h35 | 100m Wheelers Woman |  |  |
| 14h40 | 100m wheelers Men | 15h15 | Pole vault Women (2m01) |
| 14h45 | 100m Heats Men |  |  |
| 15h20 | 200m Women | 16h00 | Triple jump Women (9m of 11m) |
| 15h50 | 200m Wheelers Women |  |  |
| 15h55 | 200m Wheelers Men |  |  |
| 16h00 | 200m Men | 16h30 | Discus women (1kg) |
| 16u40 | ***400mH Women (76cm)*** | 17h00 | Long jump women |
| 16h55 | ***400mH Men (91cm)*** |  | High jump women (1m39) |
| **17h10** | **400m Women (A,…. heats)** |  |  |
| ***17h40*** | ***400m Men (A/B/C heat)*** | 17h30 | Pole vault Men (3m51) |
|  |  |  | Shot put Men (7,26kg) |
| ***17h55*** | ***100m Final A Women***  |  |  |
| ***18h00*** | ***100m Final A Men*** |  |  |
| ***18h05*** | ***3000m steeple women*** |  |  |
| ***18h20*** | ***800m Women (A/B heat)*** | 18h30 | Long jump men (groep 1) |
| ***18h30*** | ***800m Men (A/B heat)*** |  | Shot put Women (4kg) |
| ***18h50*** | **100m H Women** |  |  |
| ***19h05*** | **110m H Men**  | 18h45 | High jump Men (1m51) |
|  |  | 19h00 | Discus men (2kg) |
| ***19h25*** | ***1500m Women (AB heat)*** |  |  |
| ***19h40*** | ***1500m Men (A/B/C heat)*** |  |  |
| ***20h00*** | ***5000m Men (A heat)*** |  |  |
|  |  |  |  |
| 20h30 | 800m Women (C, … heats) |  |  |
| 21h00 | 800m Men (C, ….heats) |  |  |
| 21h30 | 1500m Women (C… heats) |  |  |
| 21h50 | 1500m Men (D,…. heats) |  |  |
| 22h30 | 5000m Men (B-heats) |  |  |
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