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| Atletiekclub VITApiste NinoveNummer : 23316 | Saturday 22th july 202313h40 (hammer 12h45) |

# 32th MEMORIAL RASSCHAERT

**Mondo Track - FLANDERSCUPMEETING**

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| **Men** | **Women** |
| 100m-200m-400m-800m-1500-5000m-110H-400H-3000m steeple-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 Woman |  |  |
| 14h40 | 100m wheelers Men |  |  |
| 14h45 | 100m Heats Men | 15h15 | Pole vault Women (2m01) |
| 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) |
| 16h40 | ***400mH Women (76cm)*** | 17h00 | Long jump women |
| 16h55 | ***400mH Men (91cm)*** |  | High jump women (1m39) |
| 17h10 | 400m Women (B,…. heats) |  |  |
|  | ***(A-heat runs last)*** |  |  |
| ***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) |
| ***19h20*** | **3000m steeple men** | 19h00 | Discus men (2kg) |
| ***19h40*** | ***1500m Women (AB heat)*** |  |  |
| ***19h50*** | ***1500m Men (A/B/C heat)*** |  |  |
| ***20h10*** | ***5000m Men (A heat)*** |  |  |
|  |  |  |  |
| 20h35 | 800m Women (C, … heats) |  |  |
| 21h05 | 800m Men (C, ….heats) |  |  |
| 21h35 | 1500m Women (C… heats) |  |  |
| 21h55 | 1500m Men (D,…. heats) |  |  |
| 22h30 | 5000m Men (B-heats) |  |  |

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| Atletiekclub VITApiste Ninove | Saturday 22th July 202213h30 |

# 32th MEMORIAL RASSCHAERT

**FLANDERS CUP MEETING**

We ask to registrate your participation for the meeting. Please fill in the registration form on our site ([[Atletiek.nu - Flanders Cup VITA - Inschrijven](https://www.atletiek.nu/wedstrijd/inschrijven/39168/))-](https://www.atletiek.nu/wedstrijd/inschrijven/37487/)before the 19th of july. Registration is only valid after payement of the registration fee.

On the day of the competition you have to confirm your participation at least one hour before your event.

INSCHRIJVINGEN / REGISTRATIONS / INSCRIPTIONS

**NL**:

Inschrijven voor de Memorial Rasschaert: [Atletiek.nu - Flanders Cup VITA - Inschrijven](https://www.atletiek.nu/wedstrijd/inschrijven/39168/)Inschrijvingsgeld : € 10.00 bij voorinschrijving.

Gelieve voor proeven vanaf 800m maar voor één proef in te schrijven.

**ENG**:

Registrations[Atletiek.nu - Flanders Cup VITA - Inschrijven](https://www.atletiek.nu/wedstrijd/inschrijven/39168/)

Registration fee : € 10.00.

For track events from 800m or higher please registrate for only one discipline. There is no problem to change for an discipline  
For special enquieries please contact vita@telenet.be or send us a message through [Facebook](https://www.facebook.com/atletiekvita/)

**FRA**:

Registrations: [Atletiek.nu - Flanders Cup VITA - Inschrijven](https://www.atletiek.nu/wedstrijd/inschrijven/39168/)

Frais d’inscription : € 10.00

Veuillez seulemtent inscrire pour une épreuve pour les courses de distances (à partir de 800m)

PICK-UP AT TRAIN STATION OF DENDERLEEUW

Due to the difficult situation to pick up people at airports in Belgium we organise pick-ups in train station of Denderleeuw.

On Friday there will be a shuttleservice between train station of Denderleeuw and hotel.

You can take on Brussels National airport (Zaventem) two trains an hour for Denderleeuw (13min and 24min after each hour).

Trainstation is at level -1 (arrivals planes at level 2).

It is about 40min train from the airport to Denderleeuw.

The shuttle is on demand.

You can warn the driver by Phone or sms.

Telephone numbers

Peter 00-32-495 598 765

Eddy 00-32-476 554 557

Ingrid 00-32-496 959 194

Please tell how many people you are and what time you arrive in Denderleeuw.

Please wait in the waiting hall of the trainstation.

It is about 15 to 20 min from train station to hotel.

You can give your departure time for sunday to the driver

People arriving in Brussels South (tgv) can take a train to Denderleeuw (about 20min).

Financial rewards:

- for the amelioration of the stadium record you receive € 150.00.

- 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 € 70.

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| **Men** | **Minima** | **Stadium Record** |
| 100m | 10,50 | 10,07 |
| 200m | 21,14 | 20,33 |
| 400m | 46.95 | 45.53 |
| 800m | 1,47,50 | 1,44.25 |
| 1500m | 3,41.50 | 3,34,76 |
| 5000m | 13,36,00 | 13,16,72 |
| 110h | 14,10 | 13,43 |
| 400h | 51.50 | 49.35 |
| High jump | 2,17 | 2,35 |
| Pole vault | 5,20 | 5,63 |
| Long jump | 7,60 | 7,97 |
| Shot put | 17,50 | 19,41 |
| Discus | 55,84 | 66.34 |
| Javelin | 71.94 | 77,84 |
| **Women** |  |  |
| 100m | 11,68 | 11,24 |
| 200m | 23,80 | 23,16 |
| 400m | 53,80 | 51.70 |
| 800m | 2,03,50 | 1.59.24 |
| 1500m | 4,15,00 | 4,07,27 |
| 3000st | 10,04,00 | 9,30,89 |
| 100h | 13,60 | 12,90 |
| 400h | 58.37 | 55.84 |
| High jump | 1,82 | 1,95 |
| Pole vault | 4,25 | 4,36 |
| Long jump | 6,16 | 6,63 |
| Triple jump | 12,69 | 13.80 |
| Shot put | 16,45 | 17,82 |
| Discus | 54,00 | 62,39 |
| Javelin | 54,62 | 56,97 |
| Hammer | 60.00 | 63.75 |