

# 20e Gentse Feestenmeeting Flanders Cup Price-meeting

Tuesday 21 July 2009 15.00u  
Blaarmeersen - Zuiderlaan te Gent

Uur	Discipline	Categorie	Uur	Discipline	Categorie
			15.00u	Hammer (min 45m)	Men
15.30u	100m	Women series	16.00u	Hammer (min 35m)	Women
	100m	Men series		Long jump (min 6m)	Men
16.30u	200m	Women series	16.30u	Shot put (min 8m)	Women
	200m	Men series	16.45u	Disc throw (min 30m)	Men
17.30u	100m H	Women		High jump (starting high 1m70)	Men
	110m H	Men	17.15u	Long jump (min 4m50)	Women
17.50u	100m	Women (finale A)	17.45u	Javelin (min 30m)	Women
	100m	Men (finale A)	18.00	Shot put (min 10m)	Men
18.00u	3000m	Men (reeks A)	18.30u	Disc throw (min 25m)	Women
18.20u	400m	Women (series A,B)			
	400m	Men (series A,B)	19.30u	Javelin (min 40m)	Men
18.40u	400m	Women (series C,D .....)			
	400m	Men (series C,D .....)			
19.20u	800m	Women (series A,B,C .....)			
	800m	Men (series A,B,C .....)			
20.20u	1500m	Women (series A,B,C .....)			
	1500m	Men (series A,B,C .....)			
21.20u	3000m	Men (series B,C .....)			

Flanders Cup A, B, C-bonus for Val-athletes living in Belgium  
Flanders Cup A, B, C-bonus for Lbfa-athletes and Val-athletes not living in Belgium  
A-bonus for foreign athletes 50,00 €  
Podium: 50,00 € - 40,00 € - 30,00 €  
Meetingrecord: 75,00 €

Pré-inscriptions are possible until the 15 July 2009 on the website [www.rcgent.be](http://www.rcgent.be) or [info@rcgent.be](mailto:info@rcgent.be)  
Inscriptions for the series A & B has to be in the secretariat before the 15th of July 2009

Inscription fee: 2,00 €  
Inscriptions the same day: 4,00 €

Update info on our website: [www.rcgent.be](http://www.rcgent.be)  
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