

Financial rewards

Flanders Cup AV Lyra-Lierse



1) OVERALL REWARDS - 2023

- € 60: obtaining the international limit (non-Belgian athletes) or national limit (Belgian athletes)
- € 60: improvement of the stadium record
- € 60: improvement of the Flanders Cup record international (non-Belgian athletes) or national (Belgian athletes)
- € 100: improvement of Belgian record (Belgian athletes – cad/sch)
- € 150: improvement of Belgian record (Belgian athletes – jun/mas)
- € 250: improvement of Belgian record (Belgian athletes – overall category)

Event	Int. limit	National limit	Stadium record	Fl. Cup record Int.	Fl. Cup record Nat.
Women					
100 m	11"68	11"84	11"44	11"17	11"17
200 m	23"85	24"21	23"60	22"83	23"09
400 m	53"81	54"70	53"41	50"56	51"85
800 m	2'04"21	2'06"56	2'04"77	1'59"24	2'00"10
1500 m	4'16"10	4'21"41	4'16"41	4'05"30	4'06"84
100 mH	13"67	13"92	13"18	12"90	12"90
400 mH	58"37	59"38	55"33	54"77	55"23
High jump	1,82 m	1,78 m	1,86 m	1,91 m	1,91 m
Pole vault	4,25 m	4,12 m	4,32 m	4,42 m	4,25 m
Long jump	6,16 m	5,97 m	6,60 m	6,70 m	6,48 m
Triple jump	12,69 m	12,40 m	13,23 m	14,83 m	14,13 m
Shot put	16,45 m	15,30 m	17,23 m	18,70 m	16,70 m
Discus	53,92 m	50,11 m	54,60 m	62,39 m	57,44 m
Javelin	54,62 m	50,75 m	52,67 m	58,51 m	58,51 m
Hammer	61,72 m	57,07 m	67,61 m	70,12 m	66,22 m
Men					
100 m	10"50	10"62	10"21	10"07	10"14
200 m	21"19	21"46	20"78	20"27	20"45
400 m	47"08	47"70	46"85	44"88	45"61
800 m	1'48"14	1'49"17	1'47"22	1'44"25	1'46"24
1500 m	3'42"02	3'44"30	3'39"48	3'32"89	3'36"55
5000 m	13'36"48	13'45"20	14'00"72	13'06"52	13'21"34
110 mH	14"14	14"37	13"55	13"34	13"54
400 mH	51"85	52"70	50"16	48"93	49"65
High jump	2,17 m	2,10 m	2,20 m	2,35 m	2,22 m
Pole vault	5,23 m	5,03 m	5,41 m	5,82 m	5,72 m
Long jump	7,59 m	7,37 m	7,77 m	8,16 m	7,89 m
Triple jump	15,26 m	14,82 m	16,28 m	17,20 m	15,52 m
Shot put	17,63 m	16,62 m	20,50 m	20,61 m	18,75 m
Discus	55,84 m	52,55 m	64,27 m	67,07 m	67,07 m
Javelin	71,94 m	68,08 m	76,03 m	86,62 m	82,62 m

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2) GOLDEN EVENTS

HIGH JUMP MEN – DISCUS WOMEN

1st - € 100	
2nd - € 75	3th - € 50

3) YOUTH REWARDS – **WILL BE UPDATED SOON.**

- € 10: obtaining the youth limit

Girls		Event	Boys	
Cad (2006-2007)	SCH (2008-2009)		Cad (2006-2007)	SCH (2008-2009)
12"64	12"60	100 m	11"92	11"28
26"32	25"83	200 m	24"03	22"63
1'00"96	59"40	400 m	53"87	51"60
2'22"59	2'18"00	800 m	2'04"34	1'57"70
4'56"99	4'49"03	1500 m	4'26"91	4'10"62
-	73"32	400 mH	-	-
29,99 m	31,05 m	Discus	-	-
2,81 m	2,51 m	Pole vault	3,30 m	4,01 m
5,18 m	5,30 m	Long jump	5,93 m	6,46 m
1,58 m	1,62 m	High jump	1,75 m	1,84 m
9,81 m	10,27 m	Triple jump	10,69 m	12,01 m

4) REMARKS

- Bonusses for sprint and long jump events can only be obtained with valid wind assistance (wind max. + 2,0)
- Regarding the bonusses for a stadium record, Flanders Cup record and Belgian record, only one bonus will be rewarded per event (to the athlete with the best performance at the end of the meeting)
- All bonusses cumulate, e.g.: finishing first @ discus women while throwing an international Flanders Cup record (= also stadium record + int. bonus) will be rewarded with € 280
- To receive the bonus, a form must be filled in completely. No forms will be accepted later than one week after the event
- Bonusses will be paid out by bank transfer within two weeks after the event
- For VAL-athletes living in Belgium, there are supplementary the general Flanders Cup bonusses