

1) OVERALL REWARDS

- € 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					
100m	11"68	11"84	11"44	11"17	11"17
200m	23"85	24"21	23"82	22"84	23"09
400m	53"81	54"70	53"41	51"22	52"25
800m	2'04"00	2'06"56	2'04"77	1'59"43	2'00"10
1500m	4'16"00	4'21"41	4'19"51	4'05"30	4'06"84
100h	13"67	13"92	13"18	12"90	12"90
400h	58"37	59"38	58"18	55"08	55"44
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	4,31 m	4,42 m	4,20 m
Long jump	6,16 m	5,97 m	6,60 m	6,70 m	6,48 m
Shot put	16,45 m	15,30 m	17,23 m	18,70 m	16,70 m
Discus	54,00 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	57,06 m	60,32 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	47"23	44"88	45"61
800 m	1'48"00	1'49"17	1'48"02	1'44"25	1'46"81
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	13'29"09
110 m H	14"10	14"37	13"55	13"34	13"56
400 m H	51"50	52"70	51"44	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	5,63 m	5,61 m
Long jump	7,59 m	7,37 m	7,77 m	8,16 m	7,89 m
Shot put	17,63 m	16,03 m	18,69 m	20,46 m	18,75 m
Discus	55,84 m	50,63 m	62,50 m	67,07 m	67,07 m
Javelin	71.94 m	65,57 m	71,99 m	86,62 m	82,62 m

2) YOUTH REWARDS

- € 10: obtaining the youth limit

Girls		Event	Boys	
Cad (2003-2004)	SCH (2001-2002)		Cad (2003-2004)	SCH (2001-2002)
12"71	12"35	100 m	11"77*	11"31*
26"17	25"11	200 m	23"90*	22"93*
59"97	59"30	400 m	53"14	51"14
2'18"25	2'16"66	800 m	2'03"69	1'58"58
4'49"04	4'48"76	1500 m	4'21"73	4'08"23
-	66"50	400 m H	-	-
29"69	34"09	Discus	-	-
2,70 m	3,40 m	Pole vault	3,60 m	4,10 m
5,17 m	5,39 m	Long jump	5,91 m	6,39 m
1,60 m	1,61 m	High jump	1,75 m	1,88 m

3) REMARKS

- Bonusses for sprint and long jump events can only be obtained with valid wind assistance (wind max. + 2,0)
- All bonusses cumulate, e.g.: running an international Flanders Cup record @ 100 m men will be rewarded with € 180)
- 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