

**AVLOvzw presents ... Grand Prix Stad Lokeren**  
**Organisation AVLOvzw – Oscar Van Rumst Stadium, Sportlaan 4, 9160 Lokeren**  
**24th of June 2018 – PRACTICAL INFORMATION**

### **Parkings around the stadium**

The Oscar Van Rumst-stadium is situated next to the swimmingpool (Sportlaan 4 – 9160 Lokeren). Follow the road signs ('Centrum') once you arrived in Lokeren. The parkingplaces next to the track are reserved for the organisation. The parking 200m further (Grote Kaai) is free to use for athletes and supporters.

### **Entrance**

The entrance price is **5 EURO**. Children under 12 have free access. Supporters must use the entrance behind the secretariat 'Orka'.

Participating athletes (preinscriptions and day registrations) must confirm their participation at the secretariat 'Orka' (next to the main entrance of the track). Only after confirmation, you can get access to the track.

### **Dressing room - showers**

In the athletezone, you can take a shower and use the dressing room.

### **Warming-up**

You can do your warming-up in front of the track. When you cross the river, there is a lovely parc.

### **Confirmation**

At least 45 minutes before your first event, you need to confirm your participation at the secretariat 'Orka'. Also day registrations are possible. No confirmation = no participation!

- Pre-inscription = 5 EURO
- Day-registration = 10 EURO

### **First aid - FYSIO - Toilets**

- + There is a first aid at the athletezone.
- + There is a fysio at the athletezone.
- + Toilets are available at the clubhouse.

### **Podia and pricemoney**

- + There will be a podium ceremony after each race (including relays).
- + Extra pricemoney (<http://gpstadlokeren.be/index.php/en/prize-money>) will be given at the building at the finishline. Don't forget your ID-card!

### **Results**

- + Live-results: <http://www.liveresults.be/2018/gp-lokeren/schedule.html>.
- + Live-results will be available at the athletezone and clubhouse.

### **Catering**

- + At the clubhouse, you can order drinks and snacks.

## Heights of the bars

<b>High jump</b>	
Women (> 1m60)	1m22 + 10cm / 1m52 + 5cm / 1m77 + 3cm
Women (< 1m60)	1m22 + 5cm
Men (> 1m80)	1m74 + 10cm / 1m94 + 5cm / 2m09 + 3cm
Men (< 1m80)	1m43 + 5cm
<b>Pole vault</b>	
Woman	2m82 + 20cm / 3m42 + 10cm / 3m82 + 5cm
Men	3m51 + 20cm / 4m31 + 10cm / 5m01 + 5cm