

PRACTICAL INFORMATION

Venue address: Oscar Van Rumst Stadium, Sportlaan 4, 9160 Lokeren

Date: 11th of July 2021

Parkings around the stadium

The Oscar Van Rumst-stadium is situated next to the swimmingpool (Sportlaan 2 – 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 fee is € 6. Children under the age of 12 have free access.

Participating athletes must confirm their participation at the stand next to the main entrance. Only after confirmation, you can get access to the track.

Dressing room - showers

Pending on green light by the local government dressing rooms and showers will be available in the main sportscentre just 100m away from the track.

Warming-up

You can do your warming-up in the environment of the track on the riverside or when you cross the river, there is a lovely park nearby.

Confirmation

At least 45 minutes before your first event, you need to confirm your participation at the registration stand at the entrance.

First aid - FYSIO - Toilets

- + There is a first aid at the wooden building nearby the entrance.
- + There is a fysio at the wooden building nearby the entrance.
- + Toilets are available at the clubhouse and additional toiletvehicle nearby the entrance.

Podia and pricemoney

- + There will be a podium ceremony after each race (including relays).
- + Additional pricemoney outside the podium for special performances based on attached tables (<http://gpstadlokeren.be/index.php/en/prize-money>) can be claimed at the building at the finishline. Don't forget your ID-card and bankaccount number since the money will be transferred with a bankwire after final results are confirmed and dopingcontrole results are cleared!

Results:

- + Live-results: <https://www.atletiek.nu/wedstrijd/uitslagen/35024/>

Catering:

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

Heights of the bars:

High jump	
Women (> 1,60 m)	1,22m+ 10cm / 1,52m + 5cm / 1,77m + 3cm
Men (> 1,70 m)	1,60m + 5cm / 1,80m + 3cm / 2,09m + 2cm
Pole vault	
Woman	2,82m + 20cm / 3,42m + 10cm / 3,82m + 5cm
Men	3,51m + 20cm / 4,31m + 10cm / 5,01 m + 5cm