

Somnis Bedding presents ... Grand Prix Stad Lokeren
Organisation AVLOvzw – Oscar Van Rumst Stadium, Sportlaan 4, 9160 Lokeren
25th of June 2017 – 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.

Attention: due to roadworks, there are some exits closed on the E17 highway in Lokeren. If you come from Antwerp, please take exit 'Waasmunster'. If you come from Ghent, please take exit 'Zelee' and follow the redirection boards.

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 secretariat 'Orka'. Don't forget your ID-card!

Results

- + Live-results: <http://www.liveresults.be/2017/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

High jump	
Women (> 1m60)	1m49 + 10cm / 1m69 + 5cm / 1m79 + 3cm
Women (< 1m60)	1m22 + 5cm
Men (> 1m80)	1m54 + 10cm / 1m94 + 5cm / 2m09 + 3cm
Men (< 1m80)	1m43 + 5cm
Pole vault	
Woman	2m82 + 20cm / 3m22 + 10cm / 3m82 + 5cm
Men	3m31 + 20cm / 3m91 + 10cm / 5m01 + 5cm