

International Antwerp Athletics GALA rewards All athletes (version 2019)

Event	MEN		WOMEN	
	G-bonus	Stadium record	G-bonus	Stadium record
	€ 200	€ 250	€ 200	€ 250
100m	10.31	10.15	11.51	11.28
200m	20.78	20.58	23.49	23.31
400m	46.54	46.54	52.93	52.73
800m	1.47.46	1.46.20	2.03.05	2.01.66
1500m	3.40.52	3.39.14	4.13.48	4.09.30
5000m	13.27.88	13.18.43		
100m Hurdles			13.42	13.26
110m Hurdles	13.81	13.55		
400m Hurdles	50.52	50.31	57.37	55.93
3000st	8.40.56	8.40.56	10.11.49	10.11.49
High Jump	2m15	2m28	1m81	1m90
Pole vault	5m27	5m53	4m20	4m20
Long jump	7m64	7m96	6m29	6m38
Shot put	18m53	18m82	17m94	18m66
Discus throw	59m67	65m74		
Javelin throw	77m37	81m21		



Any athlete not affiliated with the VAL or affiliated with the VAL but not living in Belgium doing better than the results mentioned in column G-bonus earns a G-bonus of €200 (this bonus can be cumulated with the Stadium record bonus).

Any athlete, winning his event, and doing better than the stadium record gets a superbonus of €250 (this bonus can be cumulated with the G-bonus).