LIGUE DE HAUTE NORMANDIE D'ATHLÉTISME

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| RÉGIONAUX Benjamins / Minimes Gaillon  **Dimanche 7 Juin 2015** |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Horaires** | **Haut** | **Perche** | **Long** | **TSaut** | **Poids** | **Javelot** | **Disque** | **Mart** |
|  |  | **10h00** | **Confirmation des engagés** | | | | | | | |
|  |  | **10h15** | **Réunion puis mise en place du jury** | | | | | | | |
| 2000 Marche | BF BG | **11h00** | MF |  | BF |  | BG |  |  | BF MF |
| 3000 Marche | MF MG | **11h20** |  | BF MF |  | MG |  | MF |  |  |
| 200m Haies | MF MG | **12h00** |  |  |  |  |  |  | BG |  |
| 50m (3 séries) | BF | **12h15** |  |  |  |  |  |  |  |  |
| 50m (3 séries) | BG | **12h30** | PODIUMS | | | | | | | |
| 50m (3 séries) | MF | **12h45** |  |  | BG |  | BF |  |  |  |
| 50m (3 séries) | MG | **13h00** | MG |  |  |  |  |  | MG |  |
| 50m (Finales) | TC | **13h15** |  |  |  | MF |  | BG |  |  |
| 100m Haies (0.84) Finales | MG | **13h30** | PODIUMS | | | | | | | |
| 80m Haies (0.76) Finales | MF | **13h45** |  |  |  |  |  |  |  | BG MG |
| 50m Haies (0.76) Séries | BG | **14h00** |  |  | MG |  | MF |  |  |  |
| 50m Haies (0.76) Séries | BF | **14h15** | BG |  |  | BG |  | BF |  |  |
|  |  | **14h30** | PODIUMS | | | | | | | |
| 50m Haies (0.76) Finale | BG | **14h45** |  | BG MG |  |  |  |  | BF |  |
| 50m Haies (0.76) Finale | BF | **15h00** |  |  |  | BF |  |  |  |  |
| 100m | BF | **15h15** | PODIUMS | | | | | | | |
| 100m | BG | **15h30** | BF |  | MF |  | MG | MGBF MF |  |  |
| 100m | MF | **15h45** |  |  |  |  |  |  | MF |  |
| 100m | MG | **16h00** |  |  |  |  |  |  |  |  |
| 2000m et 3000m | MF MG | **16h15** | PODIUMS | | | | | | | |
| 1000m | BF BG | **16h30** |  |  |  |  |  |  |  |  |
| 1000m | MF MB | **16h45** |  |  |  |  |  |  |  |  |
| Relais 4x60 | BE BG | **17h15** |  |  |  |  |  |  |  |  |
| Relais 4x60 | MF MG | **17h30** | PODIUMS | | | | | | | |

**Chaque club participant est prié de fournir un jury par tranche de 10 participants.**

**Limite de confirmations 1h avant l’épreuve en chambre d’appel.**

**Aucun engagement le jour de la compétition.**

**5 épreuves maximum par athlète (2 courses max hors finale, pas 2 courses de 1/2fond-marche).**

**N’OUBLIER PAS DE DÉSENGAGER LES ABSENTS OU NON PARTICIPANTS**