1ER TOUR INTERCLUBS ELITE - NATIONALE 2
A CESSON SEVIGNE

COURSES	HORAIRES	CONCOURS							
		Hauteur	**Longueur**	**Perche**	**Triple**	**Poids**	**Disque**	**Javelot**	**Marteau**
3000 marche F	**11 H 00**								
5000 marche H	**11 H 45**			Nat F	Nat H				
400 haies Nat F	**12 H 30**	Nat F	Nat H			Nat F		Nat H	
400 haies Nat H	**12 H 45**								Nat H
400 m Nat F	**13 H 00**						Nat F		
400 m Nat H	**13 H 15**								
800 m Nat F	**13 H 30**								
800 m Nat H	**13 H 45**								
200 m Nat F	**14 H 00**								
200 m Nat H	**14 H 15**								
1500 m Nat F	**14 H 30**								
1500 m Nat H	**14 H 45**			Nat H	Nat F				
100 haies Nat F	**15 H 00**	Nat H	Nat F			Nat H			Nat F
110 haies Nat M	**15 H 15**								
100 m Nat F	**15 H 30**						Nat H	Nat F	
	15 H 15	**HEURE LIMITE DE REMISE DES COMPOSITION DES EQUIPES DE RELAIS**							
100 m Nat H	**15 H 45**								
3000 steeple H	**16 H 05**								
3000 m F Nat	**16 H 25**								
3000 m H Nat	**16 H 45**								
4 x 100 m Nat F	**17 H 10**								
4 x 100 m Nat H	**17 H 20**								
4 x 400 m Nat F	**17 H 30**								
4 x 400 m Nat H	**17 H 40**								