

INDIVIDUELLES LZ/CIR/LR CHATILLON 05 et 06 mars 2016

Echauffement : LZ + CIR = 3' / 5 ou 6 gym - LR = 2' / 5 ou 6 gym

SAMEDI 05/03 = LZ 150/180 - LR 299/334

09h30 → 10h40	LR 11 = 25 gym x 5		LR 10 = 25 gym x 5
10h40 → 11h50	LR 11 = 25 gym x 5		LR 10 = 25 gym x 5
11h50 → 13h00	LR 11 = 25 gym x 5		LR 10 = 25 gym x 5
	13H10	PALMARES LR	

14h30 → 15h50	LZ S/12 = 25 gym x 5		LZ 13/14 = 25 gym x 5
15h50 → 17h10	LZ 12/15 = 25 gym x 5		LZ 14 = 25 gym x 5
17h10 → 18h30	LZ 15 = 25 gym x 5		LZ 14 = 25 gym x 5

18h45 → 19h55	LR 12 = 25 gym x 5		LR 13 = 25 gym x 5
19h55 → 21h05	LR 12 = 25 gym x 5		LR 13 = 25 gym x 5
	21H10	PALMARES LR	

DIMANCHE 06/03 = DIR CRIT 266/286

09h00 → 10h20	LR 14/15 = 30 gym x 5		LR 16 ans et + = 22 gym x 5
10h20 → 11h50	CIR 13 ans = 30 gym x 5		CIR 10 ans = 30 gym x 5
11h50 → 13h20	CIR 13 ans = 30 gym x 5		CIR 10 ans = 30 gym x 5
	13H20	PALMARES DIR CRIT MIN	

14h30 → 15h50	CIR 12 ans = 25 gym x 5		CIR 11ans = 25 gym x 5
15h50 → 17h10	CIR 12 ans = 25 gym x 5		CIR 11ans = 25 gym x 5
17h10 → 18h30	CIR 12 ans = 25 gym x 5		CIR 11ans = 25 gym x 5
	18H30	PALMARES DIR CRIT BENJ	