

**REGION ENSEMBLE FEDERAL ET PROGRAMME REGIONAL
12 et 13 mai salle Moutaa Louati**

DIMANCHE ROTATION 3		PETITE SALLE		GRANDE SALLE				
CLUB	CATEGORIE	ZONE 1 Échauffement corporel	ZONE 2 Échauffement engin	ZONE 3 Échange	ZONE 4 Praticable entier	Contrôle Engin et licence	Concentration	Passage
		00:25	00:20	00:15	00:08	0:03:00	0:03	X
1 L'OMME G.R.	FED A 10 11 ANS	11:51:00	12:11:00	12:31:00	12:46:00	12:54:00	12:57:00	13:00:00
2 RACING CLUB ARRAS	FED A 10 11 ANS	11:55:00	12:15:00	12:35:00	12:50:00	12:58:00	13:01:00	13:04:00
3 VARS L.M	FED A 10 11 ANS	11:59:00	12:19:00	12:39:00	12:54:00	13:02:00	13:05:00	13:08:00
4 L'EGER-T	FED A 10 11 ANS	12:03:00	12:23:00	12:43:00	12:58:00	13:06:00	13:09:00	13:12:00
5 CALAIS GRS	FED A 15 ANS ET -	12:07:00	12:27:00	12:47:00	13:02:00	13:10:00	13:13:00	13:16:00
6 VARS L.M	FED A 15 ANS ET -	12:11:00	12:31:00	12:51:00	13:06:00	13:14:00	13:17:00	13:20:00
7 RACING CLUB ARRAS	FED A 15 ANS ET -	12:15:00	12:35:00	12:55:00	13:10:00	13:18:00	13:21:00	13:24:00
8 GRS LILLE	FED A 15 ANS ET -	12:19:00	12:39:00	12:59:00	13:14:00	13:22:00	13:25:00	13:28:00
9 HENIN GYM	FED A TC	12:23:00	12:43:00	13:03:00	13:18:00	13:26:00	13:29:00	13:32:00
10 L'EGER-T	FED A TC	12:27:00	12:47:00	13:07:00	13:22:00	13:30:00	13:33:00	13:36:00
11 AMGA	FED A TC	12:31:00	12:51:00	13:11:00	13:26:00	13:34:00	13:37:00	13:40:00
12 RACING CLUB ARRAS	FED A TC	12:35:00	12:55:00	13:15:00	13:30:00	13:38:00	13:41:00	13:44:00
13 VARS L.M	FED A TC	12:39:00	12:59:00	13:19:00	13:34:00	13:42:00	13:45:00	13:48:00