**Championnat de Normandie Estival**

**TOURLAVILLE – 18 et 19 juin 2022**

**Horaires modifiés version 17/06/2022**

**HORAIRE du samedi 18 juin**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Courses | Horaire | Hauteur | Longueur | Triple | Perche | Poids | Disque | Javelot | Marteau |
| 400 m Femmes | 15 h 15 |  |  |  |  |  |  |  |  |
| 400 m Hommes | 15 h 40 |  |  | CF |  | CH |  |  |  |
| 100 m FemmesSéries | 16 h 15 | JESM F |  |  | F |  | ESM H |  |  |
| 100 m HommesSéries | 16 h 45 |  |  |  |  |  |  |  |  |
| **Protocole** | 17 h 00 |  | ESM H**+ JH** |  |  |  |  |  |  |
| 2000 m steepleCF - JF | 17 h 20 |  |  | JESM F |  | JH |  | CF | ESM H**+ CH-JH** |
| 2000 m steeple CH | 18 h 00 | CF |  |  |  |  |  |  |  |
| 3000 m steeple JESM Hommes | 18 h 10 |  |  |  |  |  |  |  |  |
| 100 m Femmes Finales | 18 h 30 |  | CH |  |  | ESM H |  | JESM F |  |
| 100 m Hommes Finales | 18 h 50 |  |  |  |  |  | JH**+ CH** |  |  |
| **Protocole** | 19 h 00 |  |  |  |  |  |  |  |  |
| 1500 m Femmes | 19 h 10 |  |  |  |  |  |  |  |  |
| 1500 m Hommes | 19 h 20 |  |  |  |  |  |  |  |  |
| 3000 m CF – JF  | 19 h 40 |  |  |  |  |  |  |  |  |
| 3000 m CH | 20 h 00 |  |  |  |  |  |  |  |  |
| 5000 m Femmes | 20 h 15 |  |  |  |  |  |  |  |  |
| 5000 m Hommes | 20 h 15 |  |  |  |  |  |  |  |  |
| **Protocole** |  |  |  |  |  |  |  |  |  |

**Championnat de Normandie Estival**

**TOURLAVILLE – 18 et 19 juin 2022**

**HORAIRE du dimanche 19 juin Horaires modifiés version 17/06/2022**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Courses | Horaire | Hauteur | Longueur | Triple | Perche | Poids | Disque | Javelot | Marteau |
| 10000 marche JFJH | 9 h 00 |  |  |  |  |  |  |  |  |
| 5000 marche CFCH | 10 h 00 |  |  |  |  |  |  |  |  |
| 400 m haies CJESMFemmes | 10 h 30 |  |  |  |  |  |  |  |  |
| 400 m haies CH | 10 h 45 |  |  |  |  |  |  |  |  |
| 400 m haies JESMHommes | 10 h 55 | CH | JESM F |  |  | CF |  | CH |  |
| 200 m FemmesSéries | 11 h 20 |  |  |  |  |  | JESM F |  |  |
| 200 m HommesSéries | 11 h 45 |  |  |  | H+ 3 m |  |  |  |  |
| **Protocole** |  |  |  |  |  |  |  |  |  |
| 110 m haies ESM HSéries | 12 h 40 |  |  | CH**+ JH** |  |  |  |  |  |
| 110 m haies JHSéries | 13 h 00 |  |  |  |  |  |  | ESMa+ **JH** | JESM F |
| 110 m haies CHSéries | 13 h 10 |  |  |  |  |  |  |  |  |
| 100 m haies JESM FSéries | 13 h 25 | JESM H |  |  |  |  | **CF** |  |  |
| 100 m haies CFSéries | 13 h 40 |  |  |  | H + 3,80 |  |  |  |  |
| 800 m Femmes | 14 h 00 |  | CF | ESMa H |  |  |  |  | CF |
| 800 m Hommes | 14 h 20 |  |  |  |  |  |  |  |  |
| **Protocole** |  |  |  |  |  |  |  |  |  |
| 100 m haies CF | 14 h 50 |  |  |  |  | JESM F |  |  |  |
| 100 m haies JESM F | 15 h 00 |  |  |  |  |  |  |  |  |
| 110 haies ESM H | 15 h 15 |  |  |  |  |  |  |  |  |
| 110 m haies JH | 15 h 25 |  |  |  |  |  |  |  |  |
| 110 m haies CH | 15 h 35 |  |  |  |  |  |  |  |  |
| 200 m FemmesFinales | 15 h 50 |  |  |  |  |  |  |  |  |
| 200 m HommesFinales | 16 h 05 |  |  |  |  |  |  |  |  |
| 4 x 100 m Femmes | 16 h 35 |  |  |  |  |  |  |  |  |
| 4 x 100 m Hommes | 16 h 50 |  |  |  |  |  |  |  |  |
| **Protocole** |  |  |  |  |  |  |  |  |  |