

| <b>Championnats Ile-de-France en salle Espoirs Seniors</b> |      |                          |           |         |                |                |             |             |  |
|--|------|--------------------------|-----------|---------|----------------|----------------|-------------|-------------|--|
| <b>Nogent su Oise</b>                                      |      |                          |           |         |                |                |             |             |  |
| 5 Bd Pierre de Coubertin, 60180 Nogent-sur-Oise            |      |                          |           |         |                |                |             |             |  |
| <b>Samedi 25 janvier 2025</b>                              |      |                          |           |         |                |                |             |             |  |
| 12 H 30  | S/C  | Ouverture du secrétariat |           |         |                |                |             |             |  |
|  |      |                          |           |         | Hauteur        | Perche         | Triple saut | Triple saut |  |
| 14 H 00  | 12-6 | 60m SEM                  | séries    | 14 H 00 |                | ESM/SEM conc.A |             | SEF         |  |
| 14 H 35  | 10-6 | 60m ESM                  | séries    | 14 H 35 | ESF/SEF conc.A |                | SEM         |             |  |
|  |      |                          |           |         |                |                |             |             |  |
| 15 H 05  | 12-6 | 60m SEF                  | séries    | 15 H 05 |                |                |             |             |  |
| 15 H 40  | 10-6 | 60m ESF                  | séries    | 15 H 40 |                |                |             |             |  |
| 15 H 45  |      |                          |           | 15 H 45 |                |                |             |             |  |
| 16 H 10  | 4-6  | 60m SEM                  | finale(s) | 16 H 10 |                |                |             | ESF         |  |
| 16 H 25  | 3-6  | 60m ESM                  | finale(s) | 16 H 25 |                | ESM/SEM conc.B | ESM         |             |  |
| 16 H 40  | 4-6  | 60m SEF                  | finale(s) | 16 H 40 | ESF/SEF conc.B |                |             |             |  |
| 16 H 55  | 3-6  | 60m ESF                  | finale(s) | 16 H 55 |                |                |             |             |  |
| 17 H 20  | 6-4  | 400m ESM                 | séries    | 17 H 20 |                |                |             |             |  |
| 17 H 50  | 6-4  | 400m SEM                 | séries    | 17 H 50 |                |                |             |             |  |
| 18 H 20  | 10-4 | 400m ESF/SEF             | séries    | 18 H 20 |                |                |             |             |  |

| <b>Dimanche 26 Janvier 2025</b> |      |                          |           |         |                |                |          |          |       |
|---------------------------------|------|--------------------------|-----------|---------|----------------|----------------|----------|----------|-------|
| 10 H 00                         | S/C  | Ouverture du secrétariat |           |         |                |                |          |          |       |
|                                 |      |                          |           |         | Hauteur        | Perche         | Longueur | Longueur | Poids |
| 10 H 30                         | 8-4  | 200m ESF                 | séries    | 11 H 00 |                |                | ESF      |          |       |
| 11 H 05                         | 8-4  | 200m SEF                 | séries    | 11 H 35 |                |                |          | ESM      | ESF   |
| 11 H 40                         | 8-4  | 200m ESM                 | séries    | 12 H 10 | ESM/SEM conc.A |                |          |          |       |
| 12 H 20                         | 8-4  | 200m SEM                 | séries    | 12 H 50 |                | ESF/SEF conc.A |          |          | SEF   |
| 13 H 00                         | 3-3  | 200m ESF                 | finale(s) | 13 H 30 |                |                |          |          |       |
| 13 H 15                         | 3-3  | 200m SEF                 | finale(s) | 13 H 45 |                |                |          |          |       |
| 13 H 30                         | 3-3  | 200m ESM                 | finale(s) | 14 H 00 |                |                | SEF      |          | ESM   |
| 13 H 45                         | 3-3  | 200m SEM                 | finale(s) | 14 H 15 |                |                |          | SEM      |       |
| 14 H 30                         | 12-6 | 60m Haies ESM/SEM        | séries    | 15 H 00 | ESM/SEM conc.B |                |          |          |       |
| 15 H 15                         | 12-6 | 60m Haies ESF/SEF        | séries    | 15 H 45 |                | ESF/SEF conc.B |          |          | SEM   |
|                                 |      |                          |           |         |                |                |          |          |       |
| 16 H 00                         | 4-6  | 60m Haies ESM/SEM        | finale(s) |         |                |                |          |          |       |
| 16 H 15                         | 4-6  | 60m Haies ESF/SEF        | finale(s) |         |                |                |          |          |       |
| 16 H 30                         | 4-5  | 400m ESF/SEF             | finale(s) |         |                |                |          |          |       |
| 16 H 45                         | 4-5  | 400m ESM/SEM             | finale(s) |         |                |                |          |          |       |
| 17 H 05                         |      | 5000m Marche TCM         | Finales B |         |                |                |          |          |       |
| 17 H 50                         |      | 5000m Marche TCM         | Finales A |         |                |                |          |          |       |
| 18 H 35                         |      | 3000m Marche TCF         | Finales B |         |                |                |          |          |       |
| 19 H 05                         |      | 3000m Marche TCF         | Finales A |         |                |                |          |          |       |