# 1ER TOUR INTERCLUBS NATIONALE 2 ET 3
# RÉGIONALE ET PROMOTION
# À VANNES – SAINT -RENAN – FOUGERES – PAIMPOL

**Nat = National 2 pour Vannes et St Renan, pour Fougères et Paimpol possibilité de mélanger les Nat et Reg Promo**

| COURSES | HORAIRES | CONCOURS | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | **Hauteur** | **Longueur** | **Perche** | **Triple** | **Poids** | **Disque** | **Javelot** | **Marteau** |
| 3000 marche F | **10 H 00** | | | | | | | | |
| 5000 marche H | **10 H 40** | | | | | | | | |
| 400 haies Nat F | **11 H 20** | Nat F | Nat F | Nat+R F | Nat F | Rég H | Rég F | Nat H | Nat H |
| 400 haies Reg F | **11 H 30** | | | | | | | | |
| 400 haies Nat H | **11 H 40** | | | | | | | | |
| 400 haies Reg H | **11 H 50** | | | | | | | | |
| 400 m Nat F | **12 H 00** | | | | | | | | |
| 400 m Reg F | **12 H 10** | | | | | | | | |
| 400 m Nat H | **12 H 20** | | | | | | | | |
| 400 m Reg H | **12 H 30** | | | | | | | | |
| 800 m Nat F | **12 H 40** | | | | | | | | |
| 800 m Reg F | **12 H 50** | Rég F | Rég H | | Nat H | Rég F | Rég H | Nat F | |
| 800 m Nat H | **12 H 55** | | | | | | | | Nat F |
| 800 m Reg H | **13 H 00** | | | | | | | | |
| 200 m Nat F | **13 H 10** | | | | | | | | |
| 200 m Reg F | **13 H 15** | | | | | | | | |
| 200 m Nat H | **13 H 25** | | | | | | | | |
| 200 m Reg H | **13 H 35** | | | | | | | | |
| 1500 m Nat F | **13 H 55** | | | Nat+R H | | | | | |
| 1500 m Reg F | **14 H 00** | | | | Rég F | Nat F | Nat F | Rég F | |
| 1500 m Nat H | **14 H 10** | Rég H | | | | | | | |
| 1500 m R2 H | **14 H 20** | | | | | | | | |
| 110 haies Nat H | **14 H 30** | | Nat H | | | | | | Rég H |
| 110 haies Reg H | **14 H 40** | | | | | | | | |
| 100 haies Nat F | **14 H 50** | | | | | | | | |
| 100 haies Reg F | **15 H 00** | | | | | | | | |
| 100 m Nat F | **15 H 15** | | | | | | | | |
| 100 m Reg F | **15 H 20** | | | | | | | | |
| | **15 H 20** | **HEURE LIMITE DE REMISE DES COMPOSITION DES EQUIPES DE RELAIS** | | | | | | | |
| 100 m Nat H | **15 H 25** | | | | Rég H | Nat H | Nat H | | |
| 100 m Reg H | **15 H 30** | Nat H | | | | | | | |
| 3000 steeple H | **15 H 40** | | | | | | | | |
| 3000mF Nat+Reg | **15 H 55** | | Rég F | | | | | Rég H | Rég F |
| 3000 m H Nat | **16 H 15** | | | | | | | | |
| 3000 m F Reg | **16 H 30** | | | | | | | | |
| 4 x 100 m Nat F | **16 H 45** | | | | | | | | |
| 4 x 100 m Reg F | **17 H 00** | | | | | | | | |
| 4 x 100 m Nat H | **17 H 10** | | | | | | | | |
| 4 x 100 m Reg H | **17 H 20** | | | | | | | | |
| 4 x 400 m Nat F | **17 H 30** | | | | | | | | |
| 4 x 400 m Reg F | **17 H 40** | | | | | | | | |
| 4 x 400 m Nat H | **17 H 50** | | | | | | | | |
| 4 x 400 m Reg H | **18 H 00** | | | | | | | | |