

SAMEDI 16 Mars 2019

15H30 - 17H30

F 7-9 / P 7-9 / FB 15 - / FB 17- / FB 10-11 / FB 13- / FB TC

			Vestiaires	Echauffement Corporel	Echauffement Engins	Trajet N- 4 au N- 2	Contrôle	Bandes	Pré Compétition	Préparation + attente	Passage
			N-4	N-4	N-4		N-2	N-2	N-2	N-2	N-2
			0:08	0:30	0:20	0:06	0:05	0:09	0:04	0:08	0:04
1	La Colombe Gym	F 7-9	14:00	14:08	14:38	14:58	15:04	15:09	15:18	15:22	15:30
2	CTGym	FB 10-11	14:04	14:12	14:42	15:02	15:08	15:13	15:22	15:26	15:34
3	RCC Foix Mont	P 7-9	14:08	14:16	14:46	15:06	15:12	15:17	15:26	15:30	15:38
4	Etoile Gym Colomiers	FB 10-11	14:12	14:20	14:50	15:10	15:16	15:21	15:30	15:34	15:42
5	Envol St Gaudens	P 7-9	14:16	14:24	14:54	15:14	15:20	15:25	15:34	15:38	15:46
6	Ralliement Muret	FB 10-11	14:20	14:28	14:58	15:18	15:24	15:29	15:38	15:42	15:50
PAUSE											
7	GRS Odos	FB 15	14:32	14:40	15:10	15:30	15:36	15:41	15:50	15:54	16:02
8	Gym Club Ruthenois	FB 13	14:36	14:44	15:14	15:34	15:40	15:45	15:54	15:58	16:06
9	Gym Club Ruthenois	FB 15	14:40	14:48	15:18	15:38	15:44	15:49	15:58	16:02	16:10
10	Etoile Gym Colomiers	FB 13	14:44	14:52	15:22	15:42	15:48	15:53	16:02	16:06	16:14
11	Clochette L'Isloise	FB 15	14:48	14:56	15:26	15:46	15:52	15:57	16:06	16:10	16:18
12	CTGym	FB 13	14:52	15:00	15:30	15:50	15:56	16:01	16:10	16:14	16:22
13	Union GR Danse E1	FB 15	14:56	15:04	15:34	15:54	16:00	16:05	16:14	16:18	16:26
14	Ralliement Muret	FB 13	15:00	15:08	15:38	15:58	16:04	16:09	16:18	16:22	16:30
15	GRS Plaisance	FB 15	15:04	15:12	15:42	16:02	16:08	16:13	16:22	16:26	16:34
16	Clochette L'Isloise	FB 13	15:08	15:16	15:46	16:06	16:12	16:17	16:26	16:30	16:38
17	Union GR Danse E2	FB 15	15:12	15:20	15:50	16:10	16:16	16:21	16:30	16:34	16:42
18	Colombe Gymnique	FB 13	15:16	15:24	15:54	16:14	16:20	16:25	16:34	16:38	16:46
19	Etoile Gym Colomiers	FB 15	15:20	15:28	15:58	16:18	16:24	16:29	16:38	16:42	16:50
20	Colombe Gymnique	FB TC	15:24	15:32	16:02	16:22	16:28	16:33	16:42	16:46	16:54
21	CTGym	FB 15	15:28	15:36	16:06	16:26	16:32	16:37	16:46	16:50	16:58
22	CTGym	FB TC	15:32	15:40	16:10	16:30	16:36	16:41	16:50	16:54	17:02
23	Ralliement Muret	FB 17	15:36	15:44	16:14	16:34	16:40	16:45	16:54	16:58	17:06
24	Clochette L'Isloise	FB TC	15:40	15:48	16:18	16:38	16:44	16:49	16:58	17:02	17:10
25	Colombe Gymnique	FB 17	15:44	15:52	16:22	16:42	16:48	16:53	17:02	17:06	17:14
26	Etoile Gym Colomiers	FB TC	15:48	15:56	16:26	16:46	16:52	16:57	17:06	17:10	17:18
27	Etoile Gym Colomiers	FB 17	15:52	16:00	16:30	16:50	16:56	17:01	17:10	17:14	17:22
28	GRS Club Plaisance	FB TC	15:56	16:04	16:34	16:54	17:00	17:05	17:14	17:18	17:26
			16:00	16:08	16:38	16:58	17:04	17:09	17:18	17:22	17:30

SAMEDI 16 Mars 2019

18H15 - 19H30

R 10-11 / R 15 - / R 17- / D 15- / R 13- / R TC

			Vestiaires	Echauffement Corporel	Echauffement Engins	Trajet N- 4 au N- 2	Contrôle	Bandes	Pré Compétition	Préparation + attente	Passage
			N-4	N-4	N-4		N-2	N-2	N-2	N-2	N-2
			0:08	0:30	0:20	0:06	0:05	0:09	0:04	0:08	0:04
1	Ralliement Muret	R 10-11	16:45	16:53	17:23	17:43	17:49	17:54	18:03	18:07	18:15
2	St Jean Gymnique	R 13	16:49	16:57	17:27	17:47	17:53	17:58	18:07	18:11	18:19
3	St Jean Gymnique	R 10-11	16:53	17:01	17:31	17:51	17:57	18:02	18:11	18:15	18:23
4	Union GR Danse	R 13	16:57	17:05	17:35	17:55	18:01	18:06	18:15	18:19	18:27
5	CTGym E1	R 10-11	17:01	17:09	17:39	17:59	18:05	18:10	18:19	18:23	18:31
6	GRS Club Plaisance	R 13	17:05	17:13	17:43	18:03	18:09	18:14	18:23	18:27	18:35
PAUSE											
7	RCC Foix Mont	R 10-11	17:17	17:25	17:55	18:15	18:21	18:26	18:35	18:39	18:47
8	Montauban GR 82	R 13	17:21	17:29	17:59	18:19	18:25	18:30	18:39	18:43	18:51
9	GRS Club Plaisance	R 10-11	17:25	17:33	18:03	18:23	18:29	18:34	18:43	18:47	18:55
10	CTGym	R 13	17:29	17:37	18:07	18:27	18:33	18:38	18:47	18:51	18:59
11	CTGym E2	R 10-11	17:33	17:41	18:11	18:31	18:37	18:42	18:51	18:55	19:03
12	Colombe Gymnique	R 13	17:37	17:45	18:15	18:35	18:41	18:46	18:55	18:59	19:07
13	Clochette L'Isloise	R 10-11	17:41	17:49	18:19	18:39	18:45	18:50	18:59	19:03	19:11
14	Etoile Gym Colomiers	R D 15	17:45	17:53	18:23	18:43	18:49	18:54	19:03	19:07	19:15
15	GRS Club Plaisance	R 15	17:49	17:57	18:27	18:47	18:53	18:58	19:07	19:11	19:19
16	GRS Club Plaisance	R 17	17:53	18:01	18:31	18:51	18:57	19:02	19:11	19:15	19:23
17	Etoile Gym Colomiers	R 15	17:57	18:05	18:35	18:55	19:01	19:06	19:15	19:19	19:27
18	CTGym	R TC	18:01	18:09	18:39	18:59	19:05	19:10	19:19	19:23	19:31
			18:05	18:13	18:43	19:03	19:09	19:14	19:23	19:27	19:35

DIMANCHE 17 Mars 2019

9H30 - 11H45

Avenir / FA TC / FA 15 - / RDuo TC / Rduo 13- / FC 13- / FC TC

			Vestiaires	Echauffement Corporel	Echauffement Engins	Trajet N- 4 au N- 2	Contrôle	Bandes	Pré Compétition	Préparation + attente	Passage
			N-4	N-4	N-4		N-2	N-2	N-2	N-2	N-2
			0:08	0:30	0:20	0:06	0:05	0:09	0:04	0:08	0:04
1	Zenchenko Elizaveta	A Cerc	8:00	8:08	8:38	8:58	9:04	9:09	9:18	9:22	9:30
2	Union GR Danse E2	R D TC	8:04	8:12	8:42	9:02	9:08	9:13	9:22	9:26	9:34
3	Pemmarty Mélina	A Cerc	8:08	8:16	8:46	9:06	9:12	9:17	9:26	9:30	9:38
4	St Jean Gymnique	R D TC	8:12	8:20	8:50	9:10	9:16	9:21	9:30	9:34	9:42
5	Clochette L'Isloise	FA TC	8:16	8:24	8:54	9:14	9:20	9:25	9:34	9:38	9:46
6	Envol St Gaudens	R D TC	8:20	8:28	8:58	9:18	9:24	9:29	9:38	9:42	9:50
PAUSE											
7	Colombe Gymnique	FA TC	8:32	8:40	9:10	9:30	9:36	9:41	9:50	9:54	10:02
8	GRS Club Plaisance E2	R D TC	8:36	8:44	9:14	9:34	9:40	9:45	9:54	9:58	10:06
9	RCC Foix Mont	FA TC	8:40	8:48	9:18	9:38	9:44	9:49	9:58	10:02	10:10
10	Union GR Danse E1	R D TC	8:44	8:52	9:22	9:42	9:48	9:53	10:02	10:06	10:14
11	GRS Club Plaisance	FA TC	8:48	8:56	9:26	9:46	9:52	9:57	10:06	10:10	10:18
12	GRS Club Plaisance E1	R D TC	8:52	9:00	9:30	9:50	9:56	10:01	10:10	10:14	10:22
13	CTGym	FA TC	8:56	9:04	9:34	9:54	10:00	10:05	10:14	10:18	10:26
14	CTGym	R D TC	9:00	9:08	9:38	9:58	10:04	10:09	10:18	10:22	10:30
15	Gym Club Ruthénois	FA TC	9:04	9:12	9:42	10:02	10:08	10:13	10:22	10:26	10:34
16	Etoile Gym Colomiers E2	R D TC	9:08	9:16	9:46	10:06	10:12	10:17	10:26	10:30	10:38
17	CTGym	FA 15	9:12	9:20	9:50	10:10	10:16	10:21	10:30	10:34	10:42
18	Etoile Gym Colomiers E1	R D TC	9:16	9:24	9:54	10:14	10:20	10:25	10:34	10:38	10:46
19	RCC Foix Mont	FA 15	9:20	9:28	9:58	10:18	10:24	10:29	10:38	10:42	10:50
20	Zenchenko Elizaveta	A Massues	9:24	9:32	10:02	10:22	10:28	10:33	10:42	10:46	10:54
21	GRS Odos	FA 15	9:28	9:36	10:06	10:26	10:32	10:37	10:46	10:50	10:58
22	Pemmarty Mélina	A Massues	9:32	9:40	10:10	10:30	10:36	10:41	10:50	10:54	11:02
23	Colombe Gymnique	FA 15	9:36	9:44	10:14	10:34	10:40	10:45	10:54	10:58	11:06
24	Etoile Gym Colomiers	R D 13	9:40	9:48	10:18	10:38	10:44	10:49	10:58	11:02	11:10
25	Gym Club Ruthénois	FA 15	9:44	9:52	10:22	10:42	10:48	10:53	11:02	11:06	11:14
26	Colombe Gymnique	R D 13	9:48	9:56	10:26	10:46	10:52	10:57	11:06	11:10	11:18
27	GRS Club Plaisance	FA 15	9:52	10:00	10:30	10:50	10:56	11:01	11:10	11:14	11:22
28	Envol St Gaudens	R D 13	9:56	10:04	10:34	10:54	11:00	11:05	11:14	11:18	11:26
29	Zenchenko Elizaveta	A ML	10:00	10:08	10:38	10:58	11:04	11:09	11:18	11:22	11:30
30	Envol St Gaudens	FC 13	10:04	10:12	10:42	11:02	11:08	11:13	11:22	11:26	11:34
31	Pemmarty Mélina	A ML	10:08	10:16	10:46	11:06	11:12	11:17	11:26	11:30	11:38
32	GRS Club Plaisance	FC 13	10:12	10:20	10:50	11:10	11:16	11:21	11:30	11:34	11:42
			10:16	10:24	10:54	11:14	11:20	11:25	11:34	11:38	11:46
33	Ralliement Muret	FC 13	10:20	10:28	10:58	11:18	11:24	11:29	11:38	11:42	11:50
			10:24	10:32	11:02	11:22	11:28	11:33	11:42	11:46	11:54
34	GRS Club Plaisance	FC TC	10:28	10:36	11:06	11:26	11:32	11:37	11:46	11:50	11:58

DIMANCHE 17 Mars 2019

13H15 - 14H15

FA 13 / FA 10-11 / FA 17- / Nat Indiv

		Vestiaires	Echauffement Corporel	Echauffement Engins	Trajet N- 4 au N- 2	Contrôle	Bandes	Pré Compétition	Préparation + attente	Passage	
		N-4	N-4	N-4		N-2	N-2	N-2	N-2	N-2	
		0:08	0:30	0:20	0:06	0:05	0:09	0:04	0:08	0:04	
1	RCC Foix Mont	FA 13	11:45	11:53	12:23	12:43	12:49	12:54	13:03	13:07	13:15
2	Ralliement Muret	FA 17	11:49	11:57	12:27	12:47	12:53	12:58	13:07	13:11	13:19
3	Envol St Gaudens	FA 13	11:53	12:01	12:31	12:51	12:57	13:02	13:11	13:15	13:23
4	Colombe Gymnique	FA 17	11:57	12:05	12:35	12:55	13:01	13:06	13:15	13:19	13:27
5	CTGym	FA 13	12:01	12:09	12:39	12:59	13:05	13:10	13:19	13:23	13:31
6	Gym Club Ruthénois	FA 17	12:05	12:13	12:43	13:03	13:09	13:14	13:23	13:27	13:35
PAUSE											
7	GRS Odos	FA 13	12:17	12:25	12:55	13:15	13:21	13:26	13:35	13:39	13:47
8	GRS Club Plaisance	FA 17	12:21	12:29	12:59	13:19	13:25	13:30	13:39	13:43	13:51
9	Etoile Gym Colomiers	FA 10-11	12:25	12:33	13:03	13:23	13:29	13:34	13:43	13:47	13:55
10	CTGym	FA 17	12:29	12:37	13:07	13:27	13:33	13:38	13:47	13:51	13:59
11	Colombe Gymnique	FA 10-11	12:33	12:41	13:11	13:31	13:37	13:42	13:51	13:55	14:03
12	Guillou Clémentine	N Indiv	12:37	12:45	13:15	13:35	13:41	13:46	13:55	13:59	14:07
13	CTGym	FA 10-11	12:41	12:49	13:19	13:39	13:45	13:50	13:59	14:03	14:11
14	Wood Mathilde	N Indiv	12:45	12:53	13:23	13:43	13:49	13:54	14:03	14:07	14:15
15			12:49	12:57	13:27	13:47	13:53	13:58	14:07	14:11	14:19

DIMANCHE 17 Mars 2019

14H30 - 16H40

Nat D 13- / Nat D TC / Nat E 10-11 / 13- / 15- / 17-

			Vestiaires	Echauffement Corporel	Echauffement Engins	Trajet N- 4 au N- 2	Contrôle	Bandes	Pré Compétition	Préparation + attente	Passage
			N-4	N-4	N-4		N-2	N-2	N-2	N-2	N-2
			0:08	0:30	0:20	0:06	0:05	0:09	0:04	0:08	0:04
1	Montauban GR 82 E2	N D 13	13:00	13:08	13:38	13:58	14:04	14:09	14:18	14:22	14:30
2	RCC Foix Mont E2	N D TC	13:04	13:12	13:42	14:02	14:08	14:13	14:22	14:26	14:34
3	RCC Foix Mont	N D 13	13:08	13:16	13:46	14:06	14:12	14:17	14:26	14:30	14:38
4	GRS Club Plaisance	N D TC	13:12	13:20	13:50	14:10	14:16	14:21	14:30	14:34	14:42
5	GRS Odos	N D 13	13:16	13:24	13:54	14:14	14:20	14:25	14:34	14:38	14:46
6	Colombe Gymnique	N D TC	13:20	13:28	13:58	14:18	14:24	14:29	14:38	14:42	14:50
PAUSE											
7	Ralliement Muret	N D 13	13:32	13:40	14:10	14:30	14:36	14:41	14:50	14:54	15:02
8	RCC Foix Mont E1	N D TC	13:36	13:44	14:14	14:34	14:40	14:45	14:54	14:58	15:06
9	Montauban GR 82 E1	N D 13	13:40	13:48	14:18	14:38	14:44	14:49	14:58	15:02	15:10
10	GRS Odos	N D TC	13:44	13:52	14:22	14:42	14:48	14:53	15:02	15:06	15:14
11	Lourdes	N D 13	13:48	13:56	14:26	14:46	14:52	14:57	15:06	15:10	15:18
12	CTGym	NE 10-11	13:52	14:00	14:30	14:50	14:56	15:01	15:10	15:14	15:22
13	GRS Club Plaisance	NE 15	13:56	14:04	14:34	14:54	15:00	15:05	15:14	15:18	15:26
14	CTGym	NE 13	14:00	14:08	14:38	14:58	15:04	15:09	15:18	15:22	15:30
15	Envol St Gaudens	NE 15	14:04	14:12	14:42	15:02	15:08	15:13	15:22	15:26	15:34
16	RCC Foix Mont	NE 13	14:08	14:16	14:46	15:06	15:12	15:17	15:26	15:30	15:38
17	RCC Foix Mont	NE 17	14:12	14:20	14:50	15:10	15:16	15:21	15:30	15:34	15:42
18	CTGym	NE	14:16	14:24	14:54	15:14	15:20	15:25	15:34	15:38	15:46
19	RCC Foix Mont E2	N D TC	14:20	14:28	14:58	15:18	15:24	15:29	15:38	15:42	15:50
20	Montauban GR 82 E2	N D 13	14:24	14:32	15:02	15:22	15:28	15:33	15:42	15:46	15:54
21	GRS Club Plaisance	N D TC	14:28	14:36	15:06	15:26	15:32	15:37	15:46	15:50	15:58
22	RCC Foix Mont	N D 13	14:32	14:40	15:10	15:30	15:36	15:41	15:50	15:54	16:02
23	RCC Foix Mont E1	N D TC	14:36	14:44	15:14	15:34	15:40	15:45	15:54	15:58	16:06
24	GRS Odos	N D 13	14:40	14:48	15:18	15:38	15:44	15:49	15:58	16:02	16:10
25	GRS Odos	N D TC	14:44	14:52	15:22	15:42	15:48	15:53	16:02	16:06	16:14
26	Ralliement Muret	N D 13	14:48	14:56	15:26	15:46	15:52	15:57	16:06	16:10	16:18
27	CTGym	NE 10-11	14:52	15:00	15:30	15:50	15:56	16:01	16:10	16:14	16:22
28	Montauban GR 82 E1	N D 13	14:56	15:04	15:34	15:54	16:00	16:05	16:14	16:18	16:26
29	CTGym	NE 13	15:00	15:08	15:38	15:58	16:04	16:09	16:18	16:22	16:30
30	Lourdes	N D 13	15:04	15:12	15:42	16:02	16:08	16:13	16:22	16:26	16:34
31	RCC Foix Mont	NE 13	15:08	15:16	15:46	16:06	16:12	16:17	16:26	16:30	16:38
32	GRS Club Plaisance	NE 15	15:12	15:20	15:50	16:10	16:16	16:21	16:30	16:34	16:42
33	CTGym	NE	15:16	15:24	15:54	16:14	16:20	16:25	16:34	16:38	16:46
34	Envol St Gaudens	NE 15	15:20	15:28	15:58	16:18	16:24	16:29	16:38	16:42	16:50
35			15:24	15:32	16:02	16:22	16:28	16:33	16:42	16:46	16:54
36	RCC Foix Mont	NE 17	15:28	15:36	16:06	16:26	16:32	16:37	16:46	16:50	16:58
37			15:32	15:40	16:10	16:30	16:36	16:41	16:50	16:54	17:02