# Championnats Départementaux MI-CA-JU-SE-VE

## Mercredi 30 avril **2025** - Saint-Ouen

complexe sportif de l'Île-des-Vannes - 15 bd Marcel Paul, 93450 l'Ile Saint Denis

| **18h00** | | | | | | | |
|---|---|---|---|---|---|---|---|
| *courses* | *Courses* | *Cat.* | *Concours* | *Marteau* | | | |
| **19h00** | 1500M Steeple | TC F/M | **de 18h** | TC F/M | | | |
| | **Une seule course hauteur filles** | | **a 21h** | Horaires libres | | | |
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| | | | | | | | |
| **19h30** | 3M Marche | MF MM | | | | | |
| | 5KM Marche | TC F/M | | | | | |
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| | | | | | | | |
| **20h30** | 3000M | CF CM<br>MF MM | | | | | |
| | 5000M | TC F/M | | | | | |
| | | | | | | | |
| **21h00** | Fin de réunion | | | | | | |
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# Championnats Départementaux MI-CA-JU-SE-VE

## **dimanche** 4 mai **2025** - Saint-Ouen

complexe sportif de l'Île-des-Vannes - 15 bd Marcel Paul, 93450 l'Ile Saint Denis

| **9h30** | **Inscriptions et recensement des officiels** | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| *courses* | *Courses* | *Cat.* | *Concours* | *Hauteur* | *Perche* | *Longueur* | *Triple-saut* | *Poids* | *Javelot* | *Disque* |
| **10h00** | 250M Haies | MF MM | **10h00** | | TC F/M | CJSVF | MIM | CM 5kg | MM 600g | JSF 1kg |
| | 320M Haies | CF CM | | | | | | V1.2M 5kg V7.8F 1kg | V3.4M 600g | V5M V6M 1kg |
| | 400M Haies | JSV F/M | | | | | | | | |
| **10h30** | 800m | TCF | | | | | | | | |
| | 800m | TCM | | | | | | | | |
| | 1000m | MF MM | **11h00** | | | | | MM 4kg | | MCF V1.2F 800g |
| | | | | | | | | | | V3.4F V7.8M 800g |
| | | | **11h30** | | | MIM | | | CM 700g | |
| **11h30** | 200m | TCF | | | | | | | V1.2M 700g | |
| | 200m | TCM | | | | | | | | |
| | 150m | MF | **12h00** | TC F | | | MIF | V3.4M 4kg | | |
| | 150m | MM | | | | | | | | |
| **13h00** | 80m séries | MF | | | | | | | | |
| | 80m séries | MM | **12h30** | | | | | JS2M 6kg | CJS F 600g | MM V3.4M 1,250kg |
| | 100m séries | TCF | | | | | | V5.6M 3kg | | |
| | 100m séries | TCM | **13h00** | | | | | | | |
| | | | | | | | | | | |
| **14h30** | 1500m | TCF | **13h30** | | | CJSVM | | S1M 7kg260 | MF 500g | |
| | 1500m | TCM | | | | | | V7.8M 2kg V5.6F 2kg | | |
| **14h50** | 80m Haies | MF | | | | | | | | |
| | 100m Haies | MM TCF | **14h00** | TC M | | | CJSVF | | | S1M 2kg |
| | 110m Haies | TCM | | | | | | | | V5.6.7.8F 600g |
| **15h45** | 300m | CF | | | | | | | | |
| | 300m | CM | **14h30** | | | MIF | | MCF 3kg | V1.2.3.4F 500g | |
| | 400m | TCF | | | | | | | V5.6M 500g | |
| | 400m | TCM | | | | | | | | |
| **16h30** | 80m finales | MF | **15h30** | | | | CJSVM | V1.2.3.4F 3kg | V5.6.7.8F 400g | JM S2M 1,750kg |
| | 80m finales | MM | | | | | | | V7.8M 400g | |
| | 100m finales | TCF | | | | | | | | |
| | 100m finales | TCM | | | | | | | | |
| | | | **16h00** | | | | | JSF 4kg | JSM 800g | CM V1.2M 1,5kg |
| **17h00** | Relais 4x100m | CJSVF | | | | | | | | |
| | Relais 4x100m | CJSVM | | | | | | | | |
| | Relais 4x80m | MF MM | | | | | | | | |
| | Relais 5-4-3-2-1 | CJSV F | | | | | | | | |
| | Relais 5-4-3-2-1 | CJSV M | | | | | | | | |