

PLANNING ECHAUFFEMENT
Finale Départementale - Strasbourg
Ensembles Fédéraux C - Individuelles Poussines

CLUB	Catégorie	Salle AGRES				Salle HERRADE			
		Echauffement corporel	Echauffement corporel - Engin sans lancer	Zone Engin 1 Sans grand lancer	Vestiaire Contrôle engin et licence	Zone Engin 2	Praticable pré - compétition	Concentration	Passage compétition
		15'/14'/15'	15'/14'/15'	15'/14'/15'	10'	15'/14'/15'	5'/2'/5'	5'/2'/5'	5'/2'/5'
1	AGREE	07:40:00	07:55:00	08:10:00	08:25:00	08:35:00	08:50:00	08:55:00	09:00:00
2	REICHSHOFFEN	07:45:00	08:00:00	08:15:00	08:30:00	08:40:00	08:55:00	09:00:00	09:05:00
3	GERSTHEIM	07:50:00	08:05:00	08:20:00	08:35:00	08:45:00	09:00:00	09:05:00	09:10:00
4	STRASBOURG RC	07:55:00	08:10:00	08:25:00	08:40:00	08:50:00	09:05:00	09:10:00	09:15:00
5	HOLTZHEIM	08:00:00	08:15:00	08:30:00	08:45:00	08:55:00	09:10:00	09:15:00	09:20:00
6	Pauline SEREDKIN	08:15:00	08:29:00	08:43:00	08:57:00	09:07:00	09:21:00	09:23:00	09:25:00
7	Anna Kalaya BIERNAUX	08:17:00	08:31:00	08:45:00	08:59:00	09:09:00	09:23:00	09:25:00	09:27:00
8	Justine KNEPFLER	08:19:00	08:33:00	08:47:00	09:01:00	09:11:00	09:25:00	09:27:00	09:29:00
9	Patricia ANDRONIC	08:21:00	08:35:00	08:49:00	09:03:00	09:13:00	09:27:00	09:29:00	09:31:00
10	Keylia PEIGNE	08:23:00	08:37:00	08:51:00	09:05:00	09:15:00	09:29:00	09:31:00	09:33:00
11	Zoe DESTOUCHE	08:25:00	08:39:00	08:53:00	09:07:00	09:17:00	09:31:00	09:33:00	09:35:00
12	HOERDT	08:17:00	08:32:00	08:47:00	09:02:00	09:12:00	09:27:00	09:32:00	09:37:00
13	HOLTZHEIM	08:22:00	08:37:00	08:52:00	09:07:00	09:17:00	09:32:00	09:37:00	09:42:00
14	ENERGYM	08:27:00	08:42:00	08:57:00	09:12:00	09:22:00	09:37:00	09:42:00	09:47:00
15	GERSTHEIM	08:32:00	08:47:00	09:02:00	09:17:00	09:27:00	09:42:00	09:47:00	09:52:00

PLANNING ECHAUFFEMENT
Finale Départementale - Strasbourg
Ensembles REGIONAUX

CLUB	Catégorie	Salle AGRES				Salle HERRADE				
		Echauffement corporel	Echauffement corporel - Engin sans lancer	Zone Engin 1 Sans grand lancer	Vestiaire Contrôle engin et licence	Zone Engin 2	Praticable pré - compétition	Concentration	Passage compétition	
		15'	15'	15'	10'	15'	2'30	2'30	2'30	
1	GYM CONCORDIA	Reg 10-11 ans	08:45:00	09:00:00	09:15:00	09:30:00	09:40:00	09:55:00	09:57:30	10:00:00
2	BISCHHEIM	Reg - 13 ans	08:47:30	09:02:30	09:17:30	09:32:30	09:42:30	09:57:30	10:00:00	10:02:30
3	REICHSHOFFEN	Reg 10-11 ans	08:50:00	09:05:00	09:20:00	09:35:00	09:45:00	10:00:00	10:02:30	10:05:00
4	SCHWEIGHOUSE	Reg - 13 ans	08:52:30	09:07:30	09:22:30	09:37:30	09:47:30	10:02:30	10:05:00	10:07:30
5	ENERGYM	Reg 10-11 ans	08:55:00	09:10:00	09:25:00	09:40:00	09:50:00	10:05:00	10:07:30	10:10:00
6	ILLKIRCH	Reg - 13 ans	08:57:30	09:12:30	09:27:30	09:42:30	09:52:30	10:07:30	10:10:00	10:12:30
7	GR SAVERNE	Reg 10-11 ans	09:00:00	09:15:00	09:30:00	09:45:00	09:55:00	10:10:00	10:12:30	10:15:00
8	HOLTZHEIM 2	Reg - 13 ans	09:02:30	09:17:30	09:32:30	09:47:30	09:57:30	10:12:30	10:15:00	10:17:30
9	HOLTZHEIM 1	Reg 10-11 ans	09:05:00	09:20:00	09:35:00	09:50:00	10:00:00	10:15:00	10:17:30	10:20:00
10	HOLTZHEIM 1	Reg - 13 ans	09:07:30	09:22:30	09:37:30	09:52:30	10:02:30	10:17:30	10:20:00	10:22:30
11	STRASBOURG RC	Reg 10-11 ans	09:10:00	09:25:00	09:40:00	09:55:00	10:05:00	10:20:00	10:22:30	10:25:00
12	DEODATIENNE	Reg - 13 ans	09:12:30	09:27:30	09:42:30	09:57:30	10:07:30	10:22:30	10:25:00	10:27:30
13	HAGUENAU	Reg 10-11 ans	09:15:00	09:30:00	09:45:00	10:00:00	10:10:00	10:25:00	10:27:30	10:30:00
14	REICHSHOFFEN	Reg - 15 ans	09:17:30	09:32:30	09:47:30	10:02:30	10:12:30	10:27:30	10:30:00	10:32:30
15	HOLTZHEIM 2	Reg 10-11 ans	09:20:00	09:35:00	09:50:00	10:05:00	10:15:00	10:30:00	10:32:30	10:35:00
16	STRASBOURG RC	Reg - 15 ans	09:22:30	09:37:30	09:52:30	10:07:30	10:17:30	10:32:30	10:35:00	10:37:30
17	STRASBOURG RC	Reg - 17 ans	09:25:00	09:40:00	09:55:00	10:10:00	10:20:00	10:35:00	10:37:30	10:40:00
18	HOLTZHEIM	Reg - 15 ans	09:27:30	09:42:30	09:57:30	10:12:30	10:22:30	10:37:30	10:40:00	10:42:30
19	ILLKIRCH	Reg - 17 ans	09:30:00	09:45:00	10:00:00	10:15:00	10:25:00	10:40:00	10:42:30	10:45:00
20	GR SAVERNE	Reg - 15 ans	09:32:30	09:47:30	10:02:30	10:17:30	10:27:30	10:42:30	10:45:00	10:47:30
21	HOLTZHEIM	Reg - 17 ans	09:35:00	09:50:00	10:05:00	10:20:00	10:30:00	10:45:00	10:47:30	10:50:00
22	ENERGYM	Reg - 15 ans	09:37:30	09:52:30	10:07:30	10:22:30	10:32:30	10:47:30	10:50:00	10:52:30
23	DEODATIENNE	Reg - 17 ans	09:40:00	09:55:00	10:10:00	10:25:00	10:35:00	10:50:00	10:52:30	10:55:00
24	HAGUENAU	Reg - 15 ans	09:42:30	09:57:30	10:12:30	10:27:30	10:37:30	10:52:30	10:55:00	10:57:30

PLANNING ECHAUFFEMENT
Finale Départementale - Strasbourg
Ensembles REGIONAUX

CLUB	Catégorie	Salle AGRES				Salle HERRADE				
		Echauffement corporel	Echauffement corporel - Engin sans lancer	Zone Engin 1 Sans grand lancer	Vestiaire Contrôle engin et licence	Zone Engin 2	Praticable pré - compétition	Concentration	Passage compétition	
		15'	15'	15'	10'	15'	2'30	2'30	2'30	
25	BISCHHEIM	Reg TC	09:45:00	10:00:00	10:15:00	10:30:00	10:40:00	10:55:00	10:57:30	11:00:00
26	BRUMATH	Reg - 15 ans	09:47:30	10:02:30	10:17:30	10:32:30	10:42:30	10:57:30	11:00:00	11:02:30
27	HOLTZHEIM 2	Reg TC	09:50:00	10:05:00	10:20:00	10:35:00	10:45:00	11:00:00	11:02:30	11:05:00
28	GYM CONCORDIA	Reg - 15 ans	09:52:30	10:07:30	10:22:30	10:37:30	10:47:30	11:02:30	11:05:00	11:07:30
29	HOLTZHEIM 1	Reg TC	09:55:00	10:10:00	10:25:00	10:40:00	10:50:00	11:05:00	11:07:30	11:10:00
30	SCHWEIGHOUSE 1	Reg - 15 ans	09:57:30	10:12:30	10:27:30	10:42:30	10:52:30	11:07:30	11:10:00	11:12:30
31	REICHSHOFFEN	Reg Duo TC	10:00:00	10:15:00	10:30:00	10:45:00	10:55:00	11:10:00	11:12:30	11:15:00
32	SCHWEIGHOUSE 2	Reg - 15 ans	10:02:30	10:17:30	10:32:30	10:47:30	10:57:30	11:12:30	11:15:00	11:17:30
33	SCHWEIGHOUSE	Reg Duo TC	10:05:00	10:20:00	10:35:00	10:50:00	11:00:00	11:15:00	11:17:30	11:20:00
34	ILLKIRCH	Reg Duo - 13 ar	10:07:30	10:22:30	10:37:30	10:52:30	11:02:30	11:17:30	11:20:00	11:22:30
35	BISCHHEIM	Reg Duo TC	10:10:00	10:25:00	10:40:00	10:55:00	11:05:00	11:20:00	11:22:30	11:25:00
36	SCHWEIGHOUSE	Reg Duo - 13 ar	10:12:30	10:27:30	10:42:30	10:57:30	11:07:30	11:22:30	11:25:00	11:27:30
37	ENERGYM	Reg Duo TC	10:15:00	10:30:00	10:45:00	11:00:00	11:10:00	11:25:00	11:27:30	11:30:00
38	GYM CONCORDIA	Reg Duo - 13 ar	10:17:30	10:32:30	10:47:30	11:02:30	11:12:30	11:27:30	11:30:00	11:32:30
39	HOLTZHEIM	Reg Duo TC	10:20:00	10:35:00	10:50:00	11:05:00	11:15:00	11:30:00	11:32:30	11:35:00
40	HAGUENAU	Fed 7-9 ans	10:22:30	10:37:30	10:52:30	11:07:30	11:17:30	11:32:30	11:35:00	11:37:30
41	AGREE	Reg Duo TC	10:25:00	10:40:00	10:55:00	11:10:00	11:20:00	11:35:00	11:37:30	11:40:00
42	SCHWEIGHOUSE	Fed 7-9 ans	10:27:30	10:42:30	10:57:30	11:12:30	11:22:30	11:37:30	11:40:00	11:42:30
43	HAGUENAU	Reg Duo TC	10:30:00	10:45:00	11:00:00	11:15:00	11:25:00	11:40:00	11:42:30	11:45:00
44	HOLTZHEIM	Fed 7-9 ans	10:32:30	10:47:30	11:02:30	11:17:30	11:27:30	11:42:30	11:45:00	11:47:30
45	GR SAVERNE	Reg Duo TC	10:35:00	10:50:00	11:05:00	11:20:00	11:30:00	11:45:00	11:47:30	11:50:00

PLANNING ECHAUFFEMENT
Finale Départementale - Strasbourg
Ensembles FEDERAUX B

	CLUB	Catégorie	Salle AGRES				Salle HERRADE			
			Echauffement corporel	Echauffement corporel - Engin sans lancer	Zone Engin 1 Sans grand lancer	Vestiaire Contrôle engin et licence	Zone Engin 2	Praticable pré - compétition	Concentration	Passage compétition
			15'	15'	15'	10'	15'	2'30	2'30	2'30
1	Individuelle	EN 3/4	12:00:00	12:15:00	12:30:00	12:45:00	12:55:00	13:10:00	13:12:30	13:15:00
2	Individuelle	EN 3/4	12:02:30	12:17:30	12:32:30	12:47:30	12:57:30	13:12:30	13:15:00	13:17:30
3	BRUMATH	FED 10-11	12:05:00	12:20:00	12:35:00	12:50:00	13:00:00	13:15:00	13:17:30	13:20:00
4	SCHWEIGHOUSE	FED - 13	12:07:30	12:22:30	12:37:30	12:52:30	13:02:30	13:17:30	13:20:00	13:22:30
5	SAVERNE	FED 10-11	12:10:00	12:25:00	12:40:00	12:55:00	13:05:00	13:20:00	13:22:30	13:25:00
6	ENERGYM	FED - 13	12:12:30	12:27:30	12:42:30	12:57:30	13:07:30	13:22:30	13:25:00	13:27:30
7	HOLTZHEIM	FED 10-11	12:15:00	12:30:00	12:45:00	13:00:00	13:10:00	13:25:00	13:27:30	13:30:00
8	STRASBOURG RC	FED - 13	12:17:30	12:32:30	12:47:30	13:02:30	13:12:30	13:27:30	13:30:00	13:32:30
9	ENERGYM	FED 10-11	12:20:00	12:35:00	12:50:00	13:05:00	13:15:00	13:30:00	13:32:30	13:35:00
10	SCHWEIGHOUSE	FED - 13	12:22:30	12:37:30	12:52:30	13:07:30	13:17:30	13:32:30	13:35:00	13:37:30
11	STRASBOURG GRS	FED 10-11	12:25:00	12:40:00	12:55:00	13:10:00	13:20:00	13:35:00	13:37:30	13:40:00
12	SAVERNE	FED - 13	12:27:30	12:42:30	12:57:30	13:12:30	13:22:30	13:37:30	13:40:00	13:42:30
13	STRASBOUGR RC	FED 10-11	12:30:00	12:45:00	13:00:00	13:15:00	13:25:00	13:40:00	13:42:30	13:45:00
14	HAGUENAU	FED - 13	12:32:30	12:47:30	13:02:30	13:17:30	13:27:30	13:42:30	13:45:00	13:47:30
15	ILLKIRCH	FED 10-11	12:35:00	12:50:00	13:05:00	13:20:00	13:30:00	13:45:00	13:47:30	13:50:00
16	ILLKIRCH	FED TC	12:37:30	12:52:30	13:07:30	13:22:30	13:32:30	13:47:30	13:50:00	13:52:30
17	HOERDT	FED 10-11	12:40:00	12:55:00	13:10:00	13:25:00	13:35:00	13:50:00	13:52:30	13:55:00
18	SAVERNE	FED TC	12:42:30	12:57:30	13:12:30	13:27:30	13:37:30	13:52:30	13:55:00	13:57:30
19	STRASBOUGR GRS	FED - 15	12:45:00	13:00:00	13:15:00	13:30:00	13:40:00	13:55:00	13:57:30	14:00:00
20	STRASBOURG RC	FED TC	12:47:30	13:02:30	13:17:30	13:32:30	13:42:30	13:57:30	14:00:00	14:02:30
21	ILLKIRCH	FED - 15	12:50:00	13:05:00	13:20:00	13:35:00	13:45:00	14:00:00	14:02:30	14:05:00
22	GYM CONCORDIA	FED TC	12:52:30	13:07:30	13:22:30	13:37:30	13:47:30	14:02:30	14:05:00	14:07:30
23	ENERGYM	FED - 15	12:55:00	13:10:00	13:25:00	13:40:00	13:50:00	14:05:00	14:07:30	14:10:00
24	SCHWEIGHOUSE	FED TC	12:57:30	13:12:30	13:27:30	13:42:30	13:52:30	14:07:30	14:10:00	14:12:30
25	SCHWEIGHOUSE	FED - 17	13:00:00	13:15:00	13:30:00	13:45:00	13:55:00	14:10:00	14:12:30	14:15:00
26	ENERGYM	FED TC	13:02:30	13:17:30	13:32:30	13:47:30	13:57:30	14:12:30	14:15:00	14:17:30
27	ILLKIRCH	FED - 17	13:05:00	13:20:00	13:35:00	13:50:00	14:00:00	14:15:00	14:17:30	14:20:00
28	BISCHHEIM	FED TC	13:07:30	13:22:30	13:37:30	13:52:30	14:02:30	14:17:30	14:20:00	14:22:30
29	STRASBOURG GRS	FED - 17	13:10:00	13:25:00	13:40:00	13:55:00	14:05:00	14:20:00	14:22:30	14:25:00
30	AGREE	FED TC	13:12:30	13:27:30	13:42:30	13:57:30	14:07:30	14:22:30	14:25:00	14:27:30
31	BRUMATH	FED - 17	13:15:00	13:30:00	13:45:00	14:00:00	14:10:00	14:25:00	14:27:30	14:30:00
32	HOERDT	FED TC	13:17:30	13:32:30	13:47:30	14:02:30	14:12:30	14:27:30	14:30:00	14:32:30
33	ENERGYM	FED - 17	13:20:00	13:35:00	13:50:00	14:05:00	14:15:00	14:30:00	14:32:30	14:35:00
34	DEODATIENNE	FED TC	13:22:30	13:37:30	13:52:30	14:07:30	14:17:30	14:32:30	14:35:00	14:37:30

PLANNING ECHAUFFEMENT
Finale Départementale - Strasbourg
Ensembles FEDERAUX A - NATIONAUX

	CLUB	Catégorie	Salle AGRES				Salle HERRADE			
			Echauffement corporel	Echauffement corporel - Engin sans lancer	Zone Engin 1 Sans grand lancer	Vestiaire Contrôle engin et licence	Zone Engin 2	Praticable pré - compétition	Concentration	Passage compétition
			15'	15'	15'	10'	15'	2'30	2'30	2'30
1	STRASBOURG GRS	PERF 7-9	14:15:00	14:30:00	14:45:00	15:00:00	15:10:00	15:25:00	15:27:30	15:30:00
2	HOLTZHEIM	FED A - 17	14:17:30	14:32:30	14:47:30	15:02:30	15:12:30	15:27:30	15:30:00	15:32:30
3	ENERGYM	FED A 10-11	14:20:00	14:35:00	14:50:00	15:05:00	15:15:00	15:30:00	15:32:30	15:35:00
4	SAVERNE	FED A - 17	14:22:30	14:37:30	14:52:30	15:07:30	15:17:30	15:32:30	15:35:00	15:37:30
5	STRASBOURG GRS	FED A 10-11	14:25:00	14:40:00	14:55:00	15:10:00	15:20:00	15:35:00	15:37:30	15:40:00
6	STRASBOURG RC	FED A - 17	14:27:30	14:42:30	14:57:30	15:12:30	15:22:30	15:37:30	15:40:00	15:42:30
7	HOERDT	FED A 10-11	14:30:00	14:45:00	15:00:00	15:15:00	15:25:00	15:40:00	15:42:30	15:45:00
8	ENERGYM	FED A - 17	14:32:30	14:47:30	15:02:30	15:17:30	15:27:30	15:42:30	15:45:00	15:47:30
9	STRASBOURG GRS	FED A - 13	14:35:00	14:50:00	15:05:00	15:20:00	15:30:00	15:45:00	15:47:30	15:50:00
10	ENERGYM	FED A TC	14:37:30	14:52:30	15:07:30	15:22:30	15:32:30	15:47:30	15:50:00	15:52:30
11	HOLTZHEIM	FED A - 13	14:40:00	14:55:00	15:10:00	15:25:00	15:35:00	15:50:00	15:52:30	15:55:00
12	ILLKIRCH	FED A TC	14:42:30	14:57:30	15:12:30	15:27:30	15:37:30	15:52:30	15:55:00	15:57:30
13	HOERDT	FED A - 15	14:45:00	15:00:00	15:15:00	15:30:00	15:40:00	15:55:00	15:57:30	16:00:00
14	STRASBOURG RC	FED A TC	14:47:30	15:02:30	15:17:30	15:32:30	15:42:30	15:57:30	16:00:00	16:02:30
15	ENERGYM	FED A - 15	14:50:00	15:05:00	15:20:00	15:35:00	15:45:00	16:00:00	16:02:30	16:05:00
16	ILLKIRCH	DUO - 13	14:52:30	15:07:30	15:22:30	15:37:30	15:47:30	16:02:30	16:05:00	16:07:30
17	AGREE	FED A - 15	14:55:00	15:10:00	15:25:00	15:40:00	15:50:00	16:05:00	16:07:30	16:10:00
18	HOLTZHEIM	DUO TC	14:57:30	15:12:30	15:27:30	15:42:30	15:52:30	16:07:30	16:10:00	16:12:30
19	ILLKIRCH	FED A - 15	15:00:00	15:15:00	15:30:00	15:45:00	15:55:00	16:10:00	16:12:30	16:15:00
20	ILLKIRCH	DUO TC	15:02:30	15:17:30	15:32:30	15:47:30	15:57:30	16:12:30	16:15:00	16:17:30
21	STRASBOURG GRS	NAT 10-11	15:05:00	15:20:00	15:35:00	15:50:00	16:00:00	16:15:00	16:17:30	16:20:00
22	STRASBOURG GRS	DUO TC	15:07:30	15:22:30	15:37:30	15:52:30	16:02:30	16:17:30	16:20:00	16:22:30
23	STRASBOURG GRS	NAT - 13	15:10:00	15:25:00	15:40:00	15:55:00	16:05:00	16:20:00	16:22:30	16:25:00
24	SAVERNE	DUO TC	15:12:30	15:27:30	15:42:30	15:57:30	16:07:30	16:22:30	16:25:00	16:27:30
25	SAVERNE	NAT - 15	15:15:00	15:30:00	15:45:00	16:00:00	16:10:00	16:25:00	16:27:30	16:30:00
26	HOERDT	EN 3/4	15:17:30	15:32:30	15:47:30	16:02:30	16:12:30	16:27:30	16:30:00	16:32:30
27	STRASBOURG GRS	NAT - 15	15:20:00	15:35:00	15:50:00	16:05:00	16:15:00	16:30:00	16:32:30	16:35:00
29	STRASBOURG GRS	NAT TC	15:25:00	15:40:00	15:55:00	16:10:00	16:20:00	16:35:00	16:37:30	16:40:00