



Union Lorraine Athlétique
Matricule n° 256

Directeur de réunion :

Secrétaire :

Olivier GUIOT
Chemin du Peiffeschof 36
B-6700 ARLON



Arlon, le 23 avril 2016

Meeting cadets à master championnats provinciaux - L.B.F.A. N°

Lieu : L'Hydrion Arlon

Date : 23 avril 2016

Programme	Masculin	Féminin
Cadet(te)s	100/200/400/800/1500/100H(91) 300H(76)/Haut/Perch/Long/TS Poids(4)/Dis(1)/Jav(600)	100/200/400/800/1500/80H(76)/300H(76) Haut/Perch/Long/TS Poids(3)/Dis(1)/Jav(500)
Scolaires	100/200/400/800/1500/3000 110H(91)/400H(84)/Haut/Perch/Long/ TS/Poids(5)/Dis(1.5)/Jav(700)	100/200/400/800/1500/3000 100H(76)/400H(76)/Haut/Perch/Long/TS Poids(3)/Dis(1)/Jav(500)
Junior(e)s	100/200/400/800/1500/3000 110H(100)/400H(91)/Haut/Perch/Long/ TS/Poids(6)/Dis(1.75)/Jav(800)	100/200/400/800/1500/3000 100H(84)/400H(76)/Haut/Perch/Long/TS Poids(4)/Dis(1)/Jav(600)
Sen/Mas	100/200/400/800/1500/3000 110H(106)/400H(91)/Haut/Perch/Long/ TS/Poids(7.26)/Dis(2)/Jav(800)	100/200/400/800/1500/3000 100H(84)/400H(76)/Haut/Perch/Long/TS Poids(4)/Dis(1)/Jav(600)
TC	4*100/4*400	4*100/4*400

Horaire

Heure	Courses		Long	Triple	Hauteur	Perche	Javelot	Poids	Disque
	Catég	Dist							
13H00	TC H	110mH	TC H		TC F		Cad/Sco H (600g/700g)		
13H10	TC H	100mH				TC F			
13H20	TC F	100mH						TC F	
13H30	CAD F	80mH						(3kg/4kg)	
13H40									
13H50	TC H	800m							
14H00	TC F	800m					JSM (800g)		
14H10									
14H20	TC H	400H							
14H30	TC F	400H	TC F		TC H				
14H40	CAD H	300H							
14H50	CAD F	300H							
15H00							TC F	Cad/Sco H	
15H10	TC H	1500m				TC H	(500g/600g)	(4kg/5kg)	
15H20	TC F	1500m							
15H30									
15H40	TC H	100m							
15H50									
16H00	TC F	100m		TC H				JSM H	Cad/Sco H
16H10								(6kg/7.25kg)	(1kg/1.5kg)
16H20	TC H	400m							
16H30	TC F	400m							
16H40	TC H	3000m							
16H50									JSM
17H00	TC F	3000m		TC F					(1.75kg/2kg)
17H10									
17H20	TC H	200m							
17H30	TC F	200m							
17H40									TC F
17H50	TC H	4*100m							(1kg)
18H00	TC F	4*100m							
18H10	TC H	4*400m							
18H20	TC F	4*400m							

800m départ en couloir