



Championnats Régionaux de cross
Ile de France - Zone Ouest

COURSE N°	HORAIRES	CATEGORIES	DISTANCES	PARCOURS	BOUCLES
1	10h30	MINIMES F	2705 M	D/B/R/F/G/H/L/M/N/O/P/A	D/MB/A -(BC/CE/EF)-(PQ/QR)+RF
2	10h50	MINIMES M	3070 M	D/B/C/E/F/G/H/I/L/M/N/O/P/A	D/MB/A)-(PQ/QR/RB)
3	11h15	CROSS COURT F	3070 M	D/B/C/E/F/G/H/I/L/M/N/O/P/A	D/MB/A)-(PQ/QR/RB)
4	11h40	CADETTES-JUNIORS F	4030 M	D/B/C/E/F/G/H/I/J/K/H/L/M/N/O/P/A	D/GB/A -(PQ/QR/RB)
5	12h05	CROSS COURT M	4030 M	D/B/C/E/F/G/H/I/J/K/H/L/M/N/O/P/A	D/GB/A -(PQ/QR/RB)
6	12h30	CADETS	4795 M	D/B/C/E/F/R/B/C/E/F/G/H/I/J/K/H/L/M/N/O/P/A	D/PB/GB/A)-(PQ/QR/RB)
7	13h00	JUNIORS M	6040 M	D/B/C/E/F/G/H/L/M/N/O/P/Q/R/B/C/E/F/G/H/L/M/N/O/P/A	D/2MB/A)-(PQ/QR/RB)
8	13h35	ESPOIRS-SENIORS-VETERANS F	6040 M	D/B/C/E/F/G/H/L/M/N/O/P/Q/R/B/C/E/F/G/H/L/M/N/O/P/A	D/2MB/A)-(PQ/QR/RB)
9	14h05	VETERANS M	9970 M	D/B/C/E/F/G/H/L/M/N/O/P/Q/R/B/C/E/F/G/H/L/M/N/O/P/Q/R/B/C/E/F/G/H/I/J/K/H/L/M/N/O/P/A	D/2MB/GB/A)-(PQ/QR/RB)
10	14h55	ESPOIRS-SENIORS M	9970 M	D/B/C/E/F/G/H/L/M/N/O/P/Q/R/B/C/E/F/G/H/L/M/N/O/P/Q/R/B/C/E/F/G/H/I/J/K/H/L/M/N/O/P/A	D/2MB/GB/A)-(PQ/QR/RB)

D' :DEPART ANIMATION	Distances	220 M
D: DEPART		380 M
A: ARRIVEE		155 M
PB (Petite Boucle)	B/C/E/F/R/B	765 M
MB (Moyenne Boucle)	B/C/E/F/G/H/L/M/N/O/P/Q/R/B	2970 M
GB (Grande Boucle)	B/C/E/F/G/H/I/J/K/H/L/M/N/O/P/Q/R/B	3930 M