

Planning d'échauffement - ZONE ENSEMBLES GR du 08/04/2017 au 09/04/2017 - BREST

SAMEDI 08/04/2017

2EME ROTATION TIR INDIV 12-14 ANS/15 ANS ET + 11h35-13h30

	<u>NOM</u>	<u>CATEGORIE</u>	<u>Vestiaire</u>	<u>ZONE 2</u> <u>Echauff</u> <u>corpo</u> <u>APEX</u>	<u>Transfert</u> <u>salle engin</u>	<u>ZONE 3</u> <u>Echauff</u> <u>engin</u> <u>A ou B</u>	<u>ZONE 4</u> <u>Prat pré</u> <u>compét</u>	<u>Transfert</u> <u>salle compét</u> <u>+</u> <u>Cont engin</u> <u>ZONE 5</u>	<u>ZONE 6</u> <u>Bande d'appel</u>	<u>ZONE 7</u> <u>Concentration</u>	<u>ZONE 8</u> <u>PASSAGE</u> <u>COMPET</u>
30	Inès	TIR INDIV 15+	11:07:15	11:17:15	11:47:15	11:52:15	12:12:15	12:22:15	12:29:15	12:37:15	12:40:15
33	Lucille	TIR INDIV 12-14	11:14:00	11:24:00	11:54:00	11:59:00	12:19:00	12:29:00	12:36:00	12:44:00	12:47:00
34	Morgane	TIR INDIV 15+	11:16:15	11:26:15	11:56:15	12:01:15	12:21:15	12:31:15	12:38:15	12:46:15	12:49:15

4EME ROTATION TFB 10/11, TFA 13 ET - - 17h10-18h40

	<u>CLUB</u>	<u>CATEGORIE</u>	<u>Vestiaire</u>	<u>ZONE 1</u> <u>Echauff</u> <u>corpo</u> <u>GYM</u>	<u>ZONE 2</u> <u>Echauff</u> <u>corpo</u> <u>APEX</u>	<u>Transfert</u> <u>salle engin</u>	<u>ZONE 3</u> <u>Echauff</u> <u>engin</u> <u>A ou B</u>	<u>ZONE 4</u> <u>Prat pré</u> <u>compét</u>	<u>Transfert</u> <u>salle compét</u> <u>+</u> <u>Cont engin</u> <u>ZONE 5</u>	<u>ZONE 6</u> <u>Bande d'appel</u>	<u>ZONE 7</u> <u>Concentration</u>	<u>ZONE 8</u> <u>PASSAGE</u> <u>COMPET</u>
24	CPB	TFA 12/13	16:44:00	16:54:00	17:06:00	17:26:00	17:31:00	17:51:00	18:01:00	18:08:00	18:16:00	18:19:00

5EME ROTATION TFB 17 ET -, TFA 17 ET -, NAT DUOS, ENS 15 ET -, TC - 19h30-21h30

	<u>CLUB</u>	<u>CATEGORIE</u>	<u>Vestiaire</u>	<u>ZONE 1</u> <u>Echauff</u> <u>corpo</u> <u>GYM</u>	<u>ZONE 2</u> <u>Echauff</u> <u>corpo</u> <u>APEX</u>	<u>Transfert</u> <u>salle engin</u>	<u>ZONE 3</u> <u>Echauff</u> <u>engin</u> <u>A ou B</u>	<u>ZONE 4</u> <u>Prat pré</u> <u>compét</u>	<u>Transfert</u> <u>salle compét</u> <u>+</u> <u>Cont engin</u> <u>ZONE 5</u>	<u>ZONE 6</u> <u>Bande d'appel</u>	<u>ZONE 7</u> <u>Concentration</u>	<u>ZONE 8</u> <u>PASSAGE</u> <u>COMPET</u>
2	CPB	NAT DUO 13 -	17:58:00	18:08:00	18:20:00	18:40:00	18:45:00	19:05:00	19:15:00	19:22:00	19:30:00	19:33:00
35	CPB	TFA 17 ET -	19:41:30	19:51:30	20:03:30	20:23:30	20:28:30	20:48:30	20:58:30	21:05:30	21:13:30	21:16:30

1ERE ROTATION TIR DUO 9/13, TIR IND 8/9, TFB TC, TFC - 9h00-10h50

	<u>CLUB</u>	<u>CATEGORIE</u>	<u>Vestiaire</u>	<u>ZONE 1</u> <u>Echauff</u> <u>corpo</u> <u>GYM</u>	<u>ZONE 2</u> <u>Echauff</u> <u>corpo</u> <u>APEX</u>	<u>Transfert</u> <u>salle engin</u>	<u>ZONE 3</u> <u>Echauff</u> <u>engin</u> <u>A ou B</u>	<u>ZONE 4</u> <u>Prat pré</u> <u>compét</u>	<u>Transfert</u> <u>salle compét</u> <u>+</u> <u>Cont engin</u> <u>ZONE 5</u>	<u>ZONE 6</u> <u>Bande d'appel</u>	<u>ZONE 7</u> <u>Concentration</u>	<u>ZONE 8</u> <u>PASSAGE</u> <u>COMPET</u>
12	CPB	TFB TC	7:58:00	8:08:00	8:20:00	8:40:00	8:45:00	9:05:00	9:15:00	9:22:00	9:30:00	9:33:00

2EME ROTATION TFA 10/11, 15 ET -, TC, NAT EST, 10/11, 17 ET - - 11h15-13h20

	<u>CLUB</u>	<u>CATEGORIE</u>	<u>Vestiaire</u>	<u>ZONE 1</u> <u>Echauff</u> <u>corpo</u> <u>GYM</u>	<u>ZONE 2</u> <u>Echauff</u> <u>corpo</u> <u>APEX</u>	<u>Transfert</u> <u>salle engin</u>	<u>ZONE 3</u> <u>Echauff</u> <u>engin</u> <u>A ou B</u>	<u>ZONE 4</u> <u>Prat pré</u> <u>compét</u>	<u>Transfert</u> <u>salle compét</u> <u>+</u> <u>Cont engin</u> <u>ZONE 5</u>	<u>ZONE 6</u> <u>Bande d'appel</u>	<u>ZONE 7</u> <u>Concentration</u>	<u>ZONE 8</u> <u>PASSAGE</u> <u>COMPET</u>
9	CPB	TFA 10/11	10:05:00	10:15:00	10:27:00	10:47:00	10:52:00	11:12:00	11:22:00	11:29:00	11:37:00	11:40:00
34	CPB	NAT 17 -	11:21:30	11:31:30	11:43:30	12:03:30	12:08:30	12:28:30	12:38:30	12:45:30	12:53:30	12:56:30
38	CPB	TFA TC	11:35:30	11:45:30	11:57:30	12:17:30	12:22:30	12:42:30	12:52:30	12:59:30	13:07:30	13:10:30

3EME ROTATION TFB 13 ET -, 15 ET - - 14h45-16h40

	<u>CLUB</u>	<u>CATEGORIE</u>	<u>Vestiaire</u>	<u>ZONE 1</u> <u>Echauff</u> <u>corpo</u> <u>GYM</u>	<u>ZONE 2</u> <u>Echauff</u> <u>corpo</u> <u>APEX</u>	<u>Transfert</u> <u>salle engin</u>	<u>ZONE 3</u> <u>Echauff</u> <u>engin</u> <u>A ou B</u>	<u>ZONE 4</u> <u>Prat pré</u> <u>compét</u>	<u>Transfert</u> <u>salle compét</u> <u>+</u> <u>Cont engin</u> <u>ZONE 5</u>	<u>ZONE 6</u> <u>Bande d'appel</u>	<u>ZONE 7</u> <u>Concentration</u>	<u>ZONE 8</u> <u>PASSAGE</u> <u>COMPET</u>
16	CPB	TFB 13 -	13:51:15	14:01:15	14:13:15	14:33:15	14:38:15	14:58:15	15:08:15	15:15:15	15:23:15	15:26:15
23	CPB	TFB 15 -	14:10:30	14:20:30	14:32:30	14:52:30	14:57:30	15:17:30	15:27:30	15:34:30	15:42:30	15:45:30