



**COUPE DE L'AMITIE**  
**RHENANIE / LUXEMBOURG / SARRE /**  
**ALSACE / PALATINAT / LORRAINE**



**STADE PIERRE DE COUBERTIN RUE JB BARTH**  
**57200 SARREGUEMINES**

**Jeudi, 29 mai 2014**

**12h00 Formation du Jury + réunion technique**

	<b>Courses</b>	<b>Longueur Weitsprung</b>	<b>Hauteur Hochsprung</b>	<b>Perche Stabhochs.</b>	<b>Poids Kugel</b>	<b>Disque Diskus</b>	<b>Javelot Speer</b>	<b>Marteau Hammer</b>
<b>12h30</b>								H + CA/JU H 7kg + 6kg
<b>13h00</b>				H+CA/JU H	F+CA/JU F 4kg			
<b>13h10</b>		F+CA/JU F	H+CA/JU H					
<b>13h30</b>	110m Haies H							
<b>13h45</b>	110m Haies CA/JU H (0,99)							
<b>14h00</b>	100m Haies F (0,84)							
<b>14h20</b>	100m H+CA/JU H							F+CA/JU F 4kg
<b>14h40</b>	100m F+CA/JU F							
<b>14h55</b>	400m H+CA/JU H							
<b>15h05</b>	400m F+CA/JU F	H+CA/JU H	F+CA/JU F					
<b>15h20</b>	800m H+CA/JU H							
<b>15h30</b>	800m F+CA/JU F			F+CA/JU F	H+CA/JU H 7kg+6kg		H+CA/JU H 800gr	
<b>15h50</b>	200m H+CA/JU H					F+CA/JU F 1kg		
<b>16h10</b>	200m F+CA/JU F							
<b>16h35</b>	3000m H+CA/JU H							
<b>16h50</b>	3000m F+CA/JU F							
<b>17h10</b>	4X100m H+CA/JU H							
<b>17h20</b>	4X100m F+CA/JU F							
<b>18h00</b>	<b>Repas + proclamation des résultats</b>							

F=Frauen M=Männer CA/JU F=weibl. Jugend CA/JU H = männl. Jugend

**BUVETTE ET RESTAURATION SUR PLACE**