

## Répartition des Epreuves sur les Compétitions 2024-2025

### 1-Journées LAB

#### • U14

| N° | Nature  | Epreuves | U14F                 |         |        |         | U14G                 |         |        |         |
|----|---------|----------|----------------------|---------|--------|---------|----------------------|---------|--------|---------|
|    |         |          | 1 <sup>re</sup> JLAB | 2°JLAB  | 3°JLAB | 4°JLAB  | 1 <sup>re</sup> JLAB | 2°JLAB  | 3°JLAB | 4°JLAB  |
| 1  | Haies   | 60-80mH  | 60mH                 | /       | 60mH   | /       | 80mH                 | /       | 80mH   | /       |
| 2  | Vitesse | 60m      | 60m                  | /       | 60m    | /       | 60m                  | /       | 60m    | /       |
|    |         | 120m     | /                    | 120m    | /      | 120m    | /                    | 120m    | /      | 120m    |
| 3  | ½ Fond  | 1200m    | 1200m                | /       | 1200m  | /       | 1200m                | /       | 1200m  | /       |
|    |         | 2000m    | /                    | 2000m   | /      | 2000m   | /                    | 2000m   | /      | 2000m   |
| 4  | Marche  | 2000mM   | /                    | 2000mM  | /      | 2000mM  | /                    | 2000mM  | /      | 2000mM  |
| 5  | Sauts   | Long     | Long                 | /       | Long   | /       | Long                 | /       | Long   | /       |
|    |         | Haut     | /                    | Haut    | /      | Haut    | /                    | Haut    | /      | Haut    |
|    |         | T. Saut  | /                    | /       | /      | /       | /                    | /       | /      | /       |
|    |         | Perche   | /                    | Perche  | /      | Perche  | /                    | Perche  | /      | Perche  |
| 6  | Lancers | Poids    | Poids                | /       | Poids  | /       | Poids                | /       | Poids  | /       |
|    |         | Disque   | /                    | Disque  | /      | Disque  | /                    | Disque  | /      | Disque  |
|    |         | Javelot  | /                    | Javelot | /      | Javelot | /                    | Javelot | /      | Javelot |
|    |         | Marteau  | /                    | /       | /      | /       | /                    | /       | /      | /       |
| 7  | Relais  | 4x60m    | /                    | /       | 4x60m  | 4x60m   | /                    | /       | 4x60m  | 4x60m   |

#### • U16

| N° | Nature  | Epreuves   | U16F                 |         |         |         | U16G                 |         |         |         |
|----|---------|------------|----------------------|---------|---------|---------|----------------------|---------|---------|---------|
|    |         |            | 1 <sup>re</sup> JLAB | 2°JLAB  | 3°JLAB  | 4°JLAB  | 1 <sup>re</sup> JLAB | 2°JLAB  | 3°JLAB  | 4°JLAB  |
| 1  | Haies   | 80m-100mH  | 80mH                 | /       | 80mH    | /       | 100mH                | /       | 100mH   | /       |
|    |         | 250mH      | /                    | 250mH   | /       | 250mH   | /                    | 250mH   | /       | 250mH   |
| 2  | Vitesse | 80m        | 80m                  | /       | 80m     | /       | 80m                  | /       | 80m     | /       |
|    |         | 150m       | /                    | 150m    | /       | 150m    | /                    | 150m    | /       | 150m    |
|    |         | 250m       | 250m                 | /       | 250m    | /       | /                    | 250m    | /       | 250m    |
| 3  | ½ Fond  | 1200m      | 1200m                | /       | 1200m   | /       | 1200m                | /       | 1200m   | /       |
|    |         | 2000m      | /                    | 2000m   | /       | 2000m   | /                    | 2000m   | /       | 2000m   |
| 4  | Marche  | 3000-5000m | 3000mM               | /       | 3000mM  | /       | 5000mM               | /       | 5000mM  | /       |
| 5  | Sauts   | Long       | Long                 | /       | Long    | /       | Long                 | /       | Long    | /       |
|    |         | Haut       | Haut                 | /       | Haut    | /       | Haut                 | /       | Haut    | /       |
|    |         | T. Saut    | /                    | T. Saut | /       | T. Saut | /                    | T. Saut | /       | T. Saut |
|    |         | Perche     | /                    | Perche  | /       | Perche  | /                    | Perche  | /       | Perche  |
| 6  | Lancers | Poids      | Poids                | /       | Poids   | /       | Poids                | /       | Poids   | /       |
|    |         | Disque     | /                    | Disque  | /       | Disque  | /                    | Disque  | /       | Disque  |
|    |         | Javelot    | /                    | Javelot | /       | Javelot | /                    | Javelot | /       | Javelot |
|    |         | Marteau    | Marteau              | /       | Marteau | /       | Marteau              | /       | Marteau | /       |
| 7  | Relais  | 4x80m      | /                    | /       | 4x80m   | 4x80m   | /                    | /       | 4x80m   | 4x80m   |

## • U18

| N° | Nature  | Epreuves      | U18F                 |         |         |         | U18G                 |          |         |          |
|----|---------|---------------|----------------------|---------|---------|---------|----------------------|----------|---------|----------|
|    |         |               | 1 <sup>re</sup> JLAB | 2°JLAB  | 3°JLAB  | 4°JLAB  | 1 <sup>re</sup> JLAB | 2°JLAB   | 3°JLAB  | 4°JLAB   |
| 1  | Haies   | 100-110mH     | 100mH                | /       | 100mH   | /       | 110mH                | /        | 110mH   | /        |
|    |         | 400mH         | /                    | 400mH   | /       | 400mH   | /                    | 400mH    | /       | 400mH    |
| 2  | Vitesse | 100m          | 100m                 | /       | 100m    | /       | 100m                 | /        | 100m    | /        |
|    |         | 200m          | /                    | 200m    | /       | 200m    | /                    | 200m     | /       | 200m     |
|    |         | 400m          | 400m                 | /       | 400m    | /       | 400m                 | /        | 400m    | /        |
| 3  | ½ Fond  | 800m          | /                    | 800m    | /       | 800m    | /                    | 800m     | /       | 800m     |
|    |         | 1500m         | 1500m                | /       | 1500m   | /       | 1500m                | /        | 1500m   | /        |
|    |         | 3000m         | /                    | 3000m   | /       | 3000m   | /                    | 3000m    | /       | 3000m    |
|    |         | 2000mSC       | /                    | /       | 2000mSC | /       | /                    | /        | 2000mSC | /        |
| 4  | Marche  | 5000-10.000mM | 5000mM               | /       | 5000mM  | /       |                      | 10.000mM |         | 10.000mM |
| 5  | Sauts   | Long          | Long                 |         | Long    | /       |                      | Long     |         | Long     |
|    |         | Haut          | Haut                 |         | Haut    | /       |                      | Haut     |         | Haut     |
|    |         | T. Saut       | /                    | T. Saut |         | T. Saut | T. Saut              | T. Saut  |         |          |
|    |         | Perche        | Perche               | /       | Perche  | /       | Perche               | Perche   |         | Perche   |
| 6  | Lancers | Poids         | Poids                | /       | Poids   | /       | Poids                | Poids    |         | Poids    |
|    |         | Disque        | Disque               | Disque  |         | Disque  | Disque               |          | Disque  |          |
|    |         | Javelot       | Javelot              | Javelot |         | Javelot | Javelot              |          | Javelot |          |
|    |         | Marteau       | Marteau              | /       | Marteau | /       | Marteau              | Marteau  |         | Marteau  |
| 7  | Relais  | M.Relay       | /                    | /       | M.Relay | M.Relay | /                    | /        | M.Relay | M.Relay  |

## • U20-SD-SH

| N° | Nature  | Epreuves      | U20F-SD              |         |         |         | U20G-SH              |          |         |          |
|----|---------|---------------|----------------------|---------|---------|---------|----------------------|----------|---------|----------|
|    |         |               | 1 <sup>re</sup> JLAB | 2°JLAB  | 3°JLAB  | 4°JLAB  | 1 <sup>re</sup> JLAB | 2°JLAB   | 3°JLAB  | 4°JLAB   |
| 1  | Haies   | 100-110mH     | 100mH                | /       | 100mH   | /       | 110mH                | /        | 110mH   | /        |
|    |         | 400mH         | /                    | 400mH   | /       | 400mH   | /                    | 400mH    | /       | 400mH    |
| 2  | Vitesse | 100m          | 100m                 | /       | 100m    | /       | 100m                 | /        | 100m    | /        |
|    |         | 200m          | /                    | 200m    | /       | 200m    | /                    | 200m     | /       | 200m     |
|    |         | 400m          | 400m                 | /       | 400m    | /       | 400m                 | /        | 400m    | /        |
| 3  | ½ Fond  | 800m          | /                    | 800m    | /       | 800m    | /                    | 800m     | /       | 800m     |
|    |         | 1500m         | 1500m                | /       | 1500m   | /       | 1500m                | /        | 1500m   | /        |
|    |         | 3000m         | /                    | 3000m   | /       | 3000m   | /                    | 3000m    | /       | 3000m    |
|    |         | 3000mSC       | /                    | /       | 3000mSC | /       | /                    | /        | 3000mSC | /        |
| 4  | Marche  | 5000-10.000mM | 5000mM               | /       | 5000mM  | /       |                      | 10.000mM |         | 10.000mM |
| 5  | Sauts   | Long          | Long                 |         | Long    | /       |                      | Long     |         | Long     |
|    |         | Haut          | Haut                 |         | Haut    | /       |                      | Haut     |         | Haut     |
|    |         | T. Saut       | /                    | T. Saut |         | T. Saut | T. Saut              | T. Saut  |         |          |
|    |         | Perche        | Perche               | /       | Perche  | /       | Perche               | Perche   |         | Perche   |
| 6  | Lancers | Poids         | Poids                | /       | Poids   | /       | Poids                | Poids    |         | Poids    |
|    |         | Disque        | Disque               | Disque  |         | Disque  | Disque               |          | Disque  |          |
|    |         | Javelot       | Javelot              | Javelot |         | Javelot | Javelot              |          | Javelot |          |
|    |         | Marteau       | Marteau              | /       | Marteau | /       | Marteau              | Marteau  |         | Marteau  |
| 7  | Relais  | 4x100m        | /                    | /       | 4x100m  | 4x100m  | /                    | /        | 4x100m  | 4x100m   |

## 2-Journées JTS + Seniors

### • U17-U18 (2008-2009-2010)

| N° | Nature  | Epreuves     | U17-U18F               |                      |         | U17-U18G               |                      |          |
|----|---------|--------------|------------------------|----------------------|---------|------------------------|----------------------|----------|
|    |         |              | 1 <sup>re</sup> Soirée | 1 <sup>ère</sup> JTS | 4° JTS  | 1 <sup>re</sup> Soirée | 1 <sup>ère</sup> JTS | 4° JTS   |
| 1  | Haies   | 100-110mH    | 100mH                  | 100mH                | 100mH   | 110mH                  | 100mH                | 100mH    |
|    |         | 400mH        | /                      | 400mH                | 400mH   | /                      | 400mH                | 400mH    |
| 2  | Vitesse | 100m         | 100m                   | 100m                 | 100m    | 100m                   | 100m                 | 100m     |
|    |         | 200m         | /                      | 200m                 | 200m    | /                      | 200m                 | 200m     |
|    |         | 400m         | 400m                   | 400m                 | 400m    | 400m                   | 400m                 | 400m     |
| 3  | ½ Fond  | 800m         | /                      | 800m                 | 800m    | /                      | 800m                 | 800m     |
|    |         | 1500m        | 1500m                  | 1500m                | 1500m   | 1500m                  | 1500m                | 1500m    |
|    |         | 3000m        | 3000m                  | 3000m                | 3000m   | 3000m                  | 3000m                | 3000m    |
|    |         | 2000mSC      | /                      | 2000mSC              | /       | /                      | 2000mSC              | /        |
| 4  | Marche  | 5000-10.000m | /                      | /                    | 5000mM  | 10.000mM               | /                    | 10.000mM |
| 5  | Sauts   | Long         | Long                   | /                    | /       | /                      | /                    | Long     |
|    |         | Haut         | Haut                   | /                    | /       | /                      | /                    | Haut     |
|    |         | T. Saut      | /                      | /                    | T. Saut | T. Saut                | T. Saut              | /        |
|    |         | Perche       | /                      | /                    | Perche  | Perche                 | /                    | /        |
| 6  | Lancers | Poids        | /                      | /                    | Poids   | Poids                  | Poids                | /        |
|    |         | Disque       | Disque                 | Disque               | /       | /                      | /                    | Disque   |
|    |         | Javelot      | Javelot                | /                    | /       | /                      | /                    | Javelot  |
|    |         | Marteau      | /                      | /                    | Marteau | Marteau                | Marteau              | /        |
| 7  | Relais  | M.Relay      | /                      | /                    | M.Relay | /                      | /                    | M.Relay  |
| 8  | E.C     | U18-U20      | /                      | Heptath.             | /       | /                      | Décath.              | /        |

### • U20

| N° | Nature  | Epreuves  | U20F                   |                      |          | U20G                   |                      |          |
|----|---------|-----------|------------------------|----------------------|----------|------------------------|----------------------|----------|
|    |         |           | 1 <sup>re</sup> Soirée | 1 <sup>ère</sup> JTS | 4° JTS   | 1 <sup>re</sup> Soirée | 1 <sup>ère</sup> JTS | 4° JTS   |
| 1  | Haies   | 100-110mH | 100mH                  | 100mH                | 100mH    | 110mH                  | 100mH                | 100mH    |
|    |         | 400mH     | /                      | 400mH                | 400mH    | /                      | 400mH                | 400mH    |
| 2  | Vitesse | 100m      | 100m                   | 100m                 | 100m     | 100m                   | 100m                 | 100m     |
|    |         | 200m      | /                      | 200m                 | 200m     | /                      | 200m                 | 200m     |
|    |         | 400m      | 400m                   | 400m                 | 400m     | 400m                   | 400m                 | 400m     |
| 3  | ½ Fond  | 800m      | /                      | 800m                 | 800m     | /                      | 800m                 | 800m     |
|    |         | 1500m     | 1500m                  | 1500m                | 1500m    | 1500m                  | 1500m                | 1500m    |
|    |         | 3000m     | 3000m                  | 3000m                | 3000m    | 3000m                  | 3000m                | 3000m    |
|    |         | 5000m     | /                      | /                    | /        | /                      | /                    | /        |
|    |         | 3000mSC   | /                      | 3000mSC              | /        | /                      | 3000mSC              | /        |
| 4  | Marche  | 10.000m M | 10.000mM               | /                    | 10.000mM | 10.000mM               | /                    | 10.000mM |
| 5  | Sauts   | Long      | Long                   | Long                 | /        | /                      | /                    | Long     |
|    |         | Haut      | Haut                   | Haut                 | /        | /                      | /                    | Haut     |
|    |         | T. Saut   | /                      | /                    | T. Saut  | T. Saut                | T. Saut              | /        |
|    |         | Perche    | /                      | /                    | Perche   | Perche                 |                      | /        |
| 6  | Lancers | Poids     | /                      | /                    | Poids    | Poids                  | Poids                | /        |
|    |         | Disque    | Disque                 | Disque               | /        | /                      | /                    | Disque   |
|    |         | Javelot   | Javelot                | /                    | /        | /                      | /                    | Javelot  |
|    |         | Marteau   | /                      | /                    | Marteau  | Marteau                | Marteau              | /        |
| 7  | Relais  | 4x100m    | /                      | /                    | 4x100m   | /                      | /                    | 4x100m   |
|    |         | 4x400m    | /                      | /                    | 4x400m   | /                      | /                    | 4x400m   |
| 8  | EC      | U18-U20   | /                      | Heptath.             | /        | /                      | Décath.              | /        |

• **SENIORS**

| N° | Nature  | Epreuves  | SD                     |                      |          | SH                     |                      |          |
|----|---------|-----------|------------------------|----------------------|----------|------------------------|----------------------|----------|
|    |         |           | 1 <sup>re</sup> Soirée | 1 <sup>ère</sup> JTS | 4° JTS   | 1 <sup>re</sup> Soirée | 1 <sup>ère</sup> JTS | 4° JTS   |
| 1  | Haies   | 100-110mH | 100mH                  | 100mH                | 100mH    | 110mH                  | 110mH                | 100mH    |
|    |         | 400mH     | /                      | 400mH                | 400mH    | /                      | 400mH                | 400mH    |
| 2  | Vitesse | 100m      | 100m                   | 100m                 | 100m     | 100m                   | 100m                 | 100m     |
|    |         | 200m      | /                      | 200m                 | 200m     | /                      | 200m                 | 200m     |
|    |         | 400m      | 400m                   | 400m                 | 400m     | 400m                   | 400m                 | 400m     |
| 3  | ½ Fond  | 800m      | /                      | 800m                 | 800m     | /                      | 800m                 | 800m     |
|    |         | 1500m     | 1500m                  | 1500m                | 1500m    | 1500m                  | 1500m                | 1500m    |
|    |         | 3000m     | 3000m                  | 3000m                | 3000m    | 3000m                  | 3000m                | 3000m    |
|    |         | 5000m     | /                      | /                    | /        | /                      | /                    | /        |
|    |         | 3000mSC   | /                      | 3000mSC              | /        | /                      | 3000mSC              | /        |
| 4  | Marche  | 10.000m M | 10.000mM               |                      | 10.000mM | 10.000mM               | /                    | 10.000mM |
| 5  | Sauts   | Long      | Long                   | Long                 | /        | /                      | /                    | Long     |
|    |         | Haut      | Haut                   | Haut                 | /        | /                      | /                    | Haut     |
|    |         | T. Saut   | /                      | /                    | T. Saut  | T. Saut                | T. Saut              | /        |
|    |         | Perche    | /                      | /                    | Perche   | Perche                 |                      | /        |
| 6  | Lancers | Poids     | /                      | /                    | Poids    | Poids                  | Poids                | /        |
|    |         | Disque    | Disque                 | Disque               | /        | /                      | /                    | Disque   |
|    |         | Javelot   | Javelot                | /                    | /        | /                      | /                    | Javelot  |
|    |         | Marteau   | /                      | /                    | Marteau  | Marteau                | Marteau              | /        |