



**HORAIRE DÉTAILLÉ**  
**CHAMPIONNATS LBFA INDOOR**  
**CADETS & SCOLAIRES et CHAMPIONNATS LBFA**  
**INDOOR RELAIS 4x200m TC**  
**Louvain-la-Neuve, samedi 14 janvier 2023**

| EPREUVE         | CATÉGORIE<br>SEXE | SÉRIE<br>FINALE | CONFIRMATION: <u>AU PLUS</u><br><u>TARD</u> | CHAMBRE<br>D'APPEL | DÉBUT DE<br>L'ÉPREUVE | PODIUM |
|-----------------|-------------------|-----------------|---|--------------------|-----------------------|--------|
| <b>CONCOURS</b> |                   |                 |   |                    |                       |        |
| Perche          | Cad-Sco F         | F               | 9:00  | 9:20               | 10:00                 | 12:15  |
| Longueur        | Cad H             | F               | 9:00  | 9:40               | 10:00                 | 12:15  |
| Poids           | Cad H             | F               | 9:00  | 9:40               | 10:00                 | 12:15  |
| Hauteur         | Sco H             | F               | 9:00  | 9:40               | 10:00                 | 12:15  |
| Longueur        | Sco F             | F               | 10:00                                       | 10:40              | 11:00                 | 12:15  |
| Poids           | Cad F             | F               | 10:00                                       | 10:40              | 11:00                 | 12:15  |
| Longueur        | Cad F             | F               | 11:00                                       | 11:40              | 12:00                 | 13:05  |
| Hauteur         | Cad H             | F               | 11:00                                       | 11:40              | 12:00                 | 14:03  |
| Perche          | Cad H             | F               | 12:00                                       | 12:20              | 13:00                 | 15:20  |
| Longueur        | Sco H             | F               | 12:00                                       | 12:40              | 13:00                 | 14:03  |
| Poids           | Sco F             | F               | 12:00                                       | 12:40              | 13:00                 | 14:03  |
| Triple saut     | Cad H             | F               | 13:00                                       | 13:40              | 14:00                 | 15:20  |
| Hauteur         | Cad F             | F               | 13:15                                       | 13:55              | 14:15                 | 16:40  |
| Perche          | Sco H             | F               | 13:30                                       | 13:50              | 14:30                 | 17:10  |
| Poids           | Sco H             | F               | 13:30                                       | 14:10              | 14:30                 | 16:40  |
| Triple saut     | Sco F             | F               | 14:00                                       | 14:40              | 15:00                 | 16:40  |
| Triple saut     | Cad F             | F               | 15:00                                       | 15:40              | 16:00                 | 17:40  |
| Hauteur         | Sco F             | F               | 15:00                                       | 15:40              | 16:00                 | 17:55  |
| Triple saut     | Sco H             | F               | 16:00                                       | 16:40              | 17:00                 | 17:55  |
| <b>COURSES</b>  |                   |                 |   |                    |                       |        |
| 60m             | Cad F             | S               | 9:00  | 9:50               | 10:00                 | -      |
| 60m             | Sco F             | S               | 9:15  | 10:05              | 10:15                 | -      |
| 60m             | Cad H             | S               | 9:35  | 10:25              | 10:35                 | -      |
| 60m             | Sco H             | S               | 9:50  | 10:40              | 10:50                 | -      |
| 60mH            | Cad F             | S               | 10:15                                       | 11:05              | 11:15                 | -      |
| 60mH            | Sco F             | S               | 10:30                                       | 11:20              | 11:30                 | -      |
| 60mH            | Cad H             | S               | 10:45                                       | 11:35              | 11:45                 | -      |
| 60mH            | Sco H             | S               | 11:00                                       | 11:50              | 12:00                 | -      |
| 60mH            | Sco H             | F               | 12:15                                       | 13:05              | 13:15                 | 14:03  |
| 60mH            | Cad H             | F               | 12:20                                       | 13:10              | 13:20                 | 14:03  |
| 60mH            | Sco F             | F               | 12:25                                       | 13:15              | 13:25                 | 14:03  |
| 60mH            | Cad F             | F               | 12:30                                       | 13:20              | 13:30                 | 14:03  |
| 60m             | Sco H             | F               | 12:45                                       | 13:35              | 13:45                 | 14:50  |
| 60m             | Cad H             | F               | 12:50                                       | 13:40              | 13:50                 | 14:50  |
| 60m             | Sco F             | F               | 12:55                                       | 13:45              | 13:55                 | 14:50  |
| 60m             | Cad F             | F               | 13:00                                       | 13:50              | 14:00                 | 14:50  |
| 400m            | Cad F             | FD              | 13:15                                       | 14:05              | 14:15                 | 15:20  |
| 400m            | Sco F             | FD              | 13:25                                       | 14:15              | 14:25                 | 15:20  |
| 400m            | Cad H             | FD              | 13:35                                       | 14:25              | 14:35                 | 15:20  |
| 400m            | Sco H             | FD              | 13:45                                       | 14:35              | 14:45                 | 15:20  |
| 800m            | Cad F             | FD              | 14:00                                       | 14:50              | 15:00                 | 16:40  |
| 800m            | Sco F             | FD              | 14:10                                       | 15:00              | 15:10                 | 16:40  |
| 800m            | Cad H             | FD              | 14:20                                       | 15:10              | 15:20                 | 16:40  |
| 800m            | Sco H             | FD              | 14:30                                       | 15:20              | 15:30                 | 16:40  |
| 200m            | Cad F             | FD              | 14:45                                       | 15:35              | 15:45                 | 17:10  |
| 200m            | Sco F             | FD              | 15:00                                       | 15:50              | 16:00                 | 17:10  |
| 200m            | Cad H             | FD              | 15:15                                       | 16:05              | 16:15                 | 17:10  |
| 200m            | Sco H             | FD              | 15:30                                       | 16:20              | 16:30                 | 17:10  |
| 1500m           | Cad F             | FD              | 15:55                                       | 16:45              | 16:55                 | 17:40  |
| 1500m           | Sco F             | FD              | 16:05                                       | 16:55              | 17:05                 | 17:40  |
| 1500m           | Cad H             | FD              | 16:15                                       | 17:05              | 17:15                 | 17:55  |
| 1500m           | Sco H             | FD              | 16:25                                       | 17:15              | 17:25                 | 17:55  |
| 4x200m          | TC F              | FD              | Composition d'équipe : 16:45                | 17:35              | 17:45                 | 18:15  |
| 4x200m          | TC H              | FD              | Composition d'équipe : 17:00                | 17:50              | 18:00                 | 18:15  |