





## Meetings des zones JUNIORS / SENIORS

EPREUVES	1 22/01/2020				2 08/03/2020				3 01/04/2020				4 08/04/2020			
	J/F	J/G	S/F	S/H	J/F	J/G	S/F	S/H	J/F	J/G	S/F	S/H	J/F	J/G	S/F	S/H
	FES				TAZA				AIT KAMRA				GUELMIM			
	SALE				TIFLET				SALE				SIDI KACEM			
	LAAYOUNE				TAROUDANT				LAAYOUNE				IFRANE			
	BOUJAAD (T.AZILAL)				BENSLIMANE				TAHANAOUT				BENSLIMANE			
100m	X	X	X	X					X	X	X	X				
200m					X	X	X	X					X	X	X	X
400m	X	X	X	X					X	X	X	X				
100m H	X		X						X		X					
110m H		X		X						X		X				
400m H					X	X	X	X					X	X	X	X
800m					X	X	X	X					X	X	X	X
1500m	X	X	X	X					X	X	X	X				
5000m					X	X	X	X					X	X	X	X
10000m													X	X	X	X
3000m Stp	X	X	X	X					X	X	X	X				
LONG					X	X	X	X					X	X	X	X
T SAUT	X	X	X	X					X	X	X	X				
HAUT	X	X	X	X					X	X	X	X				
PERCHE					X	X	X	X					X	X	X	X
POIDS					X	X	X	X					X	X	X	X
DISQUE	X	X	X	X					X	X	X	X				
JAVELOT					X	X	X	X					X	X	X	X
MARTEAU					X	X	X	X					X	X	X	X
4X100m	X	X	X	X												
4X400m					X	X	X	X								
4X100m mixte									X	X	X	X				
4X400m mixte													X	X	X	X

## Meetings Fédéraux JUNIORS / SENIORS

EPREUVES	1				2				3				4			
	Fes 16/02/2020				Laayoune 22/03/2020				Taza 12/04/2020				Tiflet 28/06/2020			
	J/F	J/G	S/F	S/H	J/F	J/G	S/F	S/H	J/F	J/G	S/F	S/H	J/F	J/G	S/F	S/H
100m	X	X	X	X					X	X	X	X				
200m					X	X	X	X					X	X	X	X
400m	X	X	X	X					X	X	X	X				
100m H	X		X						X		X					
110m H		X		X						X		X				
400m H					X	X	X	X					X	X	X	X
800m					X	X	X	X					X	X	X	X
1500m	X	X	X	X					X	X	X	X				
5000m					X	X	X	X					X	X	X	X
10000m													X	X	X	X
3000m Stp	X	X	X	X					X	X	X	X				
LONG					X	X	X	X					X	X	X	X
T SAUT	X	X	X	X					X	X	X	X				
HAUT	X	X	X	X					X	X	X	X				
PERCHE					X	X	X	X					X	X	X	X
POIDS					X	X	X	X					X	X	X	X
DISQUE	X	X	X	X					X	X	X	X				
JAVELOT					X	X					X	X	X	X	X	X
MARTEAU									X	X	X	X	X	X	X	X
4X100m	X	X	X	X												
4X400m					X	X	X	X								
4X100m mixte									X	X	X	X				
4x400m mixte													X	X	X	X

## **Epreuves Coupe des Jeunes :**

minimes F - G

X00m - 250m Haies - X000m - Poids - Longueur

Cadettes - Cadets

200m - X00m Haies/ XX0m Haies -800m - X500m -2000m steeple  
Hauteur - Longueur - Poids - Disque - 4x400m

## **Epreuves Coupe du Trone ;**

JUNIORS & SENIORS F - H

X00m - 400m - 800m - X500m - 400m Haies - 3000m steeple  
Hauteur - Longueur - Javelot - Poids