



*Triathlon hivernal benjamins-minimes*  
**08 NOVEMBRE 2026**  
**STADIUM MIRAMAS METROPOLE 13140**



**ATHLÈ**  
Association Française de Triathlon

**CDA30/34 CATEGORIES: BE U14 - MU16**

**9 h 00 : ouverture du secrétariat, confirmation de tous les triathlons**

**9 h15 Réunion technique jury**

**9 h 30 Mise en place du jury et fin des confirmations**

| HORAIRES | COURSES                               | HAUTEUR | TRIPLE SAUT            | LONG ET 2         | POIDS                                   |  |  |  |
|----------|---------------------------------------|---------|------------------------|-------------------|-----------------------------------------|--|--|--|
| 10 h 00  | 2000m/3000 m Marche<br>BE-MI          | BEF     | BEF / MIF<br>BEM / MIM | OPEN<br>MIM / BEM | POIDS 3 kg<br>OPEN<br>MIF / BEM         |  |  |  |
| 10 h 30  | 50 m Haies<br>BEF / BEM               |         |                        |                   |                                         |  |  |  |
| 11 h 00  | 50 m Haies<br>MIF / MIM               |         | PERCHE                 |                   |                                         |  |  |  |
| 11 h 30  |                                       | MIF     | BEF / MIF<br>BEM / MIM |                   |                                         |  |  |  |
| 13 h 00  | PAUSE REPAS                           |         |                        |                   |                                         |  |  |  |
| HORAIRES | COURSES                               | HAUTEUR | LONG 1 / 2 MIF / 3 BEF |                   | POIDS                                   |  |  |  |
| 13 h 30  | 50 m BEF                              | MIM     | OPEN<br>/ BEF          | MIF               | POIDS<br>4kg + 2kg<br>OPEN<br>MIM / BEF |  |  |  |
| 14 h 00  | 50 m BEM                              |         |                        |                   |                                         |  |  |  |
| 14 h 30  | 50 m MIF                              |         |                        |                   |                                         |  |  |  |
| 15 h 00  | 50 m MIM                              | BEM     |                        |                   |                                         |  |  |  |
| 15 h 30  | 1000m MIF<br>/MIM                     |         |                        |                   |                                         |  |  |  |
| 16h00    | 1000m<br>BEF /BEM                     |         |                        |                   |                                         |  |  |  |
| 17h00    | REMISE RECOMPENSES TRIATHLON CDA30/34 |         |                        |                   |                                         |  |  |  |
| 18 h 00  | Fin de la Réunion                     |         |                        |                   |                                         |  |  |  |