

## Horaires Echauffement – Compétition Régionale

### 1ERE ROTATION 10H15 – 11H10

|    | GYMNASTE / Ensemble                | CATEGORIE     | Contrôle licence et Vestiaire<br>00:10 | Echauffement<br>corpo<br>00:25 | Contrôle engin<br>00:05 | Echauffement<br>engin<br>00:15 | concentration<br>00:03 | PASSAGE<br>COMPET<br>00:02:30 |
|----|------------------------------------|---------------|--|--------------------------------|-------------------------|--------------------------------|------------------------|-------------------------------|
| 1  | ABERS GR                           | Reg B Duo TC  | 09:17:00                               | 09:27:00                       | 09:52:00                | 09:57:00                       | 10:12:00               | 10:15:00                      |
| 2  | ASS.GYM PLERINAISE – ensemble 2    | Reg B Duo TC  | 09:19:30                               | 09:29:30                       | 09:54:30                | 09:59:30                       | 10:14:30               | 10:17:30                      |
| 3  | STELLA MARIS GRS – ensemble 2      | Reg B Duo TC  | 09:22:00                               | 09:32:00                       | 09:57:00                | 10:02:00                       | 10:17:00               | 10:20:00                      |
| 4  | Elise PERON                        | Reg B 10-11   | 09:24:30                               | 09:34:30                       | 09:59:30                | 10:04:30                       | 10:19:30               | 10:22:30                      |
| 5  | STELLA MARIS GRS – ensemble 1      | Reg B Duo TC  | 09:27:00                               | 09:37:00                       | 10:02:00                | 10:07:00                       | 10:22:00               | 10:25:00                      |
| 6  | Faustine HAMON                     | Reg B 10-11   | 09:29:30                               | 09:39:30                       | 10:04:30                | 10:09:30                       | 10:24:30               | 10:27:30                      |
| 7  | JEANNE D'ARC- ST MALO – ensemble 1 | Reg B Duo TC  | 09:32:00                               | 09:42:00                       | 10:07:00                | 10:12:00                       | 10:27:00               | 10:30:00                      |
| 8  | Margaux PERON                      | Reg B 10-11   | 09:34:30                               | 09:44:30                       | 10:09:30                | 10:14:30                       | 10:29:30               | 10:32:30                      |
| 9  | ASS.GYM PLERINAISE – ensemble 1    | Reg B Duo TC  | 09:37:00                               | 09:47:00                       | 10:12:00                | 10:17:00                       | 10:32:00               | 10:35:00                      |
| 10 | Shainys LE GOAS                    | Reg B 12-13   | 09:39:30                               | 09:49:30                       | 10:14:30                | 10:19:30                       | 10:34:30               | 10:37:30                      |
| 11 | GR BREIZH'ILLIENNE                 | Reg B Duo TC  | 09:42:00                               | 09:52:00                       | 10:17:00                | 10:22:00                       | 10:37:00               | 10:40:00                      |
| 12 | ELSA NEXER                         | Reg B 12-13   | 09:44:30                               | 09:54:30                       | 10:19:30                | 10:24:30                       | 10:39:30               | 10:42:30                      |
| 13 | JEANNE D'ARC- ST MALO – ensemble 2 | Reg B Duo TC  | 09:47:00                               | 09:57:00                       | 10:22:00                | 10:27:00                       | 10:42:00               | 10:45:00                      |
| 14 | Maelle BELLIOU                     | Reg B 12-13   | 09:49:30                               | 09:59:30                       | 10:24:30                | 10:29:30                       | 10:44:30               | 10:47:30                      |
| 15 | LA BRETONNE GYMNIC CLUB            | Reg B Ens 15- | 09:52:00                               | 10:02:00                       | 10:27:00                | 10:32:00                       | 10:47:00               | 10:50:00                      |
| 16 | ABERS GR                           | Reg B Ens 15- | 09:54:30                               | 10:04:30                       | 10:29:30                | 10:34:30                       | 10:49:30               | 10:52:30                      |
| 17 | JEANNE D'ARC- ST MALO              | Reg B Ens 15- | 09:57:00                               | 10:07:00                       | 10:32:00                | 10:37:00                       | 10:52:00               | 10:55:00                      |
| 18 | STELLA MARIS GRS                   | Reg B Ens 15- | 09:59:30                               | 10:09:30                       | 10:34:30                | 10:39:30                       | 10:54:30               | 10:57:30                      |

### 2EME ROTATION 11H20 – 12H50

|    | GYMNASTE / Ensemble           | CATEGORIE       | Contrôle licence et Vestiaire<br>00:10 | Echauffement<br>corpo<br>00:25 | Contrôle engin<br>00:05 | Echauffement<br>engin<br>00:15 | concentration<br>00:03 | PASSAGE<br>COMPET<br>00:02:30 |
|----|-------------------------------|-----------------|--|--------------------------------|-------------------------|--------------------------------|------------------------|-------------------------------|
| 1  | JEANNE D'ARC- ST MALO         | Reg B Ens TC    | 10:22:00                               | 10:32:00                       | 10:57:00                | 11:02:00                       | 11:17:00               | 11:20:00                      |
| 2  | STELLA MARIS GRS              | Reg B Ens TC    | 10:24:30                               | 10:34:30                       | 10:59:30                | 11:04:30                       | 11:19:30               | 11:22:30                      |
| 3  | ASS.GYM PLERINAISE            | Reg B Duo 13-   | 10:27:00                               | 10:37:00                       | 11:02:00                | 11:07:00                       | 11:22:00               | 11:25:00                      |
| 4  | Loïza CARIOU                  | Reg B 14-15     | 10:29:30                               | 10:39:30                       | 11:04:30                | 11:09:30                       | 11:24:30               | 11:27:30                      |
| 5  | SAINT MARTIN GR               | Reg B Duo 13-   | 10:32:00                               | 10:42:00                       | 11:07:00                | 11:12:00                       | 11:27:00               | 11:30:00                      |
| 6  | Riowenna ROUSIC               | Reg B 14-15     | 10:34:30                               | 10:44:30                       | 11:09:30                | 11:14:30                       | 11:29:30               | 11:32:30                      |
| 7  | GR BREIZH'ILLIENNE            | Reg B Duo 13-   | 10:37:00                               | 10:47:00                       | 11:12:00                | 11:17:00                       | 11:32:00               | 11:35:00                      |
| 8  | Hirelle RICARDEAU             | Reg B 14-15     | 10:39:30                               | 10:49:30                       | 11:14:30                | 11:19:30                       | 11:34:30               | 11:37:30                      |
| 9  | CERCLE PAUL BERT              | Reg B Duo 13-   | 10:42:00                               | 10:52:00                       | 11:17:00                | 11:22:00                       | 11:37:00               | 11:40:00                      |
| 10 | Emmanuella VIRGILE            | Reg B 14-15     | 10:44:30                               | 10:54:30                       | 11:19:30                | 11:24:30                       | 11:39:30               | 11:42:30                      |
| 11 | LA BRETONNE GYMNIC CLUB       | Reg B Duo 13-   | 10:47:00                               | 10:57:00                       | 11:22:00                | 11:27:00                       | 11:42:00               | 11:45:00                      |
| 12 | Camille MENGUY                | Reg B 14-15     | 10:49:30                               | 10:59:30                       | 11:24:30                | 11:29:30                       | 11:44:30               | 11:47:30                      |
| 13 | ABERS GR                      | Reg B Duo 13-   | 10:52:00                               | 11:02:00                       | 11:27:00                | 11:32:00                       | 11:47:00               | 11:50:00                      |
| 14 | Charlotte PERDRIEL            | Reg B 14-15     | 10:54:30                               | 11:04:30                       | 11:29:30                | 11:34:30                       | 11:49:30               | 11:52:30                      |
| 15 | JEANNE D'ARC- ST MALO         | Reg B Duo 13-   | 10:57:00                               | 11:07:00                       | 11:32:00                | 11:37:00                       | 11:52:00               | 11:55:00                      |
| 16 | Charley COATEVAL              | Reg B 14-15     | 10:59:30                               | 11:09:30                       | 11:34:30                | 11:39:30                       | 11:54:30               | 11:57:30                      |
| 17 | CERCLE PAUL BERT – ensemble 3 | Reg B Ens 10-11 | 11:02:00                               | 11:12:00                       | 11:37:00                | 11:42:00                       | 11:57:00               | 12:00:00                      |
| 18 | Eva RAUX                      | Reg B 14-15     | 11:04:30                               | 11:14:30                       | 11:39:30                | 11:44:30                       | 11:59:30               | 12:02:30                      |
| 19 | ASS.GYM PLERINAISE            | Reg B Ens 10-11 | 11:07:00                               | 11:17:00                       | 11:42:00                | 11:47:00                       | 12:02:00               | 12:05:00                      |
| 20 | Elea TAILLER                  | Reg B 14-15     | 11:09:30                               | 11:19:30                       | 11:44:30                | 11:49:30                       | 12:04:30               | 12:07:30                      |
| 21 | CERCLE PAUL BERT -ensemble 1  | Reg B Ens 10-11 | 11:12:00                               | 11:22:00                       | 11:47:00                | 11:52:00                       | 12:07:00               | 12:10:00                      |
| 22 | Jade LE BADEZET               | Reg B 16+       | 11:14:30                               | 11:24:30                       | 11:49:30                | 11:54:30                       | 12:09:30               | 12:12:30                      |
| 23 | SAINT MARTIN GR               | Reg B Ens 10-11 | 11:17:00                               | 11:27:00                       | 11:52:00                | 11:57:00                       | 12:12:00               | 12:15:00                      |
| 24 | Améline COMMON                | Reg B 16+       | 11:19:30                               | 11:29:30                       | 11:54:30                | 11:59:30                       | 12:14:30               | 12:17:30                      |
| 25 | C G B I BREST                 | Reg B Ens 10-11 | 11:22:00                               | 11:32:00                       | 11:57:00                | 12:02:00                       | 12:17:00               | 12:20:00                      |
| 26 | Gabie THIEULANT               | Reg B 16+       | 11:24:30                               | 11:34:30                       | 11:59:30                | 12:04:30                       | 12:19:30               | 12:22:30                      |
| 27 | CERCLE PAUL BERT – ensemble 2 | Reg B Ens 10-11 | 11:27:00                               | 11:37:00                       | 12:02:00                | 12:07:00                       | 12:22:00               | 12:25:00                      |
| 28 | Bertille MENGUY               | Reg B 16+       | 11:29:30                               | 11:39:30                       | 12:04:30                | 12:09:30                       | 12:24:30               | 12:27:30                      |
| 29 | CLUB GYMNIQUE LANNION         | Reg B Ens 10-11 | 11:32:00                               | 11:42:00                       | 12:07:00                | 12:12:00                       | 12:27:00               | 12:30:00                      |
| 30 | Redeat Lina GIRMA             | Reg B 16+       | 11:34:30                               | 11:44:30                       | 12:09:30                | 12:14:30                       | 12:29:30               | 12:32:30                      |
| 31 | SAINT MARTIN GR – ensemble 1  | Reg B Ens 13-   | 11:37:00                               | 11:47:00                       | 12:12:00                | 12:17:00                       | 12:32:00               | 12:35:00                      |
| 32 | Nina JULIEN                   | Reg B 16+       | 11:39:30                               | 11:49:30                       | 12:14:30                | 12:19:30                       | 12:34:30               | 12:37:30                      |
| 33 | GRS DU PONANT                 | Reg B Ens 13-   | 11:42:00                               | 11:52:00                       | 12:17:00                | 12:22:00                       | 12:37:00               | 12:40:00                      |
| 34 | ASS.GYM PLERINAISE            | Reg B Ens 13-   | 11:44:30                               | 11:54:30                       | 12:19:30                | 12:24:30                       | 12:39:30               | 12:42:30                      |
| 35 | STELLA MARIS GRS              | Reg B Ens 13-   | 11:47:00                               | 11:57:00                       | 12:22:00                | 12:27:00                       | 12:42:00               | 12:45:00                      |
| 36 | SAINT MARTIN GR – ensemble 2  | Reg B Ens 13-   | 11:49:30                               | 11:59:30                       | 12:24:30                | 12:29:30                       | 12:44:30               | 12:47:30                      |

## Horaires Echauffement - Etape Régionale Coupes Formations

|                    | Contrôle licence et Vestiaire | Echauffement corpo & engin | Entrée plateau de compétition |
|--------------------|-------------------------------|----------------------------|-------------------------------|
|                    | 00:15:00                      | 00:45                      |                               |
| Groupe 1 CF2 & CF3 | 13:45:00                      | 14:00:00                   | 14:45:00                      |
| Groupe 2 CF2 & CF3 | 16:00:00                      | 16:15:00                   | 17:00:00                      |