

week-end; jours fériés

vacances scolaires
zone A

Test CAP - clubs tests course à pied 3000m

CE J16 Contr. d'entrmt J16 bat. courts

CIR BL Ch.Inter Regx batx Long

PPJ Programme Performance Jeune (J15-J16)

JEUNES-E1 lieu Champ. Jeune (J11-J14) E1= Etape 1

TDRZ / TDRN Tête de Riv.Zone / Nationale

CIR_BC J15 à S. Champ.Inter Reg.Btx courts FINALE R5 lieu? Finale Rame en 5ème

sept-21

oct-21

nov-21

déc-21

janv-22

févr-22

ETR

| sept-21 | | oct-21 | | nov-21 | | déc-21 | | janv-22 | | févr-22 | |
|---------|----|--------|----|--------|----|--------|----|---------|----|---------|----|
| M | 1 | V | 1 | L | 1 | M | 1 | S | 1 | M | 1 |
| J | 2 | S | 2 | M | 2 | J | 2 | D | 2 | M | 2 |
| V | 3 | D | 3 | M | 3 | V | 3 | L | 3 | J | 3 |
| S | 4 | L | 4 | J | 4 | S | 4 | M | 4 | V | 4 |
| D | 5 | M | 5 | V | 5 | D | 5 | M | 5 | S | 5 |
| L | 6 | M | 6 | S | 6 | L | 6 | J | 6 | D | 6 |
| M | 7 | J | 7 | D | 7 | M | 7 | V | 7 | L | 7 |
| M | 8 | V | 8 | L | 8 | M | 8 | S | 8 | M | 8 |
| J | 9 | S | 9 | M | 9 | J | 9 | D | 9 | M | 9 |
| V | 10 | D | 10 | M | 10 | V | 10 | L | 10 | J | 10 |
| S | 11 | L | 11 | J | 11 | S | 11 | M | 11 | V | 11 |
| D | 12 | M | 12 | V | 12 | D | 12 | M | 12 | S | 12 |
| L | 13 | M | 13 | S | 13 | L | 13 | J | 13 | D | 13 |
| M | 14 | J | 14 | D | 14 | M | 14 | V | 14 | L | 14 |
| M | 15 | V | 15 | L | 15 | M | 15 | S | 15 | M | 15 |
| J | 16 | S | 16 | M | 16 | J | 16 | D | 16 | M | 16 |
| V | 17 | D | 17 | M | 17 | V | 17 | L | 17 | J | 17 |
| S | 18 | L | 18 | J | 18 | S | 18 | M | 18 | V | 18 |
| D | 19 | M | 19 | V | 19 | D | 19 | M | 19 | S | 19 |
| L | 20 | M | 20 | S | 20 | L | 20 | J | 20 | D | 20 |
| M | 21 | J | 21 | D | 21 | M | 21 | V | 21 | L | 21 |
| M | 22 | V | 22 | L | 22 | M | 22 | S | 22 | M | 22 |
| J | 23 | S | 23 | M | 23 | J | 23 | D | 23 | M | 23 |
| V | 24 | D | 24 | M | 24 | V | 24 | L | 24 | J | 24 |
| S | 25 | L | 25 | J | 25 | S | 25 | M | 25 | V | 25 |
| D | 26 | M | 26 | V | 26 | D | 26 | M | 26 | S | 26 |
| L | 27 | M | 27 | S | 27 | L | 27 | J | 27 | D | 27 |
| M | 28 | J | 28 | D | 28 | M | 28 | V | 28 | L | 28 |
| M | 29 | V | 29 | L | 29 | M | 29 | S | 29 | | |
| J | 30 | S | 30 | M | 30 | J | 30 | D | 30 | | |
| | | D | 31 | | | V | 31 | L | 31 | | |

| mars-22 | | | avr-22 | | | mai-22 | | | juin-22 | | | juil-22 | | | août-22 | | |
|---------|----|--------------------------|--------|----|-------------------------------------|--------|----|-------------------------------------|---------|----|------------------------------------|---------|----|-------------------------------------|---------|----|---|
| M | 1 | | V | 1 | | D | 1 | rég. sél. match FRA/GB U17 (J15-16) | M | 1 | | V | 1 | | L | 1 | |
| M | 2 | | S | 2 | Ch.inter regx batx courts | L | 2 | | J | 2 | | S | 2 | Champ. France J16 / U23 Bourges | M | 2 | |
| J | 3 | | D | 3 | | M | 3 | | V | 3 | | D | 3 | | M | 3 | |
| V | 4 | | L | 4 | | M | 4 | | S | 4 | Ch.Fr. batx longs J18,S,para Vichy | L | 4 | | J | 4 | |
| S | 5 | Ch.France Lg Dist. Mâcon | M | 5 | | J | 5 | | D | 5 | | M | 5 | | V | 5 | |
| D | 6 | | M | 6 | | V | 6 | | L | 6 | | M | 6 | | S | 6 | |
| L | 7 | | J | 7 | | S | 7 | R.I Vichy | M | 7 | | J | 7 | ?? courant juillet | D | 7 | |
| M | 8 | | V | 8 | | D | 8 | | M | 8 | | V | 8 | régate sélection collectifs U19 A&B | L | 8 | |
| M | 9 | | S | 9 | | L | 9 | | J | 9 | | S | 9 | | M | 9 | |
| J | 10 | | D | 10 | | M | 10 | | V | 10 | | D | 10 | | M | 10 | |
| V | 11 | | L | 11 | | M | 11 | | S | 11 | champ. inter reg. Jeunes Mâcon | L | 11 | | J | 11 | |
| S | 12 | Initiateur lieux? | M | 12 | | J | 12 | | D | 12 | | M | 12 | | V | 12 | |
| D | 13 | | M | 13 | | V | 13 | | L | 13 | | M | 13 | | S | 13 | |
| L | 14 | | J | 14 | | S | 14 | Ch. France UNSS FFSU Brive | M | 14 | | J | 14 | | D | 14 | |
| M | 15 | | V | 15 | Champ. France Batx.Courts Cazaubon | D | 15 | | M | 15 | | V | 15 | | L | 15 | |
| M | 16 | | S | 16 | | L | 16 | | J | 16 | | S | 16 | | M | 16 | |
| J | 17 | | D | 17 | | M | 17 | | V | 17 | | D | 17 | | M | 17 | |
| V | 18 | Entraîneur fédéral INSEP | L | 18 | | M | 18 | | S | 18 | Ch. Fr. Master Mâcon | L | 18 | | J | 18 | |
| S | 19 | | M | 19 | | J | 19 | | D | 19 | | M | 19 | | V | 19 | |
| D | 20 | TDRN et TDRZ | M | 20 | | V | 20 | | L | 20 | | M | 20 | | S | 20 | |
| L | 21 | | J | 21 | | S | 21 | R.I Mâcon | M | 21 | | J | 21 | | D | 21 | |
| M | 22 | | V | 22 | | D | 22 | Ch.France mer Agde | M | 22 | | V | 22 | | L | 22 | |
| M | 23 | | S | 23 | | L | 23 | ?? courant mai | M | 23 | | S | 23 | | M | 23 | Stage européen "Ramons vers les Jeux" J14 |
| J | 24 | | D | 24 | stage PPJ inter ligue | M | 24 | régate sélection Europe U19 | V | 24 | | D | 24 | | M | 24 | ? SIF |
| V | 25 | | L | 25 | dates? Lieu? | M | 25 | | S | 25 | Ch.Fr.Beach R La Seyne/mer | L | 25 | | J | 25 | Bellecin |
| S | 26 | | M | 26 | | J | 26 | | D | 26 | Ch. Nat. Jeune Gérardmer | M | 26 | | V | 26 | |
| D | 27 | CE J16+J E4 Mâcon | M | 27 | | V | 27 | | L | 27 | | M | 27 | | S | 27 | |
| L | 28 | | J | 28 | | S | 28 | | M | 28 | | J | 28 | | D | 28 | |
| M | 29 | | V | 29 | | D | 29 | Champ BFC J14+ open Creusot | M | 29 | | V | 29 | | L | 29 | |
| M | 30 | | S | 30 | rég. sél. match FRA/GB U17 (J15-16) | L | 30 | | M | 30 | | S | 30 | | M | 30 | |
| J | 31 | | | | | M | 31 | | J | 31 | | D | 31 | | M | 31 | |

1 et 2/10/22
Ch.Fr. Sen. sprint Vaires

29 et 30/10/22
Coupe de France Mantes