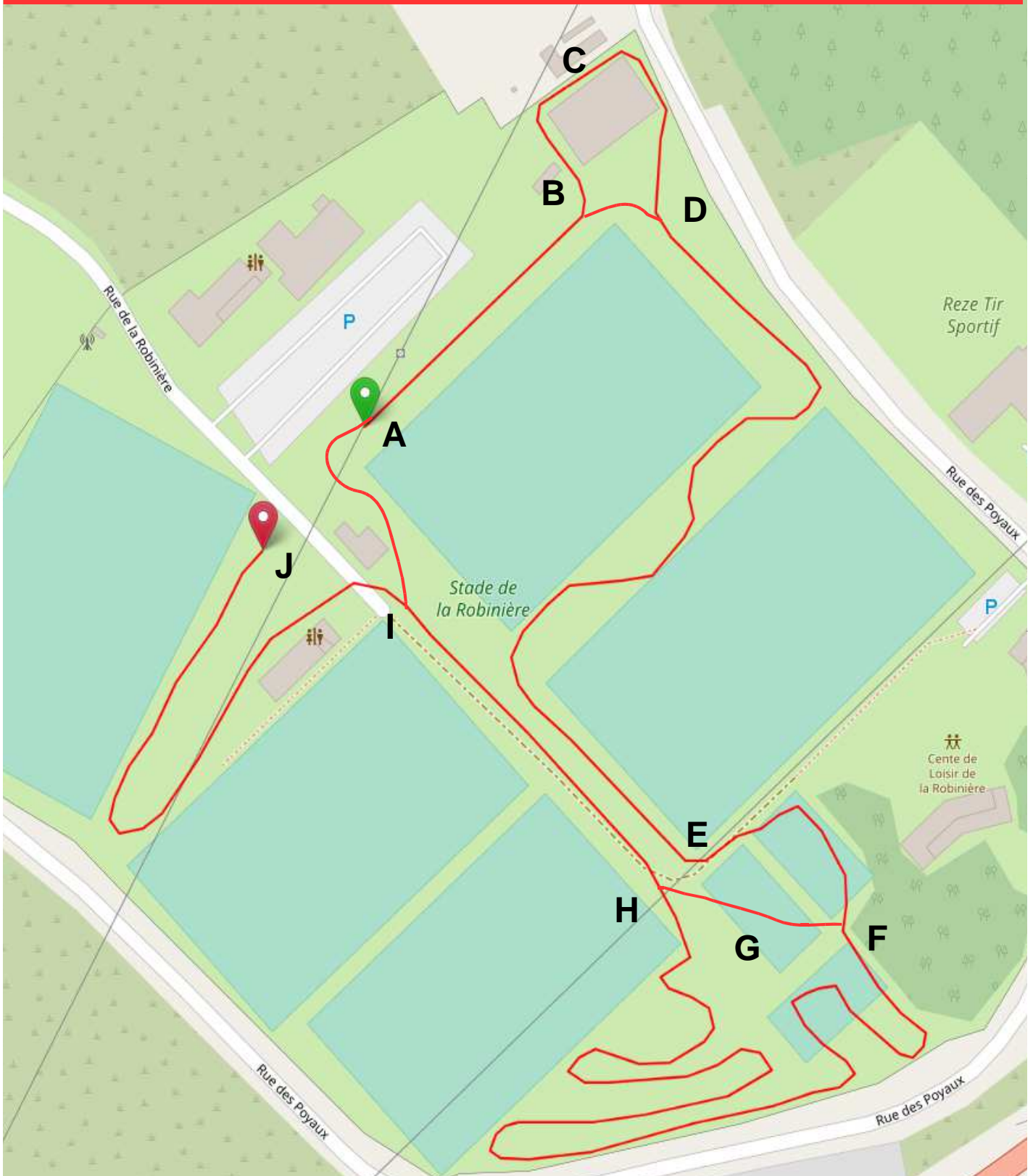


**Parcours cross – Départementaux**  
**Cross court F/H - Relais 2H/2F – Poussins(es) – Benjamines – Benjamins**  
**Cross master +50ans**



**Cross court F/H :**

ABDEFHIA (1290m) - ABDEFHIA (1290m) - ABDEFHIJ (1430m) = 4010m

**Relais 2H/2F :**

ABCDEFGHIIA (970m) – ABCDEFGHIA (970m) = 1940m 3 premiers relayeurs

ABCDEFGHIIA (970m) – ABCDEFGHIJ (1140m) = 2110m dernier relayeur

**Poussin F/H :** 1 petite boucle/-IA/arrivée - ABCDEFGHIJ = 1000m

**Benjamines :** ABDEFHIA (830m) - ABDEFHIA (830m) - ABDEFHIJ (1000m) = 2660m

**Benjamins :** ABCDEFGHIA (970m) – ABCDEFGHIA (970m) - ABCDEFGHIJ (1140m) = 3080m

**Master +50ans :** 3 maxi boucles + 1 maxi boucle/-IA/arrivée

ABCDEFGHIIA (1430m) - ABCDEFGHIA (1430m) - ABCDEFGHIA (1430m) - ABCDEFHIJ (1600m) = 5890m