

**CROSS DE L USAC  
PARC DES PRES DE LYON  
2 FEVRIER 2025**

Course	Horaires	CATEGORIES	DISTANCE	Nombres de tours
1	9H30	BEM + BEF	2000M	1GB GOLF + retour arrivée
2	10H00	MIM + MIF + CAF	3200M	1GB GOLF + 1 GB
3	10H30	POF + POM	1550 M	2 PB
4	10H45	EVEIL ATHLE	850M	1 PB dont 50m marche (obstacle)
5	11H00	CAM / JUF / ESF / SEF / MAF / JUM	5100M	2 GB GOLF + 1GB
6	11H00	ESM / SEM / MAM	7000M	3GB GOLF + 1 GB

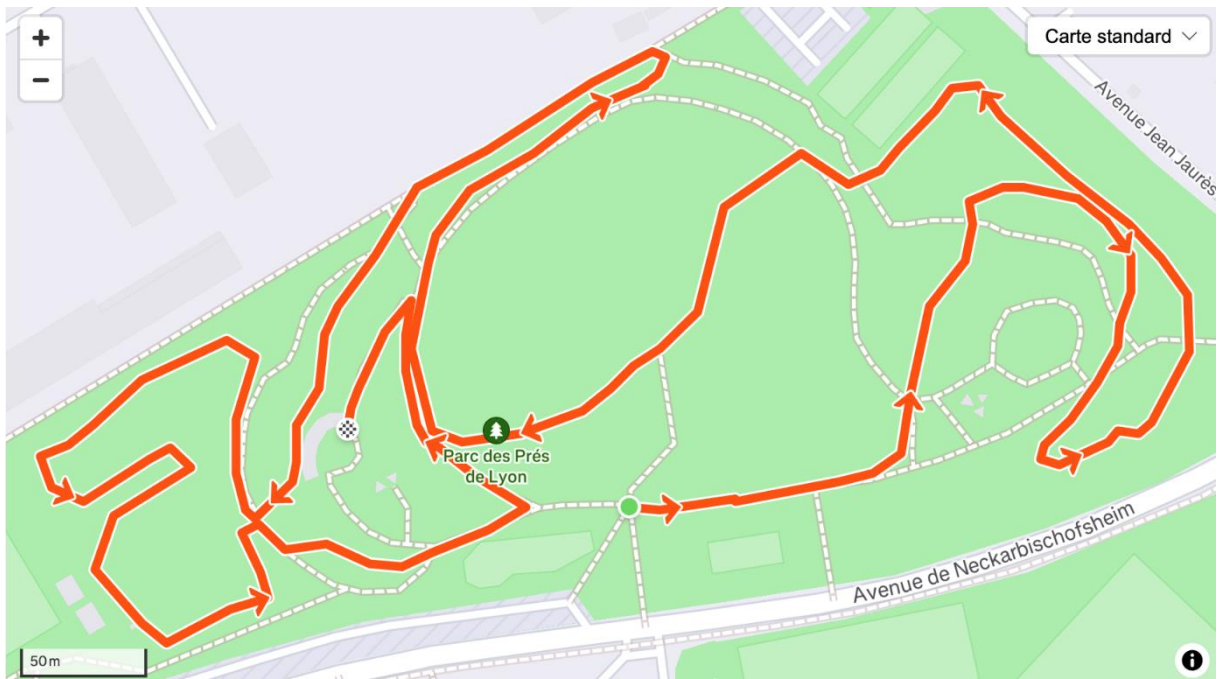
**EVEIL ATHLE : 1 PB**



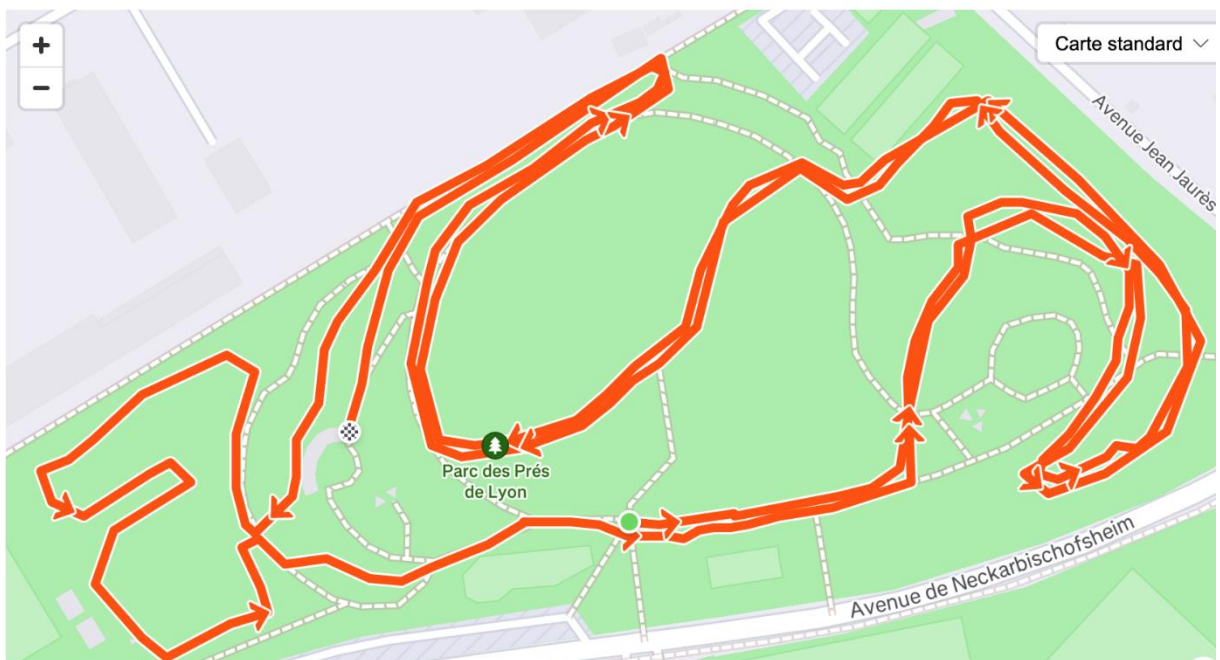
**POUSSINS : 2 PB**



**BENJAMINS : 1GB GOLF + RETOUR ARRIVEE**



**MINIMES : 1 GB GOLF + 1 GB**



**JUF / ESF / SEF / MAF / JUM: 2 GB GOLF + 1 GB**

**ESM / SEM / MAM: 3 GB GOLF + 1 GB**