

Fiche de saut :

NOM :

Prénom :

Etablissement : y

HONNEUR

PROMO

EXCELLENCE 2-3

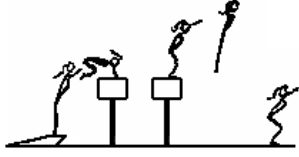
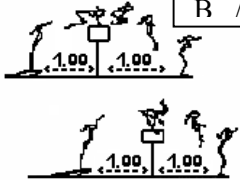
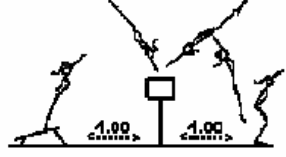
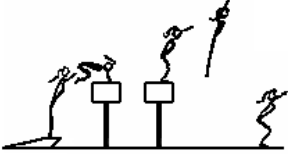
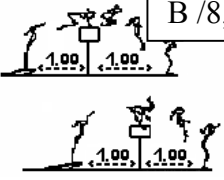
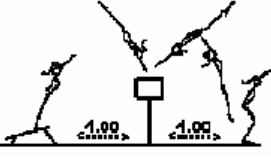
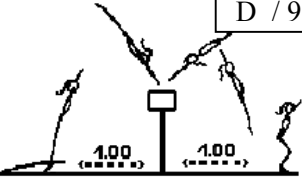
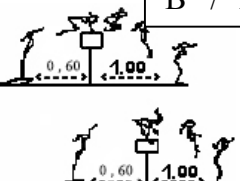
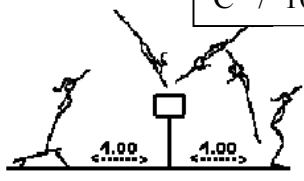
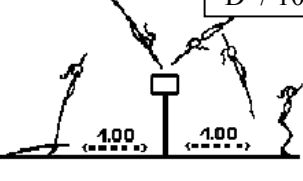
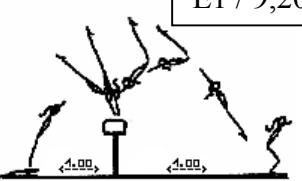
EXCELLENCE 1

BENJAMINE

MINIME

CADETTE

JUNIOR

HONNEUR	PROMO	EXC 2 + 3	EXC 1
A genoux puis accroupi saut vertical A0 / 6	A1 / 7 	B / 8  mini-tramp si table de saut	C / 8 
A1 / 8 	B / 8,5  mini-tramp si table de saut	C / 9 	D / 9 
B / 10  mini-tramp si table de saut	C / 10 	D / 10 	E1 / 9,20 

**Rappel :**

Hauteur 1,20 m sauf EXC1 (cadettes-juniors-seniors) à 1,25m

Au choix sur cheval ou table de saut (sauf EXC 1 : table)

Possibilité de mettre 2 tremplins (ou 1 double)

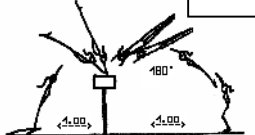
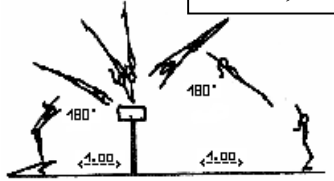
Aucune distance requise avant ET APRES la table de saut

**1<sup>er</sup> saut :**

Choix :

**2<sup>e</sup> saut :**

Choix :

E2 / 9,20 
E3 / 9,50 
et d'autres sauts E4, E5 ...

NOTE FINALE :