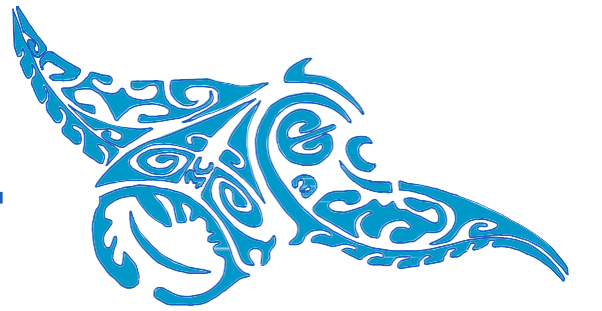
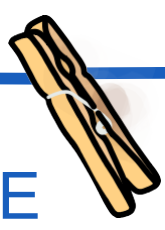
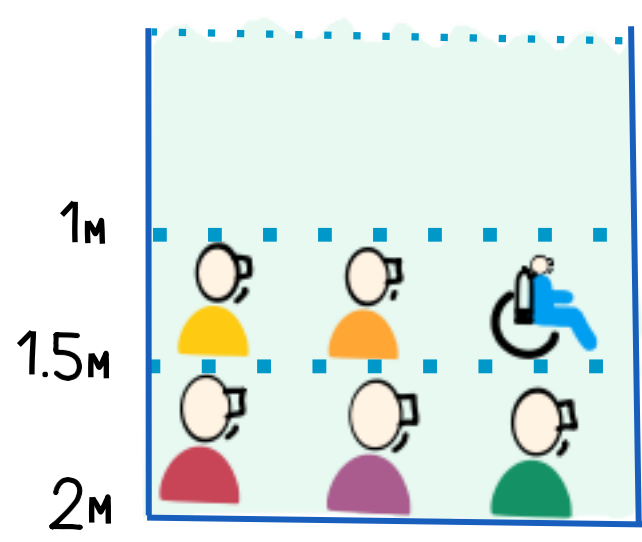


APNÉE

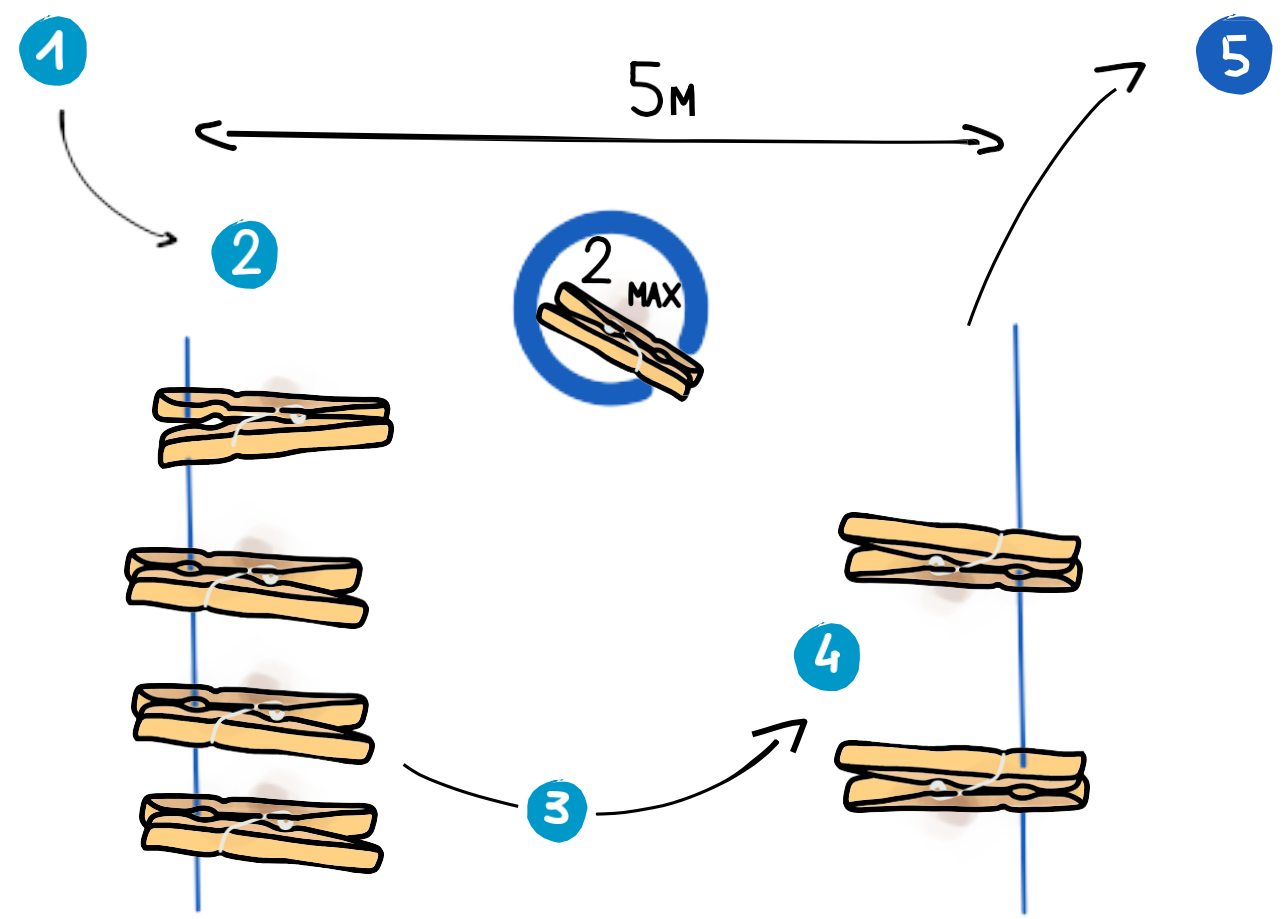


AMMASSER UN MAX DE 

- 1 IMMERSION EN CANARD
- 2 JE PRENDS  OU 
- 3 JE NAGE SUR UN FOND DE



- 4 J'ACCROCHES MES 
- 5 RETOUR SURFACE



3 x 5M



5 x 5M



8 x 5M



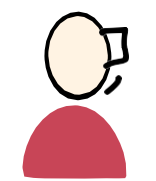
10 x 5M



3 x 5M



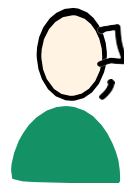
COURSE HAWAÏENNE



MINIME



CADET



JUNIOR

- 1 DÉPART FOND
PALMES EN MAIN
- 2 PARCOURIR 12.5 M
EN MARCHANT PIEDS NUS AU SOL
- 3 REMETTRE LES PALMES
- 4 PARCOURIR 12.5 M
EN PALMANT

- 1 DÉPART SAUT DROIT
- 2 PARCOURIR
25M
EN MARCHANT
PIEDS NUS AU SOL

- 3 DÉPLOYER
LE PARACHUTE



LEST



CHAUSSENS



MAINS

HOCKEY



1

2

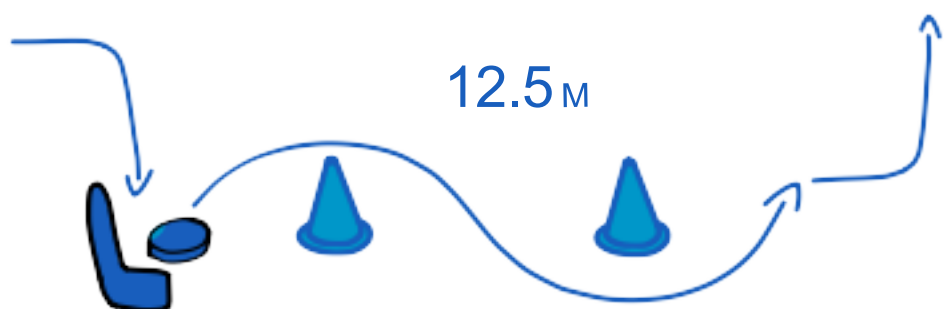
3



12.5M



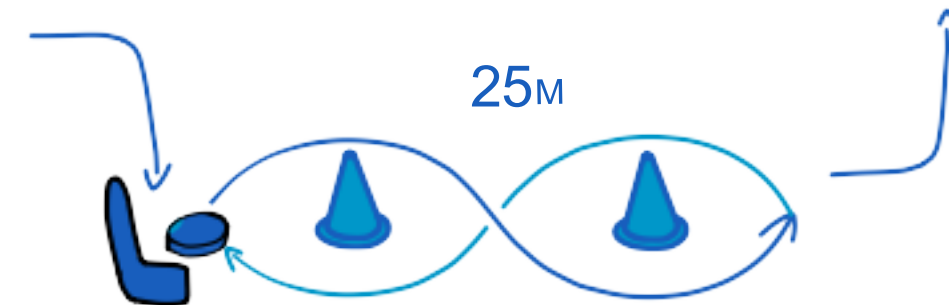
MINIME



12.5M



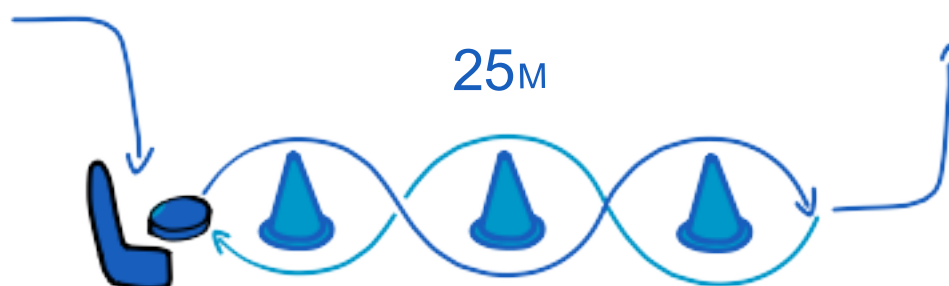
CADET



25M



JUNIOR



25M

2 x

4 x

6 x

12.5M

12.5M

25M

25M

12.5M



POUSSIN
BENJAMIN



MINIME



CADET



JUNIOR



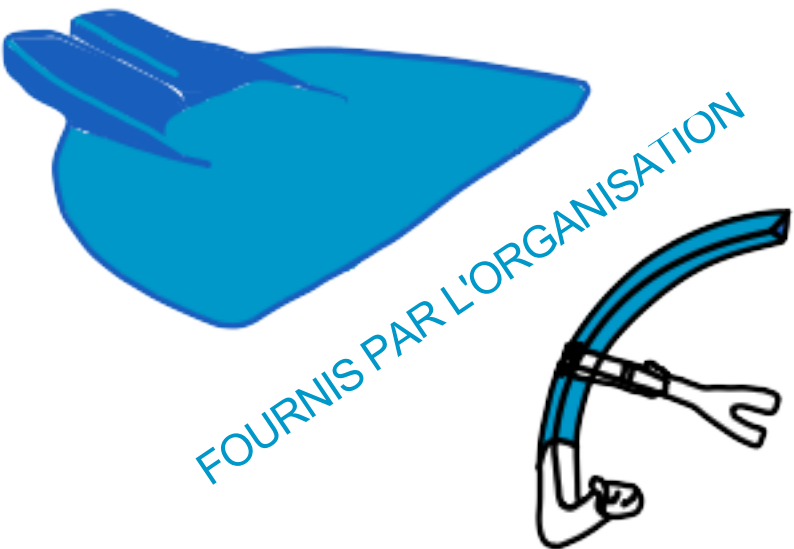
HANDI

NAGE AVEC PALMES



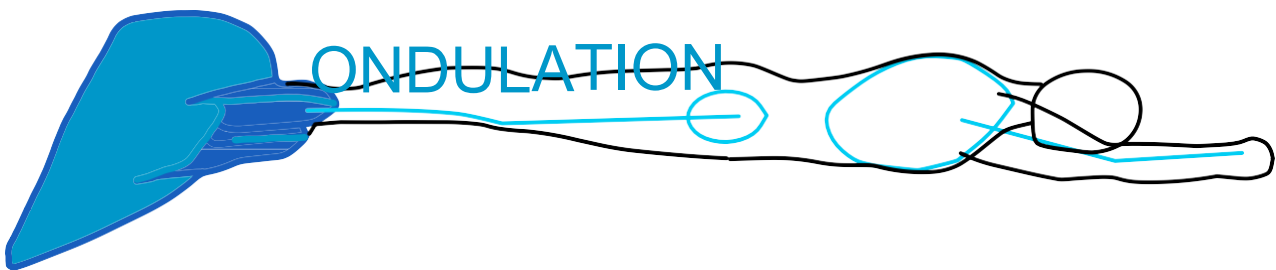
1 DÉPART DANS L'EAU

MONOPALME



FOURNIS PAR L'ORGANISATION

TUBA FRONTAL



ONDULATION

BRAS TENDUS DEVANT

PARCOURIR LE PLUS RAPIDEMENT

25^M



POUSSIN
BENJAMIN

50^M



MINIME

50^M



CADET

100^M



JUNIOR

25^M



HANDI

TERMINER LE PLUS RAPIDEMENT POSSIBLE



NAGE EN EAU VIVE



DÉPART DANS L'EAU



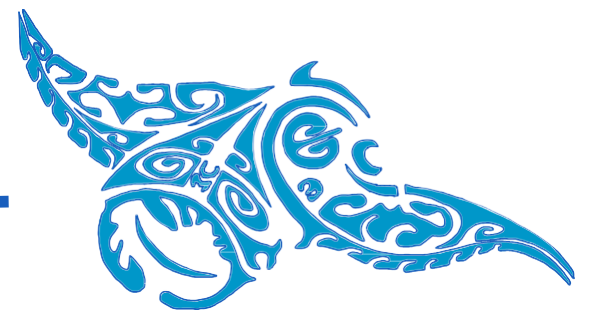
1 SAUT AVEC LE FLOTTEUR



3 TERMINER LE PLUS RAPIDEMENT POSSIBLE

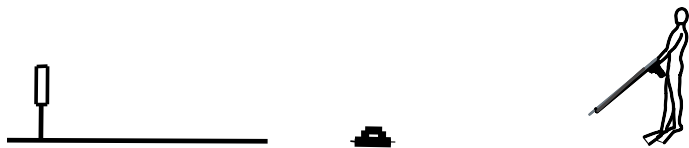


TIR SUR CIBLE

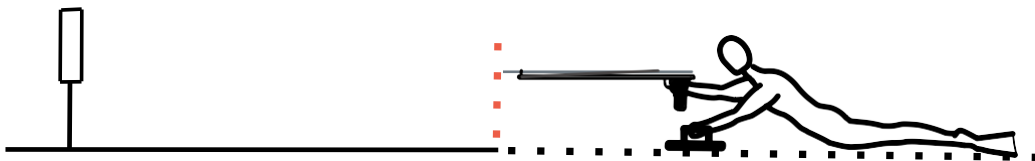


LE TIR

1 PRÉPARATION



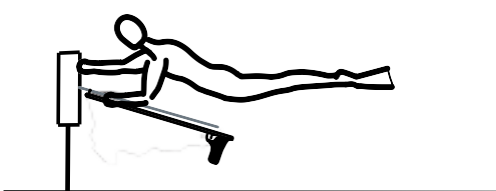
2 TIR



3 ATTENTE



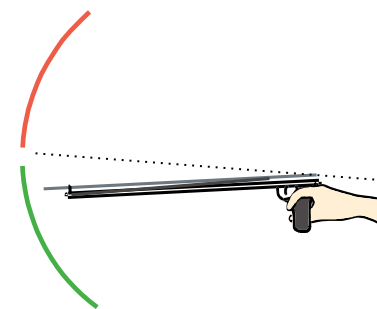
4 RÉCUPÉRATION



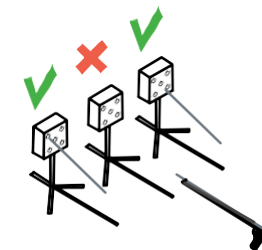
SÉCURITÉ



PAS DE DOIGTS
SUR LA GÂCHETTE



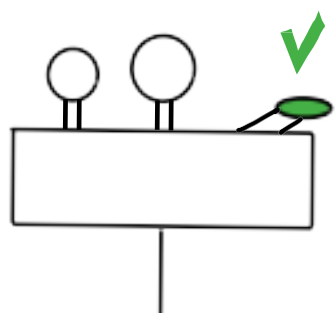
ARBALÈTE ORIENTÉE
VERS LE BAS



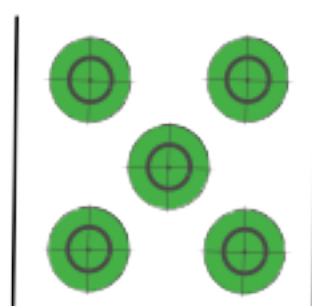
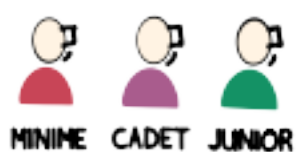
AVANT DE RÉCUPÉRER LA FLÈCHE
TOUS LES PAS DE TIR
DOIVENT AVOIR TIRÉ

EVALUATION

3 TIRS



N'IMPORTE QUELLE CIBLE
CIBLE BASCULÉE : 1 POINT



N'IMPORTE QUELLE CIBLE
DANS LE VERT : 1 POINT

