

| septembre-09                                   |    |                      | octobre-09 |    |                 | novembre-09 |    |                         | décembre-09 |    |                         | janvier-10 |    |                   | février-10 |    |                   |
|--|----|----------------------|------------|----|-----------------|-------------|----|-------------------------|-------------|----|-------------------------|------------|----|-------------------|------------|----|-------------------|
| M  | 1  | s36                  | J          | 1  |                 | D           | 1  | toussaint               | M           | 1  |                         | V          | 1  | jour de l'an      | L          | 1  | s5                |
| m  | 2  |                      | V          | 2  |                 | L           | 2  | s45                     | m           | 2  |                         | S          | 2  |                   | M          | 2  |                   |
| J  | 3  |                      | S          | 3  |                 | M           | 3  |                         | J           | 3  |                         | D          | 3  |                   | m          | 3  |                   |
| V  | 4  |                      | D          | 4  | IdF 2 Voisins   | m           | 4  |                         | V           | 4  |                         | L          | 4  | s1                | J          | 4  |                   |
| S  | 5  | Reprise entraînement | L          | 5  | s41             | J           | 5  |                         | S           | 5  |                         | M          | 5  |                   | V          | 5  |                   |
| D  | 6  |                      | M          | 6  |                 | V           | 6  |                         | D           | 6  |                         | m          | 6  |                   | S          | 6  |                   |
| L  | 7  | s37                  | m          | 7  |                 | S           | 7  |                         | L           | 7  | s50                     | J          | 7  |                   | D          | 7  |                   |
| M  | 8  |                      | J          | 8  |                 | D           | 8  |                         | M           | 8  |                         | V          | 8  |                   | L          | 8  | s6                |
| m  | 9  |                      | V          | 9  | Coupe du Monde  | L           | 9  | s46                     | m           | 9  |                         | S          | 9  |                   | M          | 9  |                   |
| J  | 10 |                      | S          | 10 | Fréjus          | M           | 10 |                         | J           | 10 |                         | D          | 10 | Stage CIF         | m          | 10 |                   |
| V  | 11 |                      | D          | 11 |                 | m           | 11 | armistice               | V           | 11 |                         | L          | 11 | s2                | J          | 11 |                   |
| S  | 12 | Portes Ouvertes      | L          | 12 | s42             | J           | 12 |                         | S           | 12 | Indoor                  | M          | 12 |                   | V          | 12 |                   |
| D  | 13 |                      | M          | 13 |                 | V           | 13 |                         | D           | 13 | Saint-Etienne           | m          | 13 |                   | S          | 13 | Montesson         |
| L  | 14 | s38                  | m          | 14 |                 | S           | 14 | Voisins                 | L           | 14 | s51                     | J          | 14 |                   | D          | 14 |                   |
| M  | 15 |                      | J          | 15 |                 | D           | 15 |                         | M           | 15 |                         | V          | 15 |                   | L          | 15 | s7                |
| m  | 16 |                      | V          | 16 |                 | L           | 16 | s47                     | m           | 16 |                         | S          | 16 |                   | M          | 16 |                   |
| J  | 17 |                      | S          | 17 |                 | M           | 17 |                         | J           | 17 |                         | D          | 17 |                   | m          | 17 |                   |
| V  | 18 |                      | D          | 18 | IdF 3 Sucy      | m           | 18 |                         | V           | 18 |                         | L          | 18 | s3                | J          | 18 |                   |
| S  | 19 |                      | L          | 19 | s43             | J           | 19 |                         | S           | 19 |                         | M          | 19 |                   | V          | 19 |                   |
| D  | 20 | IdF 1 Massy          | M          | 20 |                 | V           | 20 |                         | D           | 20 |                         | m          | 20 |                   | S          | 20 |                   |
| L  | 21 | s39                  | m          | 21 |                 | S           | 21 |                         | L           | 21 | s52                     | J          | 21 |                   | D          | 21 |                   |
| M  | 22 |                      | J          | 22 |                 | D           | 22 | AG BMX IDF              | M           | 22 |                         | V          | 22 |                   | L          | 22 | s8                |
| m  | 23 |                      | V          | 23 |                 | L           | 23 | s48                     | m           | 23 |                         | S          | 23 |                   | M          | 23 |                   |
| J  | 24 |                      | S          | 24 |                 | M           | 24 |                         | J           | 24 |                         | D          | 24 |                   | m          | 24 |                   |
| V  | 25 | Récompenses IdF      | D          | 25 |                 | m           | 25 |                         | V           | 25 | noël                    | L          | 25 | s4                | J          | 25 |                   |
| S  | 26 |                      | L          | 26 | s44             | J           | 26 |                         | S           | 26 |                         | M          | 26 |                   | V          | 26 |                   |
| D  | 27 |                      | M          | 27 |                 | V           | 27 |                         | D           | 27 |                         | m          | 27 |                   | S          | 27 |                   |
| L  | 28 | s40                  | m          | 28 |                 | S           | 28 | Les Clayes /s Bois      | L           | 28 | s53                     | J          | 28 |                   | D          | 28 |                   |
| M  | 29 |                      | J          | 29 |                 | D           | 29 |                         | M           | 29 |                         | V          | 29 |                   |            |    |                   |
| m  | 30 |                      | V          | 30 |                 | L           | 30 | s49                     | m           | 30 |                         | S          | 30 | Indoor            |            |    |                   |
|  |    |                      | S          | 31 |                 |             |    |                         | J           | 31 |                         | D          | 31 | Caen              |            |    |                   |
| mars-10  |    |                      | avril-10   |    |                 | mai-10      |    |                         | juin-10     |    |                         | juillet-10 |    |                   | août-10    |    |                   |
| L  | 1  | s9                   | J          | 1  |                 | S           | 1  | CE 3-4 Perugia (Ita)    | M           | 1  |                         | J          | 1  |                   | D          | 1  |                   |
| M  | 2  |                      | V          | 2  |                 | D           | 2  |                         | m           | 2  |                         | V          | 2  |                   | L          | 2  | s31               |
| m  | 3  |                      | S          | 3  | CE 1-2          | L           | 3  | s18                     | J           | 3  |                         | S          | 3  | Ch. de France     | M          | 3  |                   |
| J  | 4  |                      | D          | 4  | Besançon (25)   | M           | 4  |                         | V           | 4  |                         | D          | 4  | Trègueux (22)     | m          | 4  |                   |
| V  | 5  |                      | L          | 5  | s14             | m           | 5  |                         | S           | 5  | CE 7-8                  | L          | 5  | s27               | J          | 5  |                   |
| S  | 6  | Coupe de France      | M          | 6  |                 | J           | 6  |                         | D           | 6  | Valkenswaard (Ned)      | M          | 6  |                   | V          | 6  |                   |
| D  | 7  | Beynost (01)         | m          | 7  |                 | V           | 7  |                         | L           | 7  | s23                     | m          | 7  |                   | S          | 7  |                   |
| L  | 8  | s10                  | J          | 8  |                 | S           | 8  |                         | M           | 8  |                         | J          | 8  |                   | D          | 8  |                   |
| M  | 9  |                      | V          | 9  |                 | D           | 9  | IdF 7 Osny              | m           | 9  |                         | V          | 9  | Ch. Europe        | L          | 9  | s32               |
| m  | 10 |                      | S          | 10 | Coupe de France | L           | 10 | s19                     | J           | 10 |                         | S          | 10 | CE 11-12          | M          | 10 |                   |
| J  | 11 |                      | D          | 11 | Descartes (37)  | M           | 11 |                         | V           | 11 |                         | D          | 11 | Sandnes (Nor)     | m          | 11 |                   |
| V  | 12 |                      | L          | 12 | s15             | m           | 12 |                         | S           | 12 | Interrégion NE          | L          | 12 | s28               | J          | 12 |                   |
| S  | 13 |                      | M          | 13 |                 | V           | 13 | ascension               | D           | 13 | Estrées St Denis (60)   | M          | 13 |                   | V          | 13 |                   |
| D  | 14 | IdF 4 Chelles        | m          | 14 |                 | S           | 14 |                         | L           | 14 | s24                     | m          | 14 |                   | S          | 14 |                   |
| L  | 15 | s11                  | J          | 15 |                 | D           | 15 | Coupe de France         | M           | 15 |                         | J          | 15 |                   | D          | 15 |                   |
| M  | 16 |                      | V          | 16 |                 | L           | 16 | Messigny-V. (21)        | m           | 16 |                         | V          | 16 |                   | L          | 16 | s33               |
| m  | 17 |                      | S          | 17 |                 | M           | 17 | s20                     | J           | 17 |                         | S          | 17 |                   | M          | 17 |                   |
| J  | 18 |                      | D          | 18 | IdF 6 Boutigny  | M           | 18 |                         | V           | 18 |                         | D          | 18 |                   | m          | 18 |                   |
| V  | 19 |                      | L          | 19 |                 | m           | 19 |                         | S           | 19 | Champ.78 ?              | L          | 19 | s29               | J          | 19 |                   |
| S  | 20 | Coupe de France      | M          | 20 |                 | J           | 20 |                         | D           | 20 | CE 9-10 Krasnaya-P (Ru) | M          | 20 |                   | V          | 20 |                   |
| D  | 21 | Azé (53)             | m          | 21 |                 | V           | 21 |                         | L           | 21 | s25                     | m          | 21 |                   | S          | 21 |                   |
| L  | 22 | s12                  | J          | 22 |                 | S           | 22 | CE 5-6 Weiterstadt (Ge) | M           | 22 |                         | J          | 22 | Ch. du Monde      | D          | 22 |                   |
| M  | 23 |                      | V          | 23 |                 | D           | 23 | IdF 8 Eragny            | m           | 23 |                         | V          | 23 | Challenge Mondial | L          | 23 | s34               |
| m  | 24 |                      | S          | 24 | Coupe de France | L           | 24 | s21                     | J           | 24 |                         | S          | 24 | Pietermaritzburg  | M          | 24 |                   |
| J  | 25 |                      | D          | 25 | St Quentin (02) | M           | 25 |                         | V           | 25 |                         | D          | 25 | (Afrique du Sud)  | m          | 25 |                   |
| V  | 26 |                      | L          | 26 | s17             | m           | 26 |                         | S           | 26 | Saint Nom               | L          | 26 | s30               | J          | 26 |                   |
| S  | 27 |                      | M          | 27 |                 | J           | 27 |                         | D           | 27 |                         | M          | 27 |                   | V          | 27 |                   |
| D  | 28 | IdF 5 Franconville   | m          | 28 |                 | V           | 28 |                         | L           | 28 | s26                     | m          | 28 |                   | S          | 28 |                   |
| L  | 29 | s13                  | J          | 29 |                 | S           | 29 | Coupe de France         | M           | 29 |                         | J          | 29 |                   | D          | 29 |                   |
| M  | 30 |                      | V          | 30 |                 | D           | 30 | Marseille (13)          | m           | 30 |                         | V          | 30 |                   | L          | 30 | s35               |
| m  | 31 |                      |            |    |                 | L           | 31 | s22                     |             |    |                         | S          | 31 |                   | M          | 31 | rentrée : ? sept. |
| Zone C : Bordeaux, Créteil, Paris, Versailles. |    |                      |            |    |                 | Zone A      |    |                         |             |    |                         | Zone B     |    |                   |            |    |                   |