

PROGRAMM AFRICAN CHAMPIONSHIPS - COTONOU 2021

Date	PARCOURS/DISTANCE	CATEGORIE/CATEGORY	PHASES/ROUND	DEBUT/START	FIN/END	DUREE/TIMING
Vitesse entraînement officiel (toutes catégories) Du 31 juillet au 02 Août 2021 Speed Official training (all category) July 31 to August 02 2021						
Ouverture officielle à Cotonou Vendredi 06 Août 2021 Cotonou official opening Friday, August 06, 2021						
August 03	Formation-recyclage des juges/Réunion réparatoire Judges's Training-recycling/Preparatory Meeting			09:00	12:00	03:00
Vitesse Route -Porto-Novo Speed Road-Porto-Novo						
August 03	Entraînement circuit route/Training Road	Entraînement libre/ Free training		16:00	19:00:00	03:00
Vitesse Route - Porto-Novo Mercredi 04 Août Speed Road- Porto-Novo Wednesday, August 04						
04 Août ROAD/ 04 August	100m Sprint	Junior Femmes/Women	Series	08:00	12:00	04:00
	100m Sprint	Junior Hommes/Men	Series			
	100m Sprint	Senior Femmes/Women	Series			
	100m Sprint	Senior Hommes/Men	Series			
	Break/Pause					
	100m Sprint	Junior Femmes/Women	Semi-Final			
	100m Sprint	Junior Hommes/Men	Semi-Final			
	100m Sprint	Senior Femmes/Women	Semi-Final			
	100m Sprint	Senior Hommes/Men	Semi-Final			
	Pause/Break					
	100m Sprint	Senior Femmes/Women	Final	16:00	20:00	04:00
	100m Sprint	Senior Hommes/Men	Final			
	100m Sprint	Junior Femmes/Women	Final			
	100m Sprint	Junior Hommes/Men	Final			
	Break/Pause					
	10.000m Points	Junior Femmes/Women	Final			
	10.000m Points	Junior Hommes/Men	Final			
	10.000m Points	Senior Femmes/Women	Final			
	10.000m Points	Senior Hommes/Men	Final			
	Cérémonie de remise de prix/Awards ceremony					
Vitesse Route - Porto-Novo Jeudi 05 Août Speed Road-Porto-Novo Thursday, 05						
05 Août ROAD/	One lap	Senior Femmes/Women	Series	09:00	12:00	03:00
	One lap	Senior Hommes/Men	Series			

05 August	One lap	Junior Femmes/Women	Series			
	One lap	Junior Hommes/Men	Series			
	Break/Pause					
	One lap	Senior Femmes/Women	Semi-Final			
	One lap	Senior Hommes/Men	Semi-Final			
	One lap	Junior Femmes/Women	Semi-Final			
	One lap	Junior Hommes/Men	Semi-Final			
	Pause/Break			12:00	15:30	03:30
	One lap	Senior Femmes/Women	Final			
	One lap	Senior Hommes/Men	Final			
	One lap	Junior Femmes/Women	Final			
	One lap	Junior Hommes/Men	Final			
	Break/Pause			16:00	19:00	03:00
	15.000m Elimination	Junior Femmes/Women	Final			
	15.000m Elimination	Junior Hommes/Men	Final			
	15.000m Elimination	Senior Femmes/Women	Final			
	15.000m Elimination	Senior Hommes/Men	Final			
	Cérémonie de remise de prix/Awards ceremony			19:00	20:00	01:00

**Vitesse | Piste-Cotonou | Vendredi 06 Novembre
Speed | Track-Cotonou | Friday, August 06**

06 Août PISTE/ 06 August TRACK	500 m+D sprint	Junior Hommes/ Men	Series			
	500 m+D sprint	Senior Hommes/ Men	Series			
	500 m+D sprint	Junior Femmes/ Women	Series			
	500 m+D sprint	Senior Femmes/Women	Series			
	Break/Pause			08:00	12:00	04:00
	500 m+D sprint	Junior Hommes/ Men	Semi-Final			
	500 m+D sprint	Senior Hommes/ Men	Semi-Final			
	500 m+D sprint	Junior Femmes/ Women	Semi-Final			
	500 m+D sprint	Senior Femmes/Women	Semi-Final			
	Break/Pause			12:00	13:30	01:30:00
	500 m+D sprint	Senior Femmes/Women	Final			
	500 m+D sprint	Junior Hommes/ Men	Final			
	500 m+D sprint	Senior Hommes/ Men	Final			
	Break/Pause			16:00	19:00	03:00
	10.000 m points + élimination	Junior Femmes/ Women	Final			
10.000 m points + élimination	Junior Hommes/ Men	Final				

	10.000 m points + élimination	Senior Femmes/Women	Final			
	10.000 m points + élimination	Senior Hommes/Men	final			
	Cérémonie de remise de prix/Awards ceremony			19:00	20:00	01:00
Vitesse Piste -Cotonou Samedi 7 Speed Track-Cotonou Saturday, August 07						
07 Août PISTE/ TRACK 07 August	200 m Dual Sprint	Junior Hommes/ Men	Series	08:00	12:00	04:00
	200 m Dual Sprint	Senior Hommes/ Men	Series			
	200 m Dual Sprint	Junior Femmes/ Women	Series			
	200 m Dual Sprint	Senior Femmes/Women	Series			
	Break/Pause					
	200 m Dual Sprint	Junior Hommes/ Men	Semi-Final			
	200 m Dual Sprint	Senior Hommes/ Men	Semi-Final			
	200 m Dual Sprint	Junior Femmes/ Women	Semi-Final			
	200 m Dual Sprint	Senior Femmes/Women	Semi-Final			
	Break/Pause					
	200 m Dual Sprint	Junior Femmes/ Women	Final			
	200 m Dual Sprint	Senior Femmes/Women	Final			
	200 m Dual Sprint	Junior Hommes/ Men	Final			
	200 m Dual Sprint	Senior Hommes/ Men	Final			
	Break/Pause					
	10.000m Elimination	Senior Femmes/Women	Final			
	10.000m Elimination	Senior Hommes/Men	Final			
	10.000m Elimination	Junior Femmes/Women	Final			
	10.000m Elimination	Junior Hommes/Men	Final			
	Break/Pause			12:00	15:00	03:00:00
	1.000m Sprint	Senior Femmes/Women	Series	16:00	19:00	04:00
	1.000m Sprint	Senior Hommes/Men	Series			
	1.000m Sprint	Junior Femmes/Women	Series			
	1.000m Sprint	Junior Hommes/Men	Series			
	Break/Pause					
	1.000m Sprint	Senior Femmes/Women	Semi-Final			
	1.000m Sprint	Senior Hommes/Men	Semi-Final			
	1.000m Sprint	Junior Femmes/Women	Semi-Final			
1.000m Sprint	Junior Hommes/Men	Semi-Final				
Break/Pause						
1.000 m Sprint	Junior Femmes/Women	Final				
1.000 m Sprint	Junior Hommes/Men	Final				
1.000 m Sprint	Senior Femmes/Women	Final				

	1.000 m Sprint	Senior Hommes/Men	Final			
	Break/Pause					
	3.000m Relay	Senior Femmes/Women	Final			
	3.000m Relay	Senior Hommes/Men	Final			
	3.000m Relay	Junior Femmes/Women	Final			
	3.000m Relay	Junior Hommes/Men	Final			
	Cérémonie de remise de prix/Awards ceremony			19:30	20:30	01:00
Vitesse Route - Cotonou Dimanche 08 Août Speed Road-Cotonou Sunday, August 08						
08 Août	42.195 m Marathon	Femmes/Women	Final	07:00	09:00	02:00
ROUTE/ 08	42.195 m Marathon	Hommes/Men	Final	09:30	11:30	02:00
August ROAD	Cérémonie de remise de prix/Awards ceremony			12:30	13:30	01:00