

| août-19 | |
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| JEU | 1 |
| VEN | 2 |
| SAM | 3 |
| D | 4 |
| LUN | 5 |
| MAR | 6 |
| MER | 7 |
| JEU | 8 |
| VEN | 9 |
| SAM | 10 |
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| LUN | 12 |
| MAR | 13 |
| MER | 14 |
| JEU | 15 |
| VEN | 16 |
| SAM | 17 |
| D | 18 |
| LUN | 19 |
| MAR | 20 |
| MER | 21 |
| JEU | 22 |
| VEN | 23 |
| SAM | 24 |
| D | 25 |
| LUN | 26 |
| MAR | 27 |
| MER | 28 |
| JEU | 29 |
| VEN | 30 |
| SAM | 31 |

| sept-19 | |
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| D | 1 |
| LUN | 2 |
| MAR | 3 |
| MER | 4 |
| JEU | 5 |
| VEN | 6 |
| SAM | 7 |
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| LUN | 9 |
| MAR | 10 |
| MER | 11 |
| JEU | 12 |
| VEN | 13 |
| SAM | 14 |
| D | 15 |
| LUN | 16 |
| MAR | 17 |
| MER | 18 |
| JEU | 19 |
| VEN | 20 |
| SAM | 21 |
| D | 22 |
| LUN | 23 |
| MAR | 24 |
| MER | 25 |
| JEU | 26 |
| VEN | 27 |
| SAM | 28 |
| D | 29 |
| LUN | 30 |

| oct-19 | |
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| MAR | 1 |
| MER | 2 |
| JEU | 3 |
| VEN | 4 |
| SAM | 5 |
| D | 6 |
| LUN | 7 |
| MAR | 8 |
| MER | 9 |
| JEU | 10 |
| VEN | 11 |
| SAM | 12 |
| D | 13 |
| LUN | 14 |
| MAR | 15 |
| MER | 16 |
| JEU | 17 |
| VEN | 18 |
| SAM | 19 |
| D | 20 |
| LUN | 21 |
| MAR | 22 |
| MER | 23 |
| JEU | 24 |
| VEN | 25 |
| SAM | 26 |
| D | 27 |
| LUN | 28 |
| MAR | 29 |
| MER | 30 |
| JEU | 31 |

| nov-19 | |
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| VEN | 1 |
| SAM | 2 |
| D | 3 |
| LUN | 4 |
| MAR | 5 |
| MER | 6 |
| JEU | 7 |
| VEN | 8 |
| SAM | 9 |
| D | 10 |
| LUN | 11 |
| MAR | 12 |
| MER | 13 |
| JEU | 14 |
| VEN | 15 |
| SAM | 16 |
| D | 17 |
| LUN | 18 |
| MAR | 19 |
| MER | 20 |
| JEU | 21 |
| VEN | 22 |
| SAM | 23 |
| D | 24 |
| LUN | 25 |
| MAR | 26 |
| MER | 27 |
| JEU | 28 |
| VEN | 29 |
| SAM | 30 |

| déc-19 | |
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| D | 1 |
| LUN | 2 |
| MAR | 3 |
| MER | 4 |
| JEU | 5 |
| VEN | 6 |
| SAM | 7 |
| D | 8 |
| LUN | 9 |
| MAR | 10 |
| MER | 11 |
| JEU | 12 |
| VEN | 13 |
| SAM | 14 |
| D | 15 |
| LUN | 16 |
| MAR | 17 |
| MER | 18 |
| JEU | 19 |
| VEN | 20 |
| SAM | 21 |
| D | 22 |
| LUN | 23 |
| MAR | 24 |
| MER | 25 |
| JEU | 26 |
| VEN | 27 |
| SAM | 28 |
| D | 29 |
| LUN | 30 |
| MAR | 31 |

| janv-20 | |
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| MER | 1 |
| JEU | 2 |
| VEN | 3 |
| SAM | 4 |
| D | 5 |
| LUN | 6 |
| MAR | 7 |
| MER | 8 |
| JEU | 9 |
| VEN | 10 |
| SAM | 11 |
| D | 12 |
| LUN | 13 |
| MAR | 14 |
| MER | 15 |
| JEU | 16 |
| VEN | 17 |
| SAM | 18 |
| D | 19 |
| LUN | 20 |
| MAR | 21 |
| MER | 22 |
| JEU | 23 |
| VEN | 24 |
| SAM | 25 |
| D | 26 |
| LUN | 27 |
| MAR | 28 |
| MER | 29 |
| JEU | 30 |
| VEN | 31 |

| févr-20 | |
|---------|---------------------------|
| SAM | 1 |
| D | 2 COUPE LIFA 2 VAIRES |
| LUN | 3 06 |
| MAR | 4 |
| MER | 5 |
| JEU | 6 |
| VEN | 7 |
| SAM | 8 CHPT DU MONDE INDOOR |
| D | 9 |
| LUN | 10 07 |
| MAR | 11 |
| MER | 12 |
| JEU | 13 |
| VEN | 14 |
| SAM | 15 |
| D | 16 |
| LUN | 17 08 |
| MAR | 18 |
| MER | 19 |
| JEU | 20 |
| VEN | 21 |
| SAM | 22 AG LIFA |
| D | 23 CHALLENGE BTC 2 VAIRES |
| LUN | 24 09 |
| MAR | 25 |
| MER | 26 |
| JEU | 27 |
| VEN | 28 |
| SAM | 29 |

| mars-20 | |
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| D | 1 TDR PJ4 CAC Andresy |
| LUN | 2 10 |
| MAR | 3 |
| MER | 4 |
| JEU | 5 |
| VEN | 6 |
| SAM | 7 |
| D | 8 TDR ZONE Caen |
| LUN | 9 11 |
| MAR | 10 |
| MER | 11 |
| JEU | 12 |
| VEN | 13 |
| SAM | 14 EXAM EDUCATEUR / Biathlon de Lagny |
| D | 15 COUPE LIFA 3 MANTES |
| LUN | 16 12 |
| MAR | 17 |
| MER | 18 |
| JEU | 19 |
| VEN | 20 |
| SAM | 21 ZBC Mantes la Jolie |
| D | 22 |
| LUN | 23 13 |
| MAR | 24 |
| MER | 25 |
| JEU | 26 |
| VEN | 27 |
| SAM | 28 REGATE UNIVERSITAIRE Vaires |
| D | 29 Regate de Versailles |
| LUN | 30 14 |
| MAR | 31 |

| avr-20 | |
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| MER | 1 |
| JEU | 2 |
| VEN | 3 |
| SAM | 4 CHPT DE France BTC CAZAUBON |
| D | 5 |
| LUN | 6 15 |
| MAR | 7 |
| MER | 8 |
| JEU | 9 |
| VEN | 10 |
| SAM | 11 |
| D | 12 |
| LUN | 13 16 |
| MAR | 14 |
| MER | 15 |
| JEU | 16 |
| VEN | 17 |
| SAM | 18 |
| D | 19 |
| LUN | 20 17 |
| MAR | 21 |
| MER | 22 |
| JEU | 23 |
| VEN | 24 |
| SAM | 25 COUPE DE France Mantes |
| D | 26 |
| LUN | 27 18 |
| MAR | 28 |
| MER | 29 |
| JEU | 30 |

| mai-20 | |
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| VEN | 1 |
| SAM | 2 |
| D | 3 |
| LUN | 4 19 |
| MAR | 5 |
| MER | 6 |
| JEU | 7 |
| VEN | 8 |
| SAM | 9 REGATE DE MASSES MANTES |
| D | 10 |
| LUN | 11 20 |
| MAR | 12 |
| MER | 13 |
| JEU | 14 |
| VEN | 15 |
| SAM | 16 CHPT UNSS FFSU |
| D | 17 |
| LUN | 18 21 |
| MAR | 19 |
| MER | 20 |
| JEU | 21 |
| VEN | 22 |
| SAM | 23 CHPT MER |
| D | 24 |
| LUN | 25 22 |
| MAR | 26 |
| MER | 27 |
| JEU | 28 |
| VEN | 29 |
| SAM | 30 |
| D | 31 CHPT DE LIGUE VAIRES |

| juin-20 | |
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| LUN | 1 23 |
| MAR | 2 |
| MER | 3 |
| JEU | 4 |
| VEN | 5 |
| SAM | 6 CHPT FRANCE SPRINT / J18 / CRITERIUM PARA Vichy |
| D | 7 |
| LUN | 8 24 |
| MAR | 9 |
| MER | 10 |
| JEU | 11 |
| VEN | 12 |
| SAM | 13 ZBL Vaires sur Marne |
| D | 14 |
| LUN | 15 25 |
| MAR | 16 |
| MER | 17 |
| JEU | 18 |
| VEN | 19 |
| SAM | 20 CHPT France MASTER Mantes |
| D | 21 |
| LUN | 22 26 |
| MAR | 23 |
| MER | 24 |
| JEU | 25 |
| VEN | 26 |
| SAM | 27 CHPT France JEUNE LIBOURNE |
| D | 28 |
| LUN | 29 27 |
| MAR | 30 |

| juil-20 | |
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| MER | 1 |
| JEU | 2 |
| VEN | 3 |
| SAM | 4 CHPT FRANCE J16 ET -23 BRIVES / STAGE LOISIRS LIFA |
| D | 5 |
| LUN | 6 28 |
| MAR | 7 |
| MER | 8 |
| JEU | 9 |
| VEN | 10 |
| SAM | 11 |
| D | 12 |
| LUN | 13 29 |
| MAR | 14 |
| MER | 15 |
| JEU | 16 |
| VEN | 17 |
| SAM | 18 |
| D | 19 |
| LUN | 20 30 |
| MAR | 21 |
| JEU | 23 |
| VEN | 24 |
| SAM | 25 |
| D | 26 |
| LUN | 27 31 |
| MAR | 28 |
| MER | 29 |
| JEU | 30 |
| VEN | 31 |