

Normes 2017

Niveau ESPOIRS RÉGIONAUX

Cadet féminin	"A"	"B"
100m	13.59	14.17
200m	28.24	29.41
300m	45.45	47.26
800m	2:33.01	2:42.30
1200m	4:05.66	4:20.17
2000m	7:22.62	7:50.36
80m haies	13.90	15.42
200m haies	31.56	33.36
1500m steeple	5:26.30	5:51.25
1500m marche	9:05.67	10:05.86
Hauteur	1.39m	1.31m
Perche	2.30m	1.95m
Longueur	4.48m	4.06m
Triple saut	9.58m	8.80m
Poids 3kg	9.32m	7.81m
Disque 1kg	22.86m	18.39m
Marteau 3kg	28.01m	21.75m
Javelot 500g	26.35m	20.00m
Pentathlon	2269	1821

Cadet masculin	"A"	"B"
100m	12.37	12.91
200m	25.21	26.43
300m	40.27	43.34
800m	2:14.15	2:24.06
1200m	3:36.58	3:50.31
2000m	6:32.00	6:49.98
100m haies	15.70	18.47
200m haies	28.43	31.03
1500m steeple	4:46.11	5:04.39
1500m marche	8:16.70	9:23.64
Hauteur	1.61m	1.50m
Perche	2.80m	2.30m
Longueur	5.30m	4.68m
Triple saut	11.20m	10.21m
Poids 4kg	11.84m	10.15m
Disque 1kg	33.94m	27.54m
Marteau 4kg	36.86m	28.38m
Javelot 600g	37.58m	31.57m
Pentathlon	2368	1896

Juvenile féminin	"A"	"B"
100m	13.44	14.05
200m	27.79	29.11
400m	1:03.68	1:08.12
800m	2:30.55	2:39.55
1500m	5:15.53	5:30.91
3000m	11:35.57	12:12.14
100m haies	17.09	18.97
400m haies	1:13.87	1:16.51
2000m steeple	7:55.40	8:21.83
3000m marche	18:35.20	19:54.66
Hauteur	1.45m	1.36m
Perche	2.45m	2.10m
Longueur	4.58m	4.21m
Triple saut	9.65m	8.94m
Poids 3kg	10.20m	8.64m
Disque 1kg	25.88m	20.79m
Marteau 3kg	30.42m	23.88m
Javelot 500g	32.43m	24.00m
Heptathlon	3350	2703

Juvenile masculin	"A"	"B"
100m	11.80	12.39
200m	24.07	25.07
400m	54.15	56.50
800m	2:06.83	2:13.13
1500m	4:26.58	4:39.50
3000m	9:47.82	10:15.65
110m haies	16.55	18.25
400m haies	1:00.69	1:05.56
2000m steeple	6:44.13	7:01.81
3000m marche	16:36.69	18:56.74
Hauteur	1.75m	1.65m
Perche	3.10m	2.65m
Longueur	5.69m	5.16m
Triple saut	11.59m	10.75m
Poids 5kg	11.90m	10.13m
Disque 1.5kg	33.04m	26.19m
Marteau 5kg	37.28m	28.44m
Javelot 700g	42.78m	34.80m
Décathlon	4532	3620