

## Normes 2019 - Niveau ESPOIRS RÉGIONAUX

Juvenile Féminin	"A"	"B" (SÉ)
60m	8.28	8.68
100m	13.27	13.86
200m	27.52	28.85
400m	1:02.23	1:05.12
800m	2:30.03	2:36.83
1500m	5:08.21	5:24.90
3000m	11:16.27	11:58.80
60m haies	10.15	11.03
100m haies	16.76	18.23
3000m marche	17:48.09	19:38.41
Hauteur	1.48m	1.37m
Perche	2.30m	2.10m
Longueur	4.77m	4.35m
Triple saut	9.82m	8.96m
Poids 3kg	10.24m	8.71m
Disque 1kg	25.58m	20.58m
Javelot 500g	28.54m	23.57m

Cadet Féminin	"A"	"B" (SÉ)
60m	8.41	8.75
100m	13.42	13.95
200m	27.93	28.93
800m	2:31.80	2:38.74
1200m	4:02.11	4:14.66
2000m	7:15.44	7:44.32
60m haies	10.32	11.09
80m haies	13.59	14.76
1500m marche	9:07.06	9:47.00
Hauteur	1.45m	1.35m
Perche	2.20m	1.80m
Longueur	4.55m	4.17m
Triple saut	9.38m	8.55m
Poids 3kg	9.35m	8.00m
Disque 1kg	22.00m	17.89m
Javelot 500g	26.05m	21.06m

Benjamin Féminin	"A"	"B" (SÉ)
60m	8.81	9.25
80m	11.46	12.10
150m	21.40	22.64
800m	2:39.89	2:49.23
1200m	4:11.87	4:28.18
60m haies	11.26	12.34
80m haies	14.84	16.55
800m marche	4:53.22	5:09.94
Hauteur	1.32m	1.25m
Longueur	4.07m	3.62m
Poids 2kg	9.56m	8.35m
Disque 600g	22.02m	17.76m
Javelot 400g	22.95m	18.75m

Juvenile Masculin	"A"	"B" (SÉ)
60m	7.38	7.59
100m	11.70	12.13
200m	23.69	24.75
400m	52.95	55.40
800m	2:03.99	2:12.61
1500m	4:18.68	4:33.37
3000m	9:33.90	9:58.15
60m haies	9.07	9.84
110m haies	16.25	17.59
3000m marche	16:51.16	17:53.09
Hauteur	1.74m	1.64m
Perche	3.05m	2.60m
Longueur	5.81m	5.37m
Triple saut	11.79m	11.01m
Poids 5kg	11.87m	10.64m
Disque 1.5kg	32.51m	27.91m
Javelot 700g	40.56m	34.33m

Cadet Masculin	"A"	"B" (SÉ)
60m	7.72	8.03
100m	12.19	12.64
200m	25.22	26.14
800m	2:14.39	2:21.09
1200m	3:33.06	3:44.72
2000m	6:30.97	6:48.74
60m haies	9.71	10.67
100m haies	15.61	17.22
1500m marche	8:28.29	9:00.38
Hauteur	1.62m	1.53m
Perche	2.65m	2.20m
Longueur	5.30m	4.89m
Triple saut	10.83m	10.01m
Poids 4kg	11.53m	10.12m
Disque 1kg	31.77m	26.71m
Javelot 600g	36.65m	29.84m

Benjamin Masculin	"A"	"B" (SÉ)
60m	8.44	8.85
80m	10.71	11.28
150m	20.05	21.43
800m	2:28.87	2:38.06
1200m	3:56.19	4:10.14
60m haies	10.82	11.68
80m haies	13.95	15.43
800m marche	4:50.36	5:05.24
Hauteur	1.45m	1.33m
Longueur	4.42m	3.97m
Poids 3kg	10.03m	8.71m
Disque 750g	26.28m	21.52m
Javelot 500g	28.22m	22.43m