

Normes de niveau "espoir" et équivalences

Finale Provinciale des Jeux du Québec - Thetford, 28 au 31 juillet 2018

Juvenile (U18) féminin

| | |
|----------------------|-----------------------|
| 100m | 13.8/14.05 |
| <i>60m</i> | <i>8.98</i> |
| 200m | 28.8/29.11 |
| 400m | 1:07.9/1:08.12 |
| <i>300m</i> | <i>47.8/48.02</i> |
| 800m | 2:39.55 |
| <i>600m</i> | <i>1:55.28</i> |
| <i>1000m</i> | <i>3:28.61</i> |
| 1500m | 5:30.91 |
| <i>1200m</i> | <i>4:14.67</i> |
| 3000m | 12:12.14 |
| <i>2000m</i> | <i>7:43.39</i> |
| 100m haies | 18.7/18.97 |
| <i>80m haies</i> | <i>16.1/16.37</i> |
| <i>60m haies</i> | <i>11.61</i> |
| 400m haies | 1:16.3/1:16.51 |
| <i>200m haies</i> | <i>32.1/32.40</i> |
| 2000m steeple | 8:21.83 |
| <i>1500m steeple</i> | <i>5:41.10</i> |
| 3000m marche | 19:54.66 |
| <i>1500m marche</i> | <i>8:50.63</i> |
| Hauteur | 1.36m |
| Perche | 2.10m |
| Longueur | 4.21m |
| Triple saut | 8.94m |
| Poids 3kg | 8.64m |
| - | - |
| Disque 1kg | 20.79m |
| - | - |
| Marteau 3kg | 23.88m |
| - | - |
| Javelot 500g | 24.00m |
| - | - |
| Heptathlon | 2703 |
| <i>Pentathlon</i> | <i>1978</i> |

Juvenile (U18) masculin

| | |
|----------------------|-----------------------|
| 100m | 12.1/12.39 |
| <i>60m</i> | <i>7.93</i> |
| 200m | 24.8/25.07 |
| 400m | 56.3/56.50 |
| <i>300m</i> | <i>40.2/40.39</i> |
| 800m | 2:13.13 |
| <i>600m</i> | <i>1:35.09</i> |
| <i>1000m</i> | <i>2:53.64</i> |
| 1500m | 4:39.50 |
| <i>1200m</i> | <i>3:35.24</i> |
| 3000m | 10:15.65 |
| <i>2000m</i> | <i>6:30.85</i> |
| 110m haies | 18.0/18.25 |
| <i>100m haies</i> | <i>16.9/17.15</i> |
| <i>60m haies</i> | <i>10.32</i> |
| 400m haies | 1:05.4/1:05.56 |
| <i>200m haies</i> | <i>28.4/28.71</i> |
| 2000m steeple | 7:01.81 |
| <i>1500m steeple</i> | <i>4:44.19</i> |
| 3000m marche | 18:56.74 |
| <i>1500m marche</i> | <i>8:26.94</i> |
| Hauteur | 1.65m |
| Perche | 2.65m |
| Longueur | 5.16m |
| Triple saut | 10.75m |
| Poids 5kg | 10.13m |
| <i>Poids 4kg</i> | <i>11.33m</i> |
| Disque 1.5kg | 26.19m |
| <i>Disque 1kg</i> | <i>32.08m</i> |
| Marteau 5kg | 28.44m |
| <i>Marteau 4kg</i> | <i>31.80m</i> |
| Javelot 700g | 34.80m |
| <i>Javelot 600g</i> | <i>37.59m</i> |
| Décathlon | 3620 |
| <i>Pentathlon</i> | <i>1922</i> |