

Standards d'inscription et équivalences

Finale Provinciale des Jeux du Québec - Laval 2020

Juvenile (U18) féminin

100m	13.4/13.69
<i>60m</i>	<i>8.55</i>
200m	28.0/28.31
400m	1:04.9/1:05.12
<i>300m</i>	<i>45.8/45.95</i>
800m	2:33.15
<i>600m</i>	<i>1:50.41</i>
<i>1000m</i>	<i>3:20.02</i>
1500m	5:23.35
<i>1200m</i>	<i>4:08.87</i>
3000m	11:56.09
<i>2000m</i>	<i>7:33.56</i>
100m haies	17.9/18.23
<i>80m haies</i>	<i>14.5/14.76</i>
<i>60m haies</i>	<i>11.03</i>
400m haies	1:16.3/1:16.48
<i>200m haies</i>	<i>32.1/32.38</i>
2000m steeple	8:22.94
<i>1500m steeple</i>	<i>5:41.68</i>
3000m marche	19:38.41
<i>1500m marche</i>	<i>8:44.00</i>
Hauteur	1.40m
Perche	2.10m
Longueur	4.37m
Triple saut	9.10m
Poids 3kg	8.71m
-	-
Disque 1kg	21.51m
-	-
Marteau 3kg	25.67m
-	-
Javelot 500g	23.84m
-	-
Heptathlon	2763
<i>Pentathlon</i>	<i>2021</i>

Juvenile (U18) masculin

100m	11.7/12.01
<i>60m</i>	<i>7.50</i>
200m	24.3/24.58
400m	55.2/55.40
<i>300m</i>	<i>39.4/39.57</i>
800m	2:09.74
<i>600m</i>	<i>1:32.61</i>
<i>1000m</i>	<i>2:49.04</i>
1500m	4:30.84
<i>1200m</i>	<i>3:28.60</i>
3000m	9:58.15
<i>2000m</i>	<i>6:20.15</i>
110m haies	17.3/17.59
<i>100m haies</i>	<i>16.2/16.49</i>
<i>60m haies</i>	<i>9.84</i>
400m haies	1:06.0/1:06.21
<i>200m haies</i>	<i>28.7/28.98</i>
2000m steeple	7:01.68
<i>1500m steeple</i>	<i>4:44.09</i>
3000m marche	17:53.09
<i>1500m marche</i>	<i>8:00.68</i>
Hauteur	1.65m
Perche	2.60m
Longueur	5.38m
Triple saut	11.02m
Poids 5kg	10.64m
<i>Poids 4kg</i>	<i>11.90m</i>
Disque 1.5kg	27.91m
<i>Disque 1kg</i>	<i>34.19m</i>
Marteau 5kg	28.44m
<i>Marteau 4kg</i>	<i>31.80m</i>
Javelot 700g	34.33m
<i>Javelot 600g</i>	<i>37.09m</i>
Décathlon	3669
<i>Pentathlon</i>	<i>1948</i>