

Standards d'inscription et équivalences

Match Inter-Régions - Québec, 3-4 août 2019

Cadet (U16) féminin

100m	13.7/13.95
80m	11.0/11.33
60m	8.71
200m	28.6/28.93
150m	21.1/21.40
300m	46.2/46.40
800m	2:38.74
1200m	4:14.66
2000m	7:44.32
80m haies	14.5/14.76
60m haies	11.09
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200m haies	33.1/33.36
1500m steeple	5:49.85
1500m marche	9:47.00
800m marche	4:34.36
Hauteur	1.35m
Perche	1.80m
Longueur	4.17m
Triple saut	8.55m
Poids 3kg	8.00m
Poids 2kg	9.80m
Disque 1kg	17.89m
Disque 600g	23.10m
Marteau 3kg	22.49m
Marteau 2kg	27.55m
Javelot 500g	21.06m
Javelot 400g	23.55m

Cadet (U16) masculin

100m	12.4/12.64
80m	10.0/10.27
60m	7.90
200m	25.9/26.14
150m	19.1/19.35
300m	41.8/42.01
800m	2:21.09
1200m	3:44.72
2000m	6:48.74
100m haies	16.9/17.22
80m haies	13.7/13.94
60m haies	10.67
200m haies	30.7/31.00
1500m steeple	5:04.24
1500m marche	9:00.38
800m marche	4:14.04
Hauteur	1.53m
Perche	2.20m
Longueur	4.89m
Triple saut	10.01m
Poids 4kg	10.12m
Poids 3kg	11.69m
Disque 1kg	26.71m
Disque 750g	30.85m
Marteau 4kg	28.38m
Marteau 3kg	32.77m
Javelot 600g	29.84m
Javelot 500g	32.69m