

Normes 2019-2020

Niveau ESPOIRS PROVINCIAUX - Femmes

	15 ans et -	16 ans	17 ans	18 ans	19 ans
100m	12.96	12.87	12.78	12.59	12.42
200m	26.72	26.52	26.32	25.91	25.53
400m	43.77 (300m)	1:01.36	1:00.75	59.53	58.43
100m haies	12.94 (80mH)	15.37 (30")	15.20 (30")	15.16 (33")	14.82 (33")
400m haies	29.54 (200mH)	1:08.48 (30")	1:07.74 (30")	1:06.26 (30")	1:04.93 (30")
Steeple	5:13.24 (1500m)	7:32.89 (2000m)	7:27.71 (2000m)	11:33.62 (3000m)	11:16.47 (3000m)
800m	2:23.82	2:22.65	2:21.48	2:19.13	2:16.77
1500m	3:49.27 (1200m)	4:55.17	4:52.56	4:47.34	4:42.31
3000m	6:52.04 (2000m)	10:43.63	10:37.78	10:26.07	10:14.80
5000m	-	-	-	18:02.62	17:41.91
Marche	7:49.89 (1500m)	16:58.50 (3000m)	16:35.50 (3000m)	57:43 (10km)	55:39 (10km)
Hauteur	1.52	1.54	1.56	1.60	1.63
Perche	2.87	2.95	3.03	3.20	3.33
Longueur	5.04	5.12	5.20	5.37	5.49
Triple saut	10.42	10.61	10.80	11.18	11.49
Poids	10.86 (3kg)	11.18 (3kg)	11.50 (3kg)	10.53 (4kg)	11.12 (4kg)
Disque	29.80 (1kg)	31.15 (1kg)	32.50 (1kg)	35.20 (1kg)	37.34 (1kg)
Marteau	41.12 (3kg)	42.88 (3kg)	44.64 (3kg)	41.71 (4kg)	44.38 (4kg)
Javelot	32.35 (500g)	34.09 (500g)	35.83 (500g)	35.90 (600g)	38.02 (600g)
Heptathlon	2771 (PENT)	3923 (Juv)	4062 (Juv)	4191 (Jr)	4421 (Jr)