

Normes 2019-2020

Niveau ESPOIRS PROVINCIAUX - Hommes

| | 15 ans et - | 16 ans | 17 ans | 18 ans | 19 ans |
|--------------------|-----------------|------------------|------------------|-----------------|-----------------|
| 100m | 11.62 | 11.51 | 11.40 | 11.18 | 11.00 |
| 200m | 23.68 | 23.46 | 23.24 | 22.80 | 22.37 |
| 400m | 38.32 (300m) | 53.14 | 52.55 | 51.36 | 50.35 |
| 110m haies | 14.64 (100mH) | 15.54 (36") | 15.34 (36") | 15.34 (39") | 14.99 (39") |
| 400m haies | 26.61 (200mH) | 59.95 (33") | 59.32 (33") | 57.47 (36") | 56.20 (36") |
| Steeple | 4:27.43 (1500m) | 6:28.37 (2000m) | 6:23.55 (2000m) | 9:39.54 (3000m) | 9:25.40 (3000m) |
| 800m | 2:04.39 | 2:02.95 | 2:01.51 | 1:58.63 | 1:55.82 |
| 1500m | 3:19.30 (1200m) | 4:15.50 | 4:12.27 | 4:05.81 | 3:59.79 |
| 3000m | 6:02.06 (2000m) | 9:18.84 | 9:09.87 | 8:51.93 | 8:38.07 |
| 5000m | - | - | - | 15:30,52 | 15:04,96 |
| Marche | 7:16.02 (1500m) | 15:21.00 (3000m) | 14:42.75 (3000m) | 50:32 (10km) | 48:51 (10km) |
| Hauteur | 1.79 | 1.82 | 1.85 | 1.91 | 1.96 |
| Perche | 3.78 | 3.88 | 3.98 | 4.19 | 4.41 |
| Longueur | 6.10 | 6.23 | 6.36 | 6.62 | 6.81 |
| Triple saut | 12.82 | 13.01 | 13.20 | 13.59 | 14.01 |
| Poids | 12.97 (4kg) | 12.30 (5kg) | 13.00 (5kg) | 13.16 (6kg) | 14.24 (6kg) |
| Disque | 44.56 (1kg) | 38.19 (1,5kg) | 40.00 (1,5kg) | 40.39 (1,75kg) | 43.48 (1,75kg) |
| Marteau | 49.01 (4kg) | 46.44 (5kg) | 49.05 (5kg) | 49.55 (6kg) | 53.97 (6kg) |
| Javelot | 45.79 (600g) | 45.31 (700g) | 48.23 (700g) | 50.58 (800g) | 54.40 (800g) |
| Décathlon | 2726 (PENT) | 5106 (Juv) | 5309 (Juv) | 5515 (Jr) | 5943 (Jr) |