

Normes 2020 - Niveau ESPOIRS RÉGIONAUX

Juvenile Féminin	"A"	"B" (SÉ)
60m	8.29	8.67
100m	13.28	13.86
200m	27.48	28.64
400m	1:02.20	1:05.12
800m	2:29.26	2:36.65
1500m	5:06.50	5:24.80
3000m	11:14.46	11:55.47
60m haies	10.18	10.93
100m haies	16.55	18.00
3000m marche	17:35.39	19:34.95
Hauteur	1.48m	1.37m
Perche	2.25m	2.00m
Longueur	4.79m	4.34m
Triple saut	9.85m	8.96m
Poids 3kg	10.18m	8.71m
Disque 1kg	25.72m	20.24m
Javelot 500g	28.54m	23.73m

Cadet Féminin	"A"	"B" (SÉ)
60m	8.40	8.72
100m	13.44	13.95
200m	27.92	28.77
800m	2:31.43	2:38.92
1200m	4:00.27	4:14.66
2000m	7:15.15	7:41.17
60m haies	10.22	11.01
80m haies	13.37	14.68
1500m marche	9:04.19	9:47.00
Hauteur	1.45m	1.36m
Perche	2.20m	1.80m
Longueur	4.56m	4.19m
Triple saut	9.38m	8.52m
Poids 3kg	9.36m	8.11m
Disque 1kg	22.54m	18.09m
Javelot 500g	25.78m	20.96m

Benjamin Féminin	"A"	"B" (SÉ)
60m	8.81	9.24
80m	11.45	12.06
150m	21.35	22.58
800m	2:39.88	2:48.53
1200m	4:12.00	4:27.46
60m haies	11.26	12.29
80m haies	14.73	16.36
800m marche	4:49.22	5:04.59
Hauteur	1.33m	1.24m
Longueur	4.07m	3.62m
Poids 2kg	9.52m	8.20m
Disque 600g	21.89m	17.76m
Javelot 400g	22.75m	18.16m

Juvenile Masculin	"A"	"B" (SÉ)
60m	7.39	7.60
100m	11.70	12.10
200m	23.69	24.69
400m	52.92	55.54
800m	2:03.79	2:12.09
1500m	4:18.24	4:33.27
3000m	9:30.89	9:55.94
60m haies	9.09	9.87
110m haies	16.20	17.39
3000m marche	16:51.30	17:59.29
Hauteur	1.75m	1.65m
Perche	3.15m	2.65m
Longueur	5.83m	5.35m
Triple saut	11.77m	10.93m
Poids 5kg	11.88m	10.59m
Disque 1.5kg	32.51m	27.91m
Javelot 700g	40.61m	34.33m

Cadet Masculin	"A"	"B" (SÉ)
60m	7.74	8.04
100m	12.20	12.70
200m	25.19	26.17
800m	2:13.72	2:21.35
1200m	3:33.06	3:44.56
2000m	6:29.75	6:48.74
60m haies	9.54	10.51
100m haies	15.54	17.22
1500m marche	8:22.34	9:00.38
Hauteur	1.63m	1.52m
Perche	2.65m	2.20m
Longueur	5.29m	4.89m
Triple saut	10.82m	9.89m
Poids 4kg	11.49m	10.08m
Disque 1kg	32.00m	26.71m
Javelot 600g	36.65m	30.39m

Benjamin Masculin	"A"	"B" (SÉ)
60m	8.44	8.85
80m	10.68	11.21
150m	20.03	21.07
800m	2:29.30	2:38.17
1200m	3:56.03	4:09.87
60m haies	10.93	11.68
80m haies	13.90	15.44
800m marche	4:48.71	4:57.88
Hauteur	1.44m	1.32m
Longueur	4.46m	3.97m
Poids 3kg	10.00m	8.71m
Disque 750g	26.11m	21.25m
Javelot 500g	27.93m	22.28m