

Normes Relève Hommes 2022

| | équivalence 17 ans | 18 ans | 19 ans | 20 ans | 21 ans | 22 ans | 23 ans |
|---------------|------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 100m | | 11.11 | 11.01 | 10.97 | 10.91 | 10.84 | 10.81 |
| 200m | | 22.59 | 22.39 | 22.25 | 22.12 | 22.08 | 22.02 |
| 400m | | 50.31 | 49.92 | 49.60 | 49.21 | 49.06 | 48.90 |
| 110m haies | 14.61 / 36" | 15.06 | 14.81 | 15.26 | 15.15 | 15.03 | 14.96 |
| 400m haies | 56.37 / 33" | 57.07 | 55.99 | 55.17 | 55.01 | 54.60 | 54.40 |
| 3000m steeple | 6:16.70 / 2000mSC | 9:50.27 | 9:39.36 | 9:29.48 | 9:25.89 | 9:20.31 | 9:16.55 |
| 800m | | 1:57.06 | 1:55.75 | 1:54.88 | 1:54.58 | 1:53.72 | 1:53.50 |
| 1500m | | 4:03.94 | 4:01.01 | 3:58.55 | 3:56.47 | 3:54.66 | 3:54.25 |
| 3000m | | 8:53.02 | 8:45.71 | 8:39.14 | 8:33.83 | 8:29.17 | 8:27.50 |
| 5000m | | 15:28.43 | 15:14.54 | 15:01.69 | 14:51.42 | 14:41.99 | 14:37.81 |
| 10000m | | | | 32:05.25 | 31:36.75 | 31:13.37 | 30:57.03 |
| ½ Marathon | | | | | | | 1h07:59 |
| 5000m marche | 13:53.24 / 3000mRW | 23:23.48 | 23:01.38 | | | | |
| 10000m marche | | 48:42.42 | 47:57.62 | 47:39.58 | 47:02.24 | 46:20.64 | 45:44.36 |
| 20km marche | | | | 1h38:37 | 1h37:21 | 1h35:56 | 1h34:42 |
| Hauteur | | 1.91m | 1.94m | 1.97m | 1.98m | 1.99m | 2.00m |
| Perche | | 4.27m | 4.37m | 4.47m | 4.58m | 4.67m | 4.68m |
| Longueur | | 6.55m | 6.66m | 6.73m | 6.87m | 6.92m | 7.01m |
| Triple saut | | 13.51m | 13.80m | 13.97m | 14.19m | 14.35m | 14.42m |
| Poids | 15.44m / 5kg | 14.09m | 14.82m | 13.87m | 14.45m | 15.14m | 15.39m |
| Disque | 46.75m / 1.5kg | 43.24m | 45.82m | 43.08m | 44.94m | 46.15m | 47.13m |
| Marteau | 57.77m / 5kg | 52.70m | 56.14m | 51.40m | 53.74m | 55.49m | 56.73m |
| Javelot | 55.96m / 700g | 52.34m | 56.67m | 58.79m | 60.77m | 62.68m | 63.11m |
| Décathlon | 5721 / Juvénile | 5515 | 5834 | 5854 | 6126 | 6218 | 6225 |