

Normes 2023

Niveau ESPOIRS PROVINCIAUX - Femmes

	16 & 17 ans	18 ans	19 ans
100m	13.19	13.09	12.99
200m	27.21	26.90	26.61
400m	1:02.96	1:02.02	1:01.50
100m haies	15.93 (30")	16.08 (33")	15.85 (33")
400m haies	1:10.55 (30")	1:09.67 (30")	1:08.68 (30")
2000m steeple	7:53.91 (30")	-	-
3000m steeple	-	12:11.41 (30")	12:03.68 (30")
800m	2:25.73	2:24.27	2:22.77
1500m	5:05.32	5:00.13	4:56.88
3000m	11:05.26	10:55.41	10:44.31
5000m	-	19:06.24	18:40.63
3000m marche	17:01.09	-	-
5000m marche	29:15.72	28:55.84	28:42.73
10km marche	-	59:24	58:58
Hauteur	1.51	1.54	1.56
Perche	2.91	3.04	3.07
Longueur	4.78	4.86	5.01
Triple saut	9.94	10.17	10.25
Poids	10.58 (3kg)	10.03 (4kg)	10.69 (4kg)
Disque	31.23 (1kg)	34.03 (1kg)	35.90 (1kg)
Marteau	43.60 (3kg)	41.72 (4kg)	44.04 (4kg)
Javelot	34.26 (500g)	34.69 (600g)	37.53 (600g)
Heptathlon	3727 (Juv)	3717 (Jr)	3902 (Jr)