

# Normes 2023

## Niveau ESPOIRS PROVINCIAUX - Femmes

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