

Normes 2023

Niveau ESPOIRS PROVINCIAUX - Hommes

	16 & 17 ans	18 ans	19 ans
100m	11.50	11.37	11.24
200m	23.36	23.10	22.86
400m	52.44	51.48	50.92
110m haies	15.14 (36")	15.42 (39")	15.08 (39")
400m haies	59.13 (33")	58.01 (36")	57.63 (36")
2000m steeple	6:22.46 (33")	-	-
3000m steeple	-	9:49.46 (36")	9:44.65 (36")
800m	2:01.40	1:59.23	1:58.11
1500m	4:10.91	4:06.14	4:04.03
3000m	9:10.29	9:00.51	8:52.22
5000m	-	15:45.97	15:25.62
3000m marche	15:21.90	-	-
5000m marche	25:52.43	24:52.42	24:11.44
10km marche	-	51:42	50:19
Hauteur	1.79	1.83	1.85
Perche	3.70	3.88	4.08
Longueur	6.05	6.21	6.34
Triple saut	12.29	12.64	13.06
Poids	13.10 (5kg)	12.49 (6kg)	13.40 (6kg)
Disque	40.06 (1,5kg)	38.63 (1,75kg)	42.26 (1,75kg)
Marteau	48.21 (5kg)	49.19 (6kg)	51.46 (6kg)
Javelot	46.94 (700g)	48.15 (800g)	51.35 (800g)
Décathlon	4979 (Juv)	5053 (Jr)	5341 (Jr)