## Fédération québécoise d'athlétisme

# Épreuves admissibles vétérans

#### Comité des records - Février 2022

#### Plein air - hommes

	H35	H40	H45	H50	H55	H60	H65	H70	H75	H80	H85	H90	Н95	H100
100 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mille	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Demi-marathon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Marathon	✓	<b>√</b>	<b>√</b>	✓	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	<b>√</b>	✓	✓	✓	✓
100 km route	✓	✓	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>	✓	✓	✓	✓	✓
80 m haies								<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓

100 m haies				<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>							
110 m haies	<b>√</b>	<b>√</b>	<b>√</b>											
200 m haies										<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
300 m haies						<b>√</b>	✓	✓	<b>√</b>					
400 m haies	<b>√</b>	<b>√</b>	✓	<b>√</b>	✓									
2000 m steeple						✓	<b>√</b>	✓	✓	<b>√</b>	✓	✓	<b>√</b>	✓
3000 m steeple	<b>√</b>	<b>√</b>	✓	✓	✓									
1500 m marche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mille marche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m marche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m marche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5 km marche route	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 000 m marche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 km marche route	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15 km marche route	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 km marche route	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30 km marche route	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 km marche route	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hauteur	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	✓	✓	✓
Longueur	✓	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple saut	✓	√	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Poids 7,26 kg	✓	<b>'</b> √	✓											
Poids 6 kg				✓	✓									
Poids 5 kg						✓	✓							
Poids 4 kg								<b>√</b>	✓					
Poids 3 kg										✓	✓	✓	✓	✓

Disque 2 kg	<b>√</b>	<b>√</b>	<b>√</b>											
Disque 1,5 kg				✓	<b>√</b>									
Disque 1 kg						✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelot 800 g	✓	<b>√</b>	<b>√</b>											
Javelot 700 g				✓	✓									
Javelot 600 g						✓	✓							
Javelot 500 g								✓	✓					
Javelot 400 g										✓	✓	✓	✓	✓
Marteau long 7,26 g	✓	✓	<b>√</b>											
Marteau long 6 kg				✓	✓									
Marteau long 5 kg						✓	✓							
Marteau long 4 kg								✓	✓					
Marteau long 3 kg										✓	✓	✓	✓	✓
Marteau court 15,87 kg*	✓	<b>√</b>	<b>√</b>											
Marteau court 11,34 kg*				✓	✓									
Marteau court 9,07 kg*						✓	✓							
Marteau court 7,26 kg*								✓	✓					
Marteau court 5,45 kg*										✓	✓	✓	✓	✓
Pentathlon	✓	✓	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pentathlon de lancers	✓	<b>√</b>	✓											
Décathlon	✓	<b>√</b>	✓											
Relais 4 x 100 m	✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓
Relais 4 x 400 m	<b>√</b>	<b>√</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>

<sup>\*</sup> Admissible uniquement dans le cadre du pentathlon de lancers

#### Plein air – femmes

	F35	F40	F45	F50	F55	F60	F65	F70	F75	F80	F85	F90	F95	F100
100 m	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 m	<b>√</b>	✓	✓	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 m	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 m	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mille	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 000 m	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 km route	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Demi-marathon	✓	✓	<b>✓</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30 km route	✓	✓	<b>✓</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 km route	✓	✓	<b>✓</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Marathon	✓	✓	<b>✓</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100 km route	✓	✓	<b>✓</b>	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
80 m haies		✓	<b>\</b>	<b>\</b>	✓	✓	<b>\</b>	✓	✓	✓	✓	✓	✓	✓
100 m haies	✓													
200 m haies								✓	✓	✓	✓	✓	✓	✓
300 m haies				<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>							
400 m haies	<b>√</b>	<b>√</b>	<b>√</b>											
2000 m steeple	<b>√</b>	✓												

1500 m marche	<b>√</b>	<b>✓</b>												
Mille marche	<b>√</b>	✓	✓	<b>√</b>										
3000 m marche	<b>√</b>													
5000 m marche	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>	<b>√</b>	<b>√</b>	✓	✓	✓	✓	<b>√</b>	<b>√</b>	✓
5 km marche route	✓	<b>√</b>	✓	<b>√</b>	✓	✓	<b>√</b>	<b>√</b>	✓	✓	✓	<b>√</b>	<b>√</b>	<b>√</b>
10 000 m marche	<b>√</b>	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	<b>√</b>	✓
10 km marche route	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓
15 km marche route	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓
20 km marche route	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓
30 km marche route	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓
50 km marche route	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	<b>√</b>	✓
Hauteur	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓
Perche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Longueur	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple saut	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Poids 4 kg	✓	✓	✓											
Poids 3 kg				✓	✓	✓	✓	✓						
Poids 2 kg									✓	✓	✓	✓	✓	✓
Disque 1 kg	✓	✓	✓	✓	✓	✓	✓	✓						
Disque 0,75 kg									✓	✓	✓	✓	✓	✓
Javelot 600 g	✓	✓	✓											
Javelot 500 g				✓	✓	✓	✓	✓						
Javelot 400 g									✓	✓	✓	✓	✓	✓
Marteau long 4 kg	✓	✓	✓											
Marteau long 3 kg				✓	✓	✓	✓	✓						
Marteau long 2 kg									✓	✓	✓	✓	<b>√</b>	✓
Marteau court 9,08 kg*	✓	✓	✓											

Marteau court 7,26 kg*				✓	✓									
Marteau court 5,45 kg*						✓	✓							
Marteau court 4 kg*								✓	✓	✓	✓	✓	✓	✓
Pentathlon	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pentathlon de lancers	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Heptathlon	<b>√</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relais 4 x 100 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	✓
Relais 4 x 400 m	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	✓	✓	✓	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>

 $<sup>*</sup> Admissible \ unique ment \ dans \ le \ cadre \ du \ pentathlon \ de \ lancers$ 

Salle - hommes

Sane - nommes	Н35	H40	H45	H50	H55	H60	H65	H70	H75	H80	H85	H90	H95	H100
50 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mille	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 m haies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 m haies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hauteur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Longueur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple saut	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Poids 7,26 kg	✓	✓	✓											
Poids 6 kg				✓	✓									
Poids 5 kg						✓	✓							
Poids 4 kg								<b>√</b>	✓					
Poids 3 kg										✓	✓	✓	✓	✓
Marteau 15,87 kg	✓	<b>√</b>	<b>√</b>											
Marteau 11,34 kg				<b>√</b>	<b>√</b>									
Marteau 9,08 kg						✓	<b>√</b>							

Marteau 7,26 kg								<b>√</b>	<b>√</b>					
Marteau 5,44 kg										<b>√</b>	<b>√</b>	✓	✓	✓
Pentathlon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	<b>√</b>
Heptathlon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relais 4 x 200 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relais 4 x 400 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

### Salle – femmes

	F35	F40	F45	F50	F55	F60	F65	F70	F75	F80	F85	F90	F95	F100
50 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mille	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 m haies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 m haies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hauteur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Longueur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple saut	✓	<b>√</b>	<b>√</b>	✓	✓	✓	<b>√</b>	✓	✓	✓	✓	<b>√</b>	✓	✓
Poids 4 kg	<b>√</b>	<b>√</b>	<b>√</b>											

Poids 3 kg				✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>						
Poids 2 kg									✓	<b>√</b>	✓	<b>√</b>	✓	✓
Marteau 9,07 kg	✓	✓	<b>√</b>											
Marteau 7,26 kg				✓	✓									
Marteau 5,44 kg						✓	✓							
Marteau 4 kg								✓	✓	✓	✓	✓	✓	✓
Pentathlon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Heptathlon	✓	✓	<b>√</b>	✓	✓	✓	<b>√</b>	✓	✓	<b>√</b>	✓	<b>√</b>	✓	✓
Relais 4 x 200 m	✓	✓	<b>√</b>	✓	✓	✓	<b>√</b>	✓	✓	<b>√</b>	✓	<b>√</b>	✓	✓
Relais 4 x 400 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓