

## 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	H95	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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100 km route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
80 m haies								✓	✓	✓	✓	✓	✓	✓

100 m haies				✓	✓	✓	✓							
110 m haies	✓	✓	✓											
200 m haies										✓	✓	✓	✓	✓
300 m haies						✓	✓	✓	✓					
400 m haies	✓	✓	✓	✓	✓									
2000 m steeple						✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m steeple	✓	✓	✓	✓	✓									
1500 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mille marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5 km marche route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 000 m marche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 km marche route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15 km marche route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 km marche route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30 km marche route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 km marche route	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hauteur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Longueur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple saut	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Poids 7,26 kg	✓	✓	✓											
Poids 6 kg				✓	✓									
Poids 5 kg						✓	✓							
Poids 4 kg								✓	✓					
Poids 3 kg										✓	✓	✓	✓	✓

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

\* Admissible uniquement dans le cadre du pentathlon de lancers





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

\* Admissible uniquement dans le cadre du pentathlon de lancers

**Salle - hommes**

	<b>H35</b>	<b>H40</b>	<b>H45</b>	<b>H50</b>	<b>H55</b>	<b>H60</b>	<b>H65</b>	<b>H70</b>	<b>H75</b>	<b>H80</b>	<b>H85</b>	<b>H90</b>	<b>H95</b>	<b>H100</b>
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								✓	✓					
Poids 3 kg										✓	✓	✓	✓	✓
Marteau 15,87 kg	✓	✓	✓											
Marteau 11,34 kg				✓	✓									
Marteau 9,08 kg						✓	✓							





