

Normes 2024

Niveau ESPOIRS PROVINCIAUX - Femmes

	16 & 17 ans	18 ans	19 ans
100m	13.13	13.01	12.93
200m	27.12	26.81	26.59
400m	1:02.58	1:01.80	1:01.22
100m haies	15.85 (30")	16.06 (33")	15.85 (33")
400m haies	1:10.63 (30")	1:09.55 (30")	1:08.72 (30")
2000m steeple	7:36.52 (30")	-	-
3000m steeple	-	12:03.20 (30")	11:56.50 (30")
800m	2:25.38	2:23.59	2:22.50
1500m	5:04.05	5:00.75	4:57.96
3000m	11:11.56	11:03.42	10:55.05
5000m	-	19:32.55	19:14.06
3000m marche	16:49.94	-	-
5000m marche	28:56.94	28:29.75	27:48.35
10km marche	-	58:31	57:07
Hauteur	1.51m	1.53m	1.55m
Perche	2.95m	3.10m	3.14m
Longueur	4.81m	4.91m	5.04m
Triple saut	9.88m	10.15m	10.34m
Poids	10.50m (3kg)	9.87m (4kg)	10.42m (4kg)
Disque	30.73m (1kg)	32.93m (1kg)	34.91m (1kg)
Marteau	41.35m (3kg)	38.47m (4kg)	41.85m (4kg)
Javelot	32.78m (500g)	33.11m (600g)	35.73m (600g)
Heptathlon	3711 (Juv)	3706 (Jr)	3912 (Jr)