

# Normes 2024

## Niveau ESPOIRS PROVINCIAUX - Hommes

	16 & 17 ans	18 ans	19 ans
<b>100m</b>	11.37	11.23	11.11
<b>200m</b>	23.16	22.88	22.71
<b>400m</b>	51.95	51.23	50.47
<b>110m haies</b>	15.21 (36")	15.33 (39")	15.05 (39")
<b>400m haies</b>	58.43 (33")	57.77 (36")	56.95 (36")
<b>2000m steeple</b>	6:09.04 (33")	-	-
<b>3000m steeple</b>	-	9:41.47 (36")	9:34.39 (36")
<b>800m</b>	2:00.94	1:58.91	1:57.29
<b>1500m</b>	4:11.56	4:06.76	4:03.68
<b>3000m</b>	9:10.93	9:00.51	8:50.83
<b>5000m</b>	-	15:43.43	15:21.79
<b>3000m marche</b>	15:01.65	-	-
<b>5000m marche</b>	25:18.41	24:12.30	23:44.30
<b>10km marche</b>	-	50:21	49:24
<b>Hauteur</b>	1.79m	1.84m	1.87m
<b>Perche</b>	3.91m	4.15m	4.26m
<b>Longueur</b>	6.16m	6.28m	6.49m
<b>Triple saut</b>	12.53m	12.90m	13.23m
<b>Poids</b>	13.25m (5kg)	12.96m (6kg)	13.96m (6kg)
<b>Disque</b>	40.39m (1,5kg)	38.74m (1,75kg)	41.60m (1,75kg)
<b>Marteau</b>	47.43m (5kg)	46.97m (6kg)	51.01m (6kg)
<b>Javelot</b>	48.44m (700g)	48.44m (800g)	51.92m (800g)
<b>Décathlon</b>	5013 (Juv)	5234 (Jr)	5568 (Jr)