

Normes Élite Femme 2026 - Athlétisme Québec							
	24 ans et -	25 ans	26 ans	27 ans	28 ans	29 ans	30 ans et +
100m F	11.80	11.78	11.75	11.73	11.70	11.68	11.65
200m F	24.22	24.17	24.12	24.06	24.01	23.96	23.91
400m F	54.76	54.63	54.49	54.36	54.23	54.09	53.96
800m F	2:07.82	2:07.52	2:07.23	2:06.94	2:06.64	2:06.34	2:06.05
1500m F	4:22.75	4:22.08	4:21.41	4:20.75	4:20.08	4:19.41	4:18.74
3000m F	9:30.22	9:28.67	9:27.12	9:25.57	9:24.01	9:22.46	9:20.91
5000m F	16:23.62	16:20.88	16:18.14	16:15.40	16:12.67	16:09.93	16:07.19
10 000m F	34:54.05	34:48.03	34:42.00	34:35.98	34:29.96	34:23.93	34:17.91
21.1km F	01:16:00	01:15:37	01:15:14	01:14:52	01:14:29	01:14:06	01:13:43
42.2km F	02:41:51	02:41:01	02:40:10	02:39:20	02:38:30	02:37:39	2:36.49
100m Haies F	13.92	13.88	13.84	13.80	13.77	13.73	13.69
400m Haies F	1:00.17	1:00.00	59.83	59.66	59.48	59.31	59.14
3000m Steeple F	10:31.08	10:28.95	10:26.81	10:24.68	10:22.55	10:20.41	10:18.28
Longueur F	6.01m	6.03m	6.06m	6.08m	6.10m	6.13m	6.15m
Triple F	12.57m	12.62m	12.67m	12.72m	12.77m	12.82m	12.87m
Hauteur F	1.76m	1.77m	1.77m	1.78m	1.78m	1.79m	1.79m
Perche F	3.95m	3.97m	4.00m	4.02m	4.04m	4.07m	4.09m
Poids F	15.08m	15.20m	15.32m	15.45m	15.57m	15.69m	15.81m
Disque F	51.53m	51.94m	52.35m	52.75m	53.16m	53.57m	53.98m
Marteau F	60.29m	60.76m	61.22m	61.69m	62.16m	62.62m	63.09m
Javelot F	51.76m	52.17m	52.57m	52.98m	53.39m	53.79m	54.20m
Heptathlon	5280 points	5306 points	5332 points	5358 points	5383 points	5409 points	5435 points
10km Marche	48:39.00	48:26:00	48:12:00	47:59:00	47:45:00	47:32:00	47:18:00
20km Marche	01:40:27	01:39:59	01:39:31	01:39:04	01:38:36	01:38:09	01:37:41
21.1km Marche	01:46:45	01:46:16	01:45:46	01:45:17	01:44:48	01:44:18	01:43:49
35km Marche	03:11:11	03:10:17	03:09:23	03:08:30	03:07:36	03:06:42	03:05:48

Note : L'atteinte des normes de performance ci-haut ne garantit pas automatiquement l'identification au niveau Élite.

Veuillez vous référer aux Règles d'identification pour connaître les critères applicables ainsi que le processus de sélection.