

Normes Élite Homme 2026 - Athlétisme Québec							
	24 ans et -	25 ans	26 ans	27 ans	28 ans	29 ans	30 ans et +
100m H	10.53	10.51	10.50	10.48	10.47	10.46	10.44
200m H	21.33	21.29	21.26	21.23	21.19	21.16	21.12
400m H	47.42	47.34	47.27	47.19	47.11	47.04	46.96
800m H	1:49.90	1:49.73	1:49.55	1:49.38	1:49.21	1:49.03	1:48.86
1500m H	3:45.53	3:45.15	3:44.76	3:44.38	3:44.00	3:43.61	3:43.23
3000m H	8:06.75	8:05.89	8:05.02	8:04.16	8:03.30	8:02.43	8:01.57
5000m H	13:54.35	13:52.88	13:51.40	13:49.92	13:48.45	13:46.98	13:45.50
10 000m H	29:31.31	29:27.88	29:24.44	29:21.01	29:17.57	29:14.13	29:10.70
21.1km H	01:04:47	01:04:35	01:04:23	01:04:11	01:03:58	01:03:46	01:03:34
42.2km H	02:17:19	02:16:53	02:16:27	02:16:01	02:15:34	02:15:08	02:14:42
110m Haies H	14.31	14.28	14.25	14.23	14.20	14.17	14.14
400m Haies H	52.08	51.98	51.87	51.77	51.66	51.55	51.45
3000m Steeple H	8:57.21	8:56.02	8:54.83	8:53.63	8:52.44	8:51.25	8:50.06
Longueur H	7.32m	7.34m	7.37m	7.39m	7.41m	7.44m	7.46m
Triple H	15.22m	15.27m	15.31m	15.36m	15.41m	15.45m	15.50m
Hauteur H	2.06m	2.06m	2.07m	2.07m	2.08m	2.08m	2.09m
Perche H	5.01m	5.04m	5.06m	5.09m	5.12m	5.14m	5.17m
Poids H	17.36m	17.49m	17.61m	17.74m	17.87m	17.99m	18.12m
Disque H	54.40m	54.81m	55.22m	55.62m	56.03m	56.44m	56.85m
Marteau H	63.60m	64.09m	64.57m	65.06m	65.54m	66.03m	66.51m
Javelot H	68.97m	69.50m	70.03m	70.56m	71.08m	71.61m	72.14m
Décathlon	6850 points	6883 points	6916 points	6948 points	6981 points	7014 points	7047 points
10km Marche	43:13:00	43:02:00	42:51:00	42:40:00	42:29:00	42:18:00	42:07:00
20km Marche	01:29:31	01:29:09	01:28:46	01:28:24	01:28:01	01:27:39	01:27:16
21.1km Marche	01:35:25	01:35:01	01:34:37	01:34:13	01:33:48	01:33:24	01:33:00
35km Marche	02:47:56	02:47:09	02:46:21	02:45:34	02:44:46	02:43:59	02:43:11

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.