

# Normes Espoirs Provinciaux 2026



Épreuve	Normes Espoirs Provinciaux 2026 - Femmes		
	16 et 17 ans	18 ans	19 ans
100m	13.21	13.09	13.01
200m	27.30	26.99	26.77
400m	1:03.04	1:02.26	1:01.68
100m haies	15.99 (30")	16.20 (33")	15.99 (33")
400m haies	1:11.22 (30")	1:10.14 (30")	1:09.31 (30")
2000m steeple	7:40.88 (30")	-	-
3000m steeple	-	12:10.38 (30")	12:03.68 (30")
800m	2:26.41	2:24.62	2:23.53
1500m	5:06.37	5:03.07	5:00.28
3000m	11:17.01	11:08.87	11:00.50
5000m (5km)	19:47.35	19:42.41	19:23.92
3000m marche	16:59.77	-	-
5000m marche	29:12.72	28:45.53	28:04.13
10km marche	-	59:03.00	57:39.00
Hauteur	1.49m	1.51m	1.53m
Perche	2.90m	3.05m	3.09m
Longueur	4.74m	4.84m	4.97m
Triple saut	9.72m	9.99m	10.18m
Poids	10.25m (3kg)	9.62m (4kg)	10.17m (4kg)
Disque	29.86m (1kg)	32.06m (1kg)	34.04m (1kg)
Marteau	40.40m (3kg)	37.52m (4kg)	40.90m (4kg)
Javelot	31.91m (500g)	32.24m (600g)	34.86m (600g)
Heptathlon	3632 points (Juv)	3627 points (Jr)	3833 points (Jr)

## Normes Espoirs Provinciaux 2026

Épreuve	Normes Espoirs Provinciaux 2026 - Hommes		
	16 et 17 ans	18 ans	19 ans
100 m	11.43	11.29	11.17
200 m	23.27	22.99	22.82
400 m	52.20	51.48	50.72
110 m haies	15.30 (36")	15.42 (39")	15.14 (39")
400 m haies	58.79 (33")	58.13 (36")	57.31 (36")
2000 m steeple	6:11.57 (33")	-	-
3000 m steeple	-	9:45.39 (36")	9:38.31 (36")
800 m	2:01.53	1:59.50	1:57.88
1500 m	4:12.87	4:08.07	4:04.99
3000 m	9:13.93	9:03.51	8:53.83
5000 m (5km)	16:11.40	15:48.66	15:27.02
3000 m marche	15:09.79	-	-
5000 m marche	25:31.06	24:24.95	23:56.95
10 km marche	-	50:46:00	49:50:00
Hauteur	1.77m	1.82m	1.85m
Perche	3.85m	4.09m	4.20m
Longueur	6.09m	6.21m	6.42m
Triple saut	12.38m	12.75m	13.08m
Poids	12.99m (5kg)	12.70m (6kg)	13.70m (6kg)
Disque	39.56m (1.5kg)	37.91m (1.75kg)	40.77m (1.75kg)
Marteau	46.45m (5kg)	45.99m (6kg)	50.03m (6kg)
Javelot	47.37m (700g)	47.37m (800g)	50.85m (800g)
Décathlon	4913 points (Juv)	5134 points (Jr)	5468 points (Jr)