

Normes Espoirs Régionaux 2026

Normes Espoirs Régionaux 2026 chez les filles						
Épreuve	U14		U16		U18	
	A	B	A	B	A	B
60m	8.87	9.30	8.46	8.78	8.35	8.73
80m	11.45	12.06	-	-	-	-
100m	-	-	13.52	14.10	13.41	14.00
150m	21.43	22.58	-	-	-	-
200m	-	-	28.15	29.19	27.71	29.01
400m	-	-	-	-	1:02.93	1:05.79
800m	2:40.87	2:49.69	2:32.59	2:40.85	2:30.81	2:39.54
1200m	4:15.52	4:30.04	4:03.39	4:17.62	-	-
1500m	-	-	-	-	5:09.00	5:27.35
2000m	-	-	7:22.20	7:54.44	-	-
3000m	-	-	-	-	11:18.31	12:01.17
5000m (5km)	-	-	-	-	19:35.23	20:51.29
60m haies	11.35	12.38	10.31	11.18	10.27	11.02
80m haies	14.92	16.48	13,61	15,05	-	-
100m haies	-	-	-	-	16.77	18.38
200m haies	-	-	31.37	32.98	-	-
400m haies	-	-	-	-	1:09.91	1:14.11
1500m SC	-	-	5:23.80	5:42.58	-	-
2000m SC	-	-	-	-	7:39.43	8:02.01
800 m marche	4:55.44	5:11.24	-	-	-	-
1500 m marche	-	-	9:13.10	10:05.99	-	-
3000 m marche	-	-	-	-	18:14.30	20:04.34
Hauteur	1.30m	1.21m	1.41m	1.33m	1.47m	1.36m
Perche	-	-	2.10m	1.80m	2.15m	1.85m
Longueur	3.89m	3.51m	4.37m	3.99m	4.55m	4.07m
Triple saut	-	-	9.15m	8.35m	9.61m	8.69m
Poids	9.12m (2kg)	7.88m (2kg)	8.97m (3kg)	7.74 m (3kg)	9.66m (3kg)	8.30m (3kg)
Disque	19.78m (600g)	16.46 m (600g)	21.17 m (1kg)	16.45 m (1kg)	24.27m (1kg)	19.18m (1kg)
Javelot	21.57 m (400g)	16.61m (400g)	24.44 m (500g)	19.41m (500 g)	27.75m (500g)	22.70m (500g)
Marteau (3kg)	-	-	32.62m	23.31m	37.70m	26.53m
Heptathlon	-	-	-	-	3494 points	2916 points

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Normes Espoirs Régionaux 2026 chez les garçons						
Épreuve	U14		U16		U18	
	A	B	A	B	A	B
60 m	8.48	8.89	7.78	8.08	7.43	7.64
80 m	10.75	11.26	-	-	-	-
100 m	-	-	12.27	12.73	11.75	12.17
150 m	20.04	21.18	-	-	-	-
200 m	-	-	25.31	26.36	23.86	24.88
400 m	-	-	-	-	53.38	55.74
800 m	2:29.53	2:37.94	2:14.38	2:22.01	2:04.79	2:12.75
1200 m	3:57.25	4:10.95	3:34.64	3:45.94	-	-
1500 m	-	-	-	-	4:20.92	4:34.72
2000m	-	-	6:32.40	6:51.28	-	-
3000 m	-	-	-	-	9:36.00	10:00.59
5000m (5km)	-	-	-	-	16:27.82	17:09.99
60 m haies	10.99	11.74	9.60	10.57	9.15	9.93
80 m haies	14.08	15.51	-	-	-	-
100 m haies	-	-	15.72	17.47	-	-
110 m haies	-	-	-	-	16.25	17.52
200 m haies	-	-	28.29	29.76	-	-
400 m haies	-	-	-	-	1:00.02	1:03.68
1500 m steeple	-	-	4:47.19	5:02.49	-	-
2000 m steeple	-	-	-	-	6:25.64	6:46.30
800 m marche	4:51.32	5:04.70	-	-	-	-
1500 m marche	-	-	8:34.82	9:13.39	-	-
3000 m marche	-	-	-	-	17:01.33	18:28.51
Hauteur	1.41m	1.30m	1.61m	1.50m	1.72m	1.62m

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Perche	-	-	2.59m	2.14m	3.04m	2.49m
Longueur	4.37m	3.92m	5.12m	4.69m	5.48m	5.09m
Triple saut	-	-	10.64m	9.66m	11.64m	10.79m
Marteau	-	-	40.72 m (4kg)	32.74 m (4kg)	41.89m (5kg)	28.51m (5kg)
Poids	9.79m (3kg)	8.45m (3kg)	11.23m (4kg)	9.79m (4kg)	11.77m (5 kg)	10.36m (5kg)
Disque	25.03m (750g)	20.11m (750g)	30.93m (1kg)	25.71m (1kg)	31.53m (1.5kg)	26.88m (1.5kg)
Javelot	26.65m (500g)	21.19m (500g)	35.07m (600g)	29.27m (600g)	39.47m (700g)	32.97m (700g)
Décathlon	-	-	-	-	4818 points	4380 points