

STANDARDS EN ATHLÉTISME - POUR ACCÈS AU PROVINCIAL

HOMMES 2011

ÉPREUVES	BENJAMIN	CADET	JUVÉNILE
80m	11.07		
100m		12.16	11 :63
150m	20.03		
200m		24 :68	23 :40
400m			1 :01.63
800m	3 :11.07	2 :59.44	2 :32.75
1200m	5 :43.24	3 :59.28	
1500m			5:09.13
2000m		8 :06.90	
3000m			11 :18.60
HAIES 80m	15.17		
HAIES 100m		15.65	
HAIES 110m			17.63
MARCHE 800m	5 :43.98		
MARCHE 1500m		10 :54.55	
MARCHE 3000m			20 :37.04
HAUTEUR	1m35	1m55	1m65
LONGUEUR	4m15	5m15	5m26
TRIPLE SAUT			10m69
POIDS	9m54(3kg)	10m44(4kg)	10m94(5 kg)
DISQUE	21m42(600g)	30m63 (1kg)	27m99 (1.5kg)
JAVELOT	28m12 (500g)	29m94 (600g)	40m11 (700g)
4 X 100m	1 :01.34	54.46	50.18
4 X 400m			4 :05.30