

# Normes Espoirs et équivalences

Finale Provinciale des Jeux du Québec - Thetford, 28 au 31 juillet 2018

## Juvenile (U18) féminin

<b>100m</b>	<b>13.8/14.05</b>
<i>60m</i>	<i>8.98</i>
<b>200m</b>	<b>28.8/29.11</b>
<b>400m</b>	<b>1:07.9/1:08.12</b>
<i>300m</i>	<i>47.8/48.02</i>
<b>800m</b>	<b>2:39.55</b>
<i>600m</i>	<i>1:55.28</i>
<i>1000m</i>	<i>3:28.61</i>
<b>1500m</b>	<b>5:30.91</b>
<i>1200m</i>	<i>4:14.67</i>
<b>3000m</b>	<b>12:12.14</b>
<i>2000m</i>	<i>7:43.39</i>
<b>100m haies</b>	<b>18.7/18.97</b>
<i>80m haies</i>	<i>16.1/16.37</i>
<i>60m haies</i>	<i>11.61</i>
<b>400m haies</b>	<b>1:16.3/1:16.51</b>
<i>200m haies</i>	<i>32.1/32.40</i>
<b>2000m steeple</b>	<b>8:21.83</b>
<i>1500m steeple</i>	<i>5:41.10</i>
<b>3000m marche</b>	<b>19:54.66</b>
<i>1500m marche</i>	<i>8:50.63</i>
<b>Hauteur</b>	<b>1.36m</b>
<b>Perche</b>	<b>2.10m</b>
<b>Longueur</b>	<b>4.21m</b>
<b>Triple saut</b>	<b>8.94m</b>
<b>Poids 3kg</b>	<b>8.64m</b>
-	-
<b>Disque 1kg</b>	<b>20.79m</b>
-	-
<b>Marteau 3kg</b>	<b>23.88m</b>
-	-
<b>Javelot 500g</b>	<b>24.00m</b>
-	-
<b>Heptathlon</b>	<b>2703</b>
<i>Pentathlon</i>	<i>1978</i>

## Juvenile (U18) masculin

<b>100m</b>	<b>12.1/12.39</b>
<i>60m</i>	<i>7.93</i>
<b>200m</b>	<b>24.8/25.07</b>
<b>400m</b>	<b>56.3/56.50</b>
<i>300m</i>	<i>40.2/40.39</i>
<b>800m</b>	<b>2:13.13</b>
<i>600m</i>	<i>1:35.09</i>
<i>1000m</i>	<i>2:53.64</i>
<b>1500m</b>	<b>4:39.50</b>
<i>1200m</i>	<i>3:35.24</i>
<b>3000m</b>	<b>10:15.65</b>
<i>2000m</i>	<i>6:30.85</i>
<b>110m haies</b>	<b>18.0/18.25</b>
<i>100m haies</i>	<i>16.9/17.15</i>
<i>60m haies</i>	<i>10.32</i>
<b>400m haies</b>	<b>1:05.4/1:05.56</b>
<i>200m haies</i>	<i>28.4/28.71</i>
<b>2000m steeple</b>	<b>7:01.81</b>
<i>1500m steeple</i>	<i>4:44.19</i>
<b>3000m marche</b>	<b>18:56.74</b>
<i>1500m marche</i>	<i>8:26.94</i>
<b>Hauteur</b>	<b>1.65m</b>
<b>Perche</b>	<b>2.65m</b>
<b>Longueur</b>	<b>5.16m</b>
<b>Triple saut</b>	<b>10.75m</b>
<b>Poids 5kg</b>	<b>10.13m</b>
<i>Poids 4kg</i>	<i>11.33m</i>
<b>Disque 1.5kg</b>	<b>26.19m</b>
<i>Disque 1kg</i>	<i>32.08m</i>
<b>Marteau 5kg</b>	<b>28.44m</b>
<i>Marteau 4kg</i>	<i>31.80m</i>
<b>Javelot 700g</b>	<b>34.80m</b>
<i>Javelot 600g</i>	<i>37.59m</i>
<b>Décathlon</b>	<b>3620</b>
<i>Pentathlon</i>	<i>1922</i>