

## MINIMA CHAMPIONNATS D'ILE DE FRANCE MASCULINS

| EPREUVES    | CADETS |        |         | JUNIORS |         |         | ESPOIRS |         |         | SENIORS |         |         |
|-------------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|             | A      | D      | E       | A       | D       | E       | A       | D       | E       | A       | D       | E       |
| 100m        | 11"15  | 11"55  | 11"95   | 10"95   | 11"20   | 11"60   | 10"90   | 11"15   | 11"60   | 10"80   | 11"00   | 11"55   |
| 200m        | 22"70  | 23"55  | 24"35   | 22"30   | 23"00   | 24"00   | 22"00   | 22"80   | 24"00   | 21"90   | 22"20   | 23"50   |
| 300/400m    | 36"10  | 37"00  | 39"00   | 49"80   | 51"00   | 53"45   | 49"10   | 50"60   | 52"30   | 48"90   | 49"70   | 51"10   |
| 800m        | 1'58"0 | 2'03"0 | 2'06"0  | 1'54"5  | 1'59"0  | 2'05"0  | 1'54"0  | 1'57"0  | 2'03"0  | 1'52"5  | 1'55"5  | 2'00"0  |
| 1500m       | 4'08"0 | 4'20"0 | 4'28"0  | 4'00"0  | 4'10"0  | 4'25"0  | 3'58"0  | 4'08"0  | 4'20"0  | 3'52"0  | 4'02"0  | 4'12"0  |
| 3000m/5000m | 9'10"0 | 9'50"0 | 10'08"0 | 15'15"0 | 16'00"0 | 16'30"0 | 14'50"0 | 15'30"0 | 16'00"0 | 14'15"0 | 15'00"0 | 15'30"0 |
| 110m haies  | 14"90  | 15"50  | 17"55   | 15"00   | 16"50   | 17"50   | 15"20   | 15"85   | 17"35   | 14"80   | 15"50   | 16"90   |
| 320/400m h  | 43"50  | 46"00  | 48"55   | 56"55   | 60"00   | 63"00   | 55"00   | 57"30   | 61"50   | 53"80   | 55"00   | 60"00   |
| Steeple     | 4'30"0 | 4'45"0 | 5'10"0  | 9'35"0  | 10'00"0 | 10'30"0 | 9'20"0  | 9'45"0  | 10'15"0 | 9'05"0  | 9'35"0  | 10'00"0 |
| Hauteur     | 1m92   | 1m80   | 1m65    | 1m98    | 1m80    | 1m70    | 2m01    | 1m85    | 1m75    | 2m04    | 1m90    | 1m80    |
| Perche      | 4m40   | 3m80   | 3m00    | 4m70    | 4m00    | 3m40    | 4m80    | 4m20    | 3m60    | 5m00    | 4m70    | 4m10    |
| Longueur    | 6m70   | 6m30   | 5m90    | 7m10    | 6m45    | 5m90    | 7m20    | 6m60    | 6m00    | 7m30    | 6m95    | 6m50    |
| Triple saut | 13m80  | 12m70  | 11m90   | 14m50   | 13m00   | 12m00   | 14m70   | 13m20   | 12m50   | 14m90   | 14m00   | 13m30   |
| Poids       | 14m90  | 12m80  | 10m90   | 14m20   | 12m50   | 10m00   | 13m50   | 11m00   | 10m00   | 15m00   | 13m00   | 11m50   |
| Disque      | 42m50  | 34m00  | 28m00   | 43m00   | 33m00   | 28m00   | 43m50   | 40m00   | 28m00   | 45m00   | 42m00   | 35m00   |
| Marteau     | 53m00  | 40m00  | 32m00   | 54m50   | 40m00   | 33m00   | 50m00   | 40m00   | 31m50   | 57m00   | 50m00   | 40m00   |
| Javelot     | 54m50  | 45m00  | 32m00   | 55m00   | 40m00   | 35m00   | 57m00   | 44m00   | 36m00   | 61m00   | 57m50   | 45m00   |
| 4 x 100m    | 44"50  | 45"50  | 47"00   | 44"00   | 45"00   | 46"50   | 43"50   | 44"50   | 46"00   | -       | -       | -       |

## MINIMA CHAMPIONNATS D'ILE DE FRANCE FEMININS

| EPREUVES    | CADETTES |         |         | JUNIORS |         |         | ESPOIRS |         |         | SENIORS |         |         |
|-------------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|             | A        | D       | E       | A       | D       | E       | A       | D       | E       | A       | D       | E       |
| 100m        | 12"50    | 13"00   | 13"55   | 12"30   | 13"00   | 13"55   | 12"20   | 13"00   | 13"55   | 12"10   | 12"50   | 13"10   |
| 200m        | 25"85    | 26"80   | 28"00   | 25"25   | 26"80   | 28"00   | 25"25   | 26"80   | 28"00   | 24"75   | 25"80   | 26"90   |
| 300/400m    | 42"00    | 44"00   | 46"00   | 59"00   | 61"00   | 67"00   | 58"50   | 61"00   | 67"00   | 57"00   | 59"20   | 63"00   |
| 800m        | 2'20"0   | 2'35"0  | 2'44"0  | 2'20"0  | 2'35"0  | 2'44"0  | 2'20"0  | 2'35"0  | 2'44"0  | 2'15"0  | 2'20"0  | 2'30"0  |
| 1500m       | 4'55"0   | 5'20"0  | 5'40"0  | 4'55"0  | 5'20"0  | 5'40"0  | 4'55"0  | 5'20"0  | 5'40"0  | 4'45"0  | 5'00"0  | 5'15"0  |
| 3000m/5000m | 11'15"0  | 12'00"0 | 13'00"0 | 11'00"0 | 12'00"0 | 13'00"0 | 19'00"0 | 20'00"0 | 21'00"0 | 18'00"0 | 19'00"0 | 20'00"0 |
| 100m haies  | 14"85    | 16"50   | 17"75   | 15"30   | 16"50   | 18"05   | 15"00   | 16"50   | 18"05   | 14"30   | 15"00   | 17"21   |
| 320/400m h  | 51"00    | 54"00   | 58"00   | 66"50   | 72"00   | 80"00   | 66"50   | 72"00   | 80"00   | 63"50   | 66"50   | 76"01   |
| Steeple     | 5'40"0   | 6'00"0  | 6'40"0  | 8'05"0  | 8'30"0  | 8'45"0  | 12'15"0 | 12'50"0 | 13'25"0 | 12'00"0 | 12'30"0 | 12'50"0 |
| Hauteur     | 1m63     | 1m54    | 1m40    | 1m63    | 1m54    | 1m40    | 1m63    | 1m54    | 1m40    | 1m66    | 1m60    | 1m50    |
| Perche      | 3m00     | 2m50    | 2m20    | 3m10    | 2m50    | 2m20    | 3m10    | 2m50    | 2m20    | 3m60    | 3m40    | 2m80    |
| Longueur    | 5m45     | 5m10    | 4m70    | 5m55    | 5m10    | 4m70    | 5m70    | 5m30    | 4m70    | 5m80    | 5m55    | 5m00    |
| Triple saut | 11m60    | 10m85   | 10m00   | 11m70   | 10m95   | 10m10   | 11m80   | 11m05   | 10m20   | 12m25   | 11m80   | 11m01   |
| Poids       | 13m00    | 11m75   | 9m80    | 11m50   | 9m30    | 8m00    | 12m00   | 10m25   | 9m00    | 12m20   | 11m40   | 10m00   |
| Disque      | 38m00    | 32m00   | 25m00   | 37m50   | 33m00   | 23m00   | 39m00   | 33m00   | 23m00   | 40m00   | 36m00   | 28m00   |
| Marteau     | 45m00    | 33m00   | 26m00   | 42m00   | 31m00   | 25m00   | 43m00   | 32m00   | 26m00   | 45m00   | 41m00   | 30m00   |
| Javelot     | 32m50    | 27m00   | 23m00   | 33m50   | 28m50   | 23m00   | 36m00   | 28m50   | 23m00   | 37m00   | 32m00   | 27m00   |
| 4 x 100m    | 50"00    | 52"00   | 54"00   | 50"00   | 52"00   | 54"00   | 49"00   | 51"00   | 54"00   | -       | -       | -       |