

Grille critères élités Hommes											
Epreuves	Senior A	Senior B	Senior C	Espoir A	Espoir B	Junior A	Junior B	Scolaire A	Scolaire B	Cadet A	Cadet B
	N2/N3	N3/N4	N4/IR1	N3/N4	N4/IR1	N4/IR1	IR1/IR2	IR1/IR2	IR3/IR4	R1/R2	R3/R4
100m	10.74	10.89	11.04	10.89	11.04	11.04	11.24	11.24	11''44	11''74	12''14
200m	21.64	21.99	22.39	21.99	22.39	22.39	22.79	22.79	23''14	23''74	24''54
400m	48.14	49.14	50.04	49.14	50.04	50.04	50.94	50.94	52''44	54''44	56''44
800m	1.51.00	1.53.00	1.55.50	1.53.00	1.55.50	1.55.50	1.58.00	1.58.00	2'01''00	2'05''00	2'09''00
1 000m	2.22.75	2.25.25	2.28.25	2.25.25	2.28.25	2.28.25	2.31.25	2.31.25	2'35''00	2'41''00	2'47''00
1 500m	3.48.00	3.52.00	3.56.50	3.52.00	3.56.50	3.56.50	4.01.50	4.01.50	4'09''00	4'19''00	4'29''00
3 000m	8.15.00	8.25.00	8.35.00	8.25.00	8.35.00	8.35.00	8.45.00	8.45.00	9'00''00		
5 000m	14.10.00	14.30.00	14.50.00	14.30.00	14.50.00	14.50.00	15.00.00		15'40''00		
10 000m - 10km	30.07.50	30.52.50	31.37.50	30.52.50	31.37.50	31.37.50	32.22.50				
Semi-Marathon	1h06'15	1h07'45	1h09'30	1h07'45	1h09'30	1h09'30	1h11'30				
Marathon	2h22'00	2h26'00	2h30'00	2h26'00	2h30'00	2h30'00	2h34'00				
100m Haies 0.84m										14.67	15.57
110m Haies 0.91m								15.09	15''54		
110m Haies 0.99m						14.94	15.34				
110m Haies 1.06m	14.49	14.94	15.34	14.94	15.34						
300m Haies										41.18	43.70
400m Haies	53.39	54.64	55.74	54.64	55.74	55.74	56.74	56.74	58''24		
2 000m Steeple								6.19.00	6'28''00		
3 000m Steeple	9.07.50	9.22.50	9.35.00	9.22.50	9.35.00	9.35.00	9.45.00				
Hauteur	2m04	1m98	1m93	1m98	1m93	1m93	1m91	1m91	1m85	1m78	1m72
Perche	4m90	4m70	4m50	4m70	4m50	4m50	4m20	4m20	4m00	3m65	3m35
Longueur	7m10	6m90	6m70	6m90	6m70	6m70	6m50	6m50	6m30	6m10	5m85
Triple Saut	14m75	14m30	13m95	14m30	13m95	13m95	13m65	13m65	13m20	12m60	12m00
Poids 4kg										14.50	13m50
Poids 5kg								15m20	14m50		
Poids 6kg						14m60	14m20				
Poids 7kg	14m70	14m10	13m60	14m10	13m60						
Disque 1kg										41.00	39m00
Disque 1.5kg								44m00	42m00		
Disque 1.75kg						44m00	42m00				
Disque 2kg	47m50	44m50	42m00	44m50	42m00						
Marteau 4kg										54.50	50m50
Marteau 5kg								58m00	54m00		
Marteau 6kg						55m00	53m00				
Marteau 7kg	57m00	53m50	50m00	53m50	50m00						
Javelot 600g										51.00	47m00
Javelot 700g								55m50	52m00		
Javelot 800g	62m50	59m00	55m50	59m00	55m50	57m00	52m50				
Octathlon										4352 pt	4032 pt
Décathlon								6100 pt	5800 pt		
Décathlon	6450 pt	6150 pt	5900 pt	6150 pt	5900 pt	6000 pt	5800 pt				

Grille critères élités Dames											
Epreuves	Senior A	Senior B	Senior C	Espoir A	Espoir B	Junior A	Junior B	Scolaire A	Scolaire B	Cadet A	Cadet B
	N2/N3	N3/N4	N4/IR1	N3/N4	N4/IR1	N4/IR1	IR1/IR2	IR1/IR2	IR3/IR4	IR2/IR3	IR4/R1
100m	11.94	12.14	12.34	12.14	12.34	12.34	12.54	12.54	12"84	12.84	13.24
200m	24.49	24.99	25.49	24.99	25.49	25.49	25.99	25.99	26"74	26.74	27.74
400m	55.39	56.84	58.39	56.84	58.39	58.39	59.94	59.94	61"74	61.74	64.04
800m	2.11.50	2.15.00	2.18.50	2.15.00	2.18.50	2.18.50	2.21.25	2.21.25	2'25"00	2.25.00	2.31.00
1 000m	2.48.00	2.52.00	2.56.00	2.52.00	2.56.00	2.56.00	2.59.50	2.59.50	3'04"00	3.04.00	3.12.00
1 500m	4.31.50	4.38.00	4.44.00	4.38.00	4.44.00	4.44.00	4.51.00	4.51.00	5'00"00	5.00.00	5.10.00
3 000m	9.42.50	9.57.50	10.12.50	9.57.50	10.12.50	10.12.50	10.30.00	10.30.00	10'50"00		
5 000m	17.10.00	17.30.00	17.50.00	17.30.00	17.50.00	17.50.00	18.10.00	18.10.00	18'40"00		
10 000m - 10km	35.30.00	36.30.00	37.30.00	36.30.00	37.30.00	37.30.00	38.30.00				
Semi-Marathon	1h18'15	1h20'45	1h23'15	1h20'45	1h23'15	1h23'15	1h25'30				
Marathon	2h52'00	3h00'00	3h08'00	3h00'00	3h08'00	3h08'00	3h15'00				
80m Haies 0.76m										12.51	13.05
100m Haies 0.76m								15.14	15"74		
100m Haies 0.84m	14.24	14.64	15.04	14.64	15.04	15.04	15.44				
300m Haies										48.60	50.60
400m Haies	62.44	64.44	66.24	64.44	66.24	66.24	67.89	67.89	70"24		
2 000m Steeple								7.20.00	7'35"00		
3 000m Steeple	10.30.00	10.45.00	10.55.00	10.45.00	10.55.00	10.55.00	11.07.50				
Hauteur	1m70	1m66	1m62	1m66	1m62	1m62	1m59	1m59	1m54	1m54	1m47
Perche	3m50	3m30	3m15	3m30	3m15	3m15	3m05	3m05	2m90	2m90	2m70
Longueur	5m70	5m53	5m38	5m53	5m38	5m38	5m25	5m25	5m10	5m10	4m90
Triple Saut	11m75	11m35	11m10	11m35	11m10	11m10	10m90	10m90	10m60	10m60	10m20
Poids 3kg								12m45	11m80	11m80	11m00
Poids 4kg	12m50	11m75	11m35	11m75	11m35	11m35	11m00				
Disque 1kg	42m00	39m50	37m00	39m50	37m00	37m00	35m50	35m50	34m00	34m00	30m00
Marteau 3kg								49m00	46m00	46m00	42m00
Marteau 4kg	51m50	48m50	46m00	48m50	46m00	46m00	44m00				
Javelot 500g								35m00	32m00	32m00	28m00
Javelot 600g	41m50	39m00	37m00	39m00	37m00	37m00	35m50				
Hexathlon										3040 pt	2700 pt
Heptathlon								3700 pt	3550 pt		
Heptathlon	4550 pt	4250 pt	3950 pt	4250 pt	3950 pt	3950 pt	3700 pt				