

Grille élités Hommes 2025-2026

Epreuves	Senior A	Senior B	Senior C	Espoir A	Espoir B	Junior A	Junior B	Scolaire JT	Cadet JT
100m	10.49	10.64	10.84	10.74	10.94	10.89	11.14	11.34	11.94
200m	21.19	21.44	21.84	21.64	22.24	22.04	22.54	22.84	24.14
400m	47.14	47.64	48.64	48.14	49.64	49.14	50.44	51.44	55.44
800m	1.49.00	1.50.00	1.52.00	1.51.00	1.54.00	1.53.00	1.57.00	1.59.00	2.07.00
1 000m	2.20.75	2.21.50	2.24.00	2.22.75	2.26.50	2.25.25	2.30.00	2.32.50	2.44.00
1 500m	3.44.00	3.46.00	3.50.00	3.48.00	3.54.00	3.52.00	3.59.00	4.04.00	4.24.00
3 000m	8.05.00	8.10.00	8.20.00	8.15.00	8.30.00	8.25.00	8.40.00	8.50.00	
5 000m	13.52.50	14.00.00	14.20.00	14.10.00	14.40.00	14.30.00	15.00.00		
10 000m - 10km	29.22.50	29.45.00	30.30.00	30.07.50	31.15.00	31.37.50	32.00.00		
Semi-Marathon	1h04'45	1h05'30	1h07'00	1h06'15	1h08'30	1h07'45	1h10'30		
Marathon	2h17.30	2h20.00	2h24'00	2h22'00	2h28'00	2h26'00	2h32'00		
100m Haies 0.84m									15.12
110m Haies 0.91m								15.24	
110m Haies 0.99m						14.94	15.14		
110m Haies 1.06m	14.04	14.24	14.74	14.49	15.14				
300m Haies									42.43
400m Haies	51.99	52.74	54.04	53.39	55.24	55.74	56.24	57.24	
2 000m Steeple								6.22.00	
3 000m Steeple	8.52.50	9.00.00	9.15.00	9.07.50	9.30.00	9.22.50	9.40.00		
Hauteur	2m10	2m08	2m04	2m06	1m98	2m01	1m92	1m89	1m75
Perche	5m20	5m10	4m90	5m00	4m70	4m80	4m40	4m30	3m60
Longueur	7m40	7m30	7m10	7m20	6m90	7m00	6m60	6m40	6m00
Triple Saut	15m75	15m38	14m75	15m00	14m30	14m50	13m80	13m50	12m30
Poids 4kg									14m00
Poids 5kg								15m00	
Poids 6kg						15m40	14m40		
Poids 7kg	16m00	15m50	14m70	15m00	14m10				
Disque 1kg									40m00
Disque 1.5kg								43m00	
Disque 1.75kg						48m00	43m00		
Disque 2kg	52m00	50m50	47m50	49m00	44m50				
Marteau 4kg									52m50
Marteau 5kg								57m00	
Marteau 6kg						61m00	54m00		
Marteau 7kg	61m00	59m50	57m00	58m00	53m50				
Javelot 600g									49m00
Javelot 700g								54m00	
Javelot 800g	68m00	66m00	62m50	64m00	59m00	61m00	54m00		
Octathlon									4192 pt
Décathlon								6000 pt	
Décathlon	7000 pt	6800 pt	6450 pt	6600 pt	6150 pt	6300 pt	5800 pt		