|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Minimas de participation championnats régionaux Benjamins Minimes** | | | | |
|  |  |  |  |  |
| **Discipline** | **BF** | **MF** | **BG** | **MG** |
| **50m** | 8''10 | 7''60 | 7''70 | 6''90 |
| **100m** | 16''50 | 14''50 | 15''50 | 12''70 |
| **1000m** | 4'00 | 3'45 | 3'45 | 3'10 |
| **2000m** |  | Libre |  |  |
| **3000m** |  |  |  | Libre |
| **50m haies** | 10''00 |  | 9''90 |  |
| **80m haies** |  | 14''50 |  |  |
| **100m Haies** |  |  |  | 17''00 |
| **200m haies** |  | 40''00 |  | 34''50 |
| **2000m marche** | 14’30 |  | 14’30 |  |
| **3000m marche** |  | 21’30 |  | 21’30 |
| **Hauteur** | 1m20 | 1m32 | 1m22 | 1m50 |
| **Perche** | **1m60** | **1m80** | **1m80** | **2m20** |
| **Longueur** | 3m70 | 4m20 | 4m10 | 5m20 |
| **Triple saut** | 7m70 | 9m30 | 8m50 | 10m80 |
| **Poids** | 6m40 | 7m30 | 7m00 | 9m30 |
| **Disque** | 14m00 | 17m00 | 14m00 | 23m00 |
| **Marteau** | 14m00 | 16m00 | 14m00 | 20m00 |
| **Javelot** | 14m00 | 19m00 | 19m00 | 29m00 |

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| **Montées de Barres HAUTEUR** | | | | |
| **Niveau Régional** | | | | |
|  |  |  |  |  |
| **Benjamines** | **Benjamins** | **Minimes filles** | **Minimes garçons** |  |
|  |  |  |  |  |
| 1m05 | 1m10 | 1m15 | 1m30 | 5en 5 |
| 1m10 | 1m15 | 1m20 | 1m35 |  |
| 1m15 | 1m20 | 1m25 | 1m40 |  |
| **1m20** | **1m25** | **1m30** | **1m45** |  |
| 1m24 | 1m29 | 1m34 | 1m49 | 4en4 |
| 1m28 | 1m33 | 1m38 | 1m53 |  |
| 1m32 | 1m37 | 1m42 | 1m57 |  |
| 1m36 | 1m41 | 1m46 | 1m61 |  |
| **1m40** | **1m45** | **1m50** | **1m65** |  |
| 1m43 | 1m48 | 1m53 | 1m68 | 3en 3 |
| 1m46 | 1m51 | 1m56 | 1m71 |  |
| etc | etc | etc | etc |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Montées de Barres PERCHE** | | | | |
| **Niveau Régional** | | | | |
| **Benjamines** | **Benjamins** | **Minimes filles** | **Minimes garçons** |  |
|  | 1m55 |  |  |  |
| 1m40 | 1m70 |  |  | 15 en 15 |
| 1m55 | 1m85 | 1m55 |  |  |
| 1m70 | 2m00 | 1m70 | 2m00 |  |
| 1m85 | 2m15 | 1m85 | 2m15 |  |
| 2m00 | 2m30 | 2m00 | 2m30 |  |
| 2m15 | 2m45 | 2m15 | 2m45 | 10 en 10 |
| 2m25 | 2m55 | 2m25 | 2m55 |  |
| 2m35 | 2m65 | 2m35 | 2m65 |  |
| 2m45 |  | 2m45 | 2m75 |  |
| 2m55 |  | etc | etc |  |
| 2m65 | 2m85 | 2m75 | 305 | 5 en 5 |
| etc | etc | etc | etc |  |
|  |  |  |  |  |