

Limites cadres valaisans 2019-2020								
Garçons								
	U18M		U20M		U23M		Hommes	
	2004 limites U16M CH 2019	2003 limites U18M CH 2019	2002 limites U18M CH 2019	2001 limites U20M CH 2019	2000 limites U20M CH 2019	1998-1999 limites U23M CH 2019	1997 limites U23M CH 2019	...- 1996 limites M CH 2019
80m	9.90							
100m		11.70	11.70	11.40	11.40	11.40	11.40	11.20
200m		23.70	23.70	23.30	23.30	23.10	23.10	22.50
400m		54.00	54.00	52.30	52.30	52.00	52.00	50.40
100mH	15.60							
110mH		16.00	16.00	16.70	16.70	16.50	16.50	15.80
400mH		64.50	64.50	62.00	62.00	61.00	61.00	58.00
Hauteur	1.70	1.80	1.80	1.85	1.85	1.85	1.85	1.95
Longueur	5.80	6.30	6.30	6.35	6.35	6.40	6.40	6.90
Triple	11.00	11.60	11.60	12.00	12.00	12.40	12.40	13.50
Poids	12.50	13.00	13.00	12.00	12.00	12.00	12.00	13.40
Disque	36.00	36.00	36.00	36.00	36.00	35.00	35.00	42.00
Javelot	43.00	47.00	47.00	45.00	45.00	48.00	48.00	54.00
Marteau	30.00	30.00	30.00	32.00	32.00	32.00	32.00	40.00

Limites cadres valaisans 2019-2020								
Filles								
	U18W		U20W		U23W		Femmes	
	2004 limites U16W CH 2019	2003 limites U18W CH 2019	2002 limites U18W CH 2019	2001 limites U20W CH 2019	2000 limites U20W CH 2019	1998-1999 limites U23W CH 2019	1997 limites U23W CH 2019	...- 1996 limites W CH 2019
80m	10.60							
100m		13.20	13.20	13.15	13.15	13.15	13.15	12.60
200m		27.60	27.60	27.40	27.40	27.20	27.20	25.50
400m		65.00	65.00	64.50	64.50	64.00	64.00	60.00
80mH	13.10							
100mH		16.00	16.00	16.60	16.60	16.60	16.60	15.70
400mH		77.25	77.25	74.00	74.00	74.00	74.00	70.00
Hauteur	1.55	1.58	1.58	1.60	1.60	1.60	1.60	1.65
Longueur	5.20	5.20	5.20	5.25	5.25	5.30	5.30	5.70
Triple	9.60	10.00	10.00	10.40	10.40	10.40	10.40	11.20
Poids	10.90	11.60	11.60	10.60	10.60	10.60	10.60	12.00
Disque	29.00	29.00	29.00	30.00	30.00	31.00	31.00	38.00
Javelot	37.00	36.00	36.00	33.00	33.00	25.00	25.00	38.00
Marteau	22.00	23.00	23.00	23.00	23.00	33.00	33.00	37.00