

Limites cadres valaisans 2020-2021								
Garçons								
	U18M		U20M		U23M		Hommes	
	2005 limites U16M CH 2020	2004 limites U18M CH 2020	2003 limites U18M CH 2020	2002 limites U20M CH 2020	2001 limites U20M CH 2020	1999-2000 limites U23M CH 2020	1998 limites U23M CH 2020	...- 1997 limites M CH 2020
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	7.00
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
Multiples	3500 points	5100 points	5100 points	5300 points	5300 points	5500 points	5500 points	5800 points

Limites cadres valaisans 2020-2021								
Filles								
	U18W		U20W		U23W		Femmes	
	2005 limites U16W CH 2020	2004 limites U18W CH 2020	2003 limites U18W CH 2020	2002 limites U20W CH 2020	2001 limites U20W CH 2020	1999-2000 limites U23W CH 2020	1998 limites U23W CH 2020	...- 1997 limites F CH 2020
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	1.60	1.60	1.60	1.60	1.62	1.60	1.70
Longueur	5.20	5.30	5.30	5.40	5.40	5.45	5.45	5.80
Triple	9.60	10.20	10.20	10.40	10.40	10.40	10.40	11.30
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
Multiples	3100 points	3600 points	3600 points	3900 points	3900 points	4200 points	4200 points	4500 points