

<b>ATHLETISME – MINIMA A - OVER 20 YRS OLD</b>		
<b>HOMMES</b>	<b>EPREUVES</b>	<b>DAMES</b>
10.5	100m	12.16
21.28	200m	25.06
47.31	400m	56.5
1.53	800m	2.12
3.56	1500m	4.45
14.30.81	5000m	18.17.0
30.03.50	10000m	38.38
	100m Haies	14.4
14.25	110m Haies	
51.85	400m Haies	61.75
9.11.50	3000m Steeple	12.2
20.09.63	5000m Marche	24.44.49
44.12.43	10,000m marche	53.06.92
1H10	Semi-Marathon	1h23
2H.18.20	Marathon	2H.48.0
38.99	Relais 4x100m	45.89
3.06.21	Relais 4x400m	3.39.92
2M08	Hauteur	1M65
4M60	Perche	3M00
7M40	Longueur	5M75
15M30	Triple Saut	12M50
13M75	Poids	12M50
49M00	Disque	42M00
55M00	Marteau	46M00
64M00	Javelot	48M00
	Heptathlon	4500PTS
6650PTS	Décathlon	

<b>ATHLETISME – MINIMA B - OVER 20 YRS OLD</b>		
<b>HOMMES</b>	<b>EPREUVES</b>	<b>DAMES</b>
10.9	100 m	12.3
22.15	200 m	25.9
50.24	400 m	58.15
1.57.0	800 m	2.24.0
4.20.0	1500 m	5.00.0
15.45.0	5000 m	20.00.0
33.30.0	10000 m	39.55.0
	100m haies / hurdles	15.15
15.15	110m haies	
55.35	400m haies / hurdles	64
9.55.00	3000m steeple chase	
	5000 M Marche	29.30.0
48.00.0	10 000 M Marche	59.30.0
1h15	Semi Marathon	1h30
2H32.0	Marathon	3H10
2.02	Hauteur / High Jump	1.58
3.9	Perche / Pole vault	2.9
7.2	Longueur / Long Jump	5.7
15.05	Triple Saut / Triple Jump	11.7
13.6	Poids / Shot Put	11.9
44	Disque / Discus	36
46	Marteau / Hammer	40
56	Javelot / Javelin.	41
5700pts	Decathlon	
	Heptathlon	3600pts

<b>ATHLETISME – MINIMA U20</b>		
<b>HOMMES</b>	<b>EPREUVES</b>	<b>DAMES</b>
10.95	100 m	12.45
22.3	200 m	26
50.5	400 m	59
2.00.0	800 m	2.32.0
4.40.0	1500 m	5.40.0
16.15.0	5000 m	22.00.0
34.30.0	10000 m	41.00.0
	100m haies / hurdles	15.45
15.2	110m haies	
56.3	400m haies / hurdles	66
10.00.00	3000m steeple chase	
	5000 M Marche	33.30.0
50.00.0	10 000 M Marche	
1h25	Semi Marathon	1h34
2	Hauteur / High Jump	1.55
3.75	Perche / Pole vault	2.7
7.1	Longueur / Long Jump	5.5
15	Triple Saut / Triple Jump	11.5
12.9	Poids / Shot Put	10
39	Disque / Discus	33
39	Marteau / Hammer	38
50	Javelot / Javelin.	35
5600pts	Decathlon	
	Heptathlon	3500pts

**TABLE DE COTATION U18 GARCONS**

CAD	100M	200M	400M	800M	1500M	110M H	400M H	HAUT	LONG	TST	PE	PDS	MRT	DSQ	JAV
GARCONS												5KGS	5KGS	1.5KG	700G
40	10.75	21.75	49.75	1.51.0	4.10.0	13.75	53.35	2.06	7.20	15.00	4.70	16.70	57.5	50.00	55.50
39	10.82	21.80	50.05	1.52.0	4.12.0	13.86	53.64	2.04	7.12	14.83	4.60	16.40	57.05	49.45	54.65
38	10.88	21.95	50.35	1.53.0	4.13.0	13.98	53.94	2.02	7.04	14.65		16.10	55.85	48.65	53.55
37	10.94	22.15	50.85	1.54.0	4.14.0	14.10	54.24	2.00	6.96	14.50	4.50	15.80	54.55	48.00	52.35
36	11.00	22.35	51.05	1.55.0	4.15.0	14.22	54.54	1,98	6.88	14.35	4.40	15.50	53.25	47.35	51.65
35	11.06	22.55	51.35	1.56.0	4.16.0	14.32	54.84	1.96	6.80	14.18	4.30	15.10	52.35	46.65	50.45
34	11.12	22.75	51.75	1.57.0	4.17.0	14.46	55.14	1.94	6.72	14.05	4.20	14.80	51.90	45.60	49.35
33	11.19	22.85	52.05	1.58.0	4.18.0	14.58	55.44	1.92	6.64	13.86	4.10	14.40	51.60	44.50	48.45
32	11.25	23.05	52.45	1.59.0	4.19.0	14.70	55.75	1.90	6.56	13.70	4.00	14.00	50.00	43.00	47.35
31	11.31	23.25	52.85	2.00.4	4.20.0	14.82	56.04	1.88	6.48	13.54	3.90	13.60	48.40	41.50	46.30
30	11.38	23.46	53.05	2.01.8	4.21.0	14.94	56.44	1.86	6.40	13.38	3.80	13.20	47.60	40.00	45.00
29	11.46	23.68	53.40	2.02.6	4.23.0	15.05	56.84	1.84	6.32	13.22		12.80	46.80	38.80	44.20
28	11.54	23.92	53.85	2.03.2	4.25.0	15.18	57.25	1.82	6.24	13.06	3.70	12.40	46.00	37.60	43.40
27	11.62	24.12	54.04	2.04.6	4.27.0	15.32	57..64	1.80	6.16	12.90	3.60	12.00	45.60	36.20	42.20
26	11.70	24.35	54.45	2.05.0	4.28.0	15.46	58.05	1.78	6.08	12.74		11.75	45.10	35.00	41.00
25	11.80	24.60	54.85	2.08.6	4.30.0	15.54	58.35	1.76	6.00	12.65	3.50	11.50	44.60	34.20	39.80
24	11.90	24.86	55.05	2.09.2	4.33.0	15.60	58.85	1.74	5.92	12.58	3.40	11.25	44.10	33.40	38.60
23	12.00	25.12	55.44	2.10.8	4.36.0	15.76	59.05	1.72	5.84	12.42		11.00	43.60	32.00	37.40
22	12.12	25.38	55.84	2.12.4	4.39.0	15.92	59.35	1.70	5.76	12.26	3.30	10.80	42.00	31.80	36.20

21	12.24	25.68	56.04	2.14.0	4.42.0	16.08	59.85	1.68	5.68	12.10	3.20	10.60	40.40	31.00	35.00
20	12.36	25.98	56.44	2.15.6	4.45.0	16.24	60.05	1.66	5.60	11.94		10.40	38.80	30.20	34.50
19	12.48	26.28	56.85	2.17.2	4.48.0	16.35	60.35	1.64	5.52	11.78	3.10	10.20	37.20	29.40	33.80
18	12.6	26.58	57.05	2.18.8	4.51.0	16.40	60.85	1.62	5.44	11.62	3.00	10.00	36.40	28.60	32.60
17	12.72	26.88	57.44	2.20.4	4.54.0	16.58	61.05	1.60	5.36	11.46		9.80	35.60	27.80	31.40
16	12.84	27.18	57.85	2.22.0	4.57.0	16.68	61.35	1.58	5.28	11.30	2.90	9.60	34.40	27.00	30.45
15	12.96	27.48	58.25	2.23.6	5.00.0	16.76	61.85	1.56	5.20	11.15	2.80	9.40	33.60	26.20	30.00
14	13.08	27.78	58.64	2.25.2	5.03.0	16.93	62.05	1.54	5.12	10.95		9.20	33.00	25.40	29.35
13	13.20	28.08	58.85	2.26.8	5.07.0	17.12	62.35	1.52	5.04	10.85	2.70	9.00	33.60	24.60	28.20
12	13.32	28.38	59.00	2.28.4	5.10.0	17.30	62.85	1.50	4.96	10.65	2.60	8.80	32.00	23.80	27.80
11	13.44	28.68	59.25	2.30.0	5.13.0	17.48	63.05	1.48	4.88	10.50	2.50	8.60	31.60	23.00	25.40
10	13.56	28.98	59.65	2.31.7	5.16.0	17.75	63.35	1.46	4.80	10.45	2.40	8.30	30.80	22.00	24.20
9	13.68	29.28	59.95	2.33.5	5.19.0	17.96	63.85	1.44	4.72	10.35	2.30	8.00	29.60	21.60	23.00
8	13.84	29.60	60.05	2.35.2	5.21.0	18.05	64.10	1.42	4.64	10.25	2.20	7.90	28.40	21.10	22.45
7	14.00	29.92	60.54	2.37.0	5.24.0	18.25	64.80	1.40	4.56	10.15	2.10	7.50	27.20	20.50	21.80
6	14.16	30.24	61.05	2.378.7	5.27.0	18.65	65.15	1.39	4.48	10.05	2.00	7.20	26.00	20.00	20.60
5	14.32	30.56	61.54	2.40.5	5.30.0	18.90	65.95	1.38	4.40	10.00	1.90	6.90	25.00	19.50	19.40
4	14.48	30.88	62.05	2.42.2	5.33.0	19.35	66.15	1.37	4.32	9.95	1.80	6.30	24.00	19.00	18.20
3	14.68	31.28	62.54	2.44.0	5.36.0	19.80	66.95	1.36	4.24	9.90	1.70	6.00	23.00	18.50	17.60
2	14.88	31.68	65.05	2.45.7	5.39.0	19.25	67.30	1.35	4.16	9.85	1.60	5.50	22.00	17.00	17.00
1	15.08	32.08	65.54	2.47.5	5.41.0	19.55	68.00	1.34	4.05	9.80	1.50	5.00	21.00	16.00	16.00

**TABLE DE COTATION U18 FILLES**

CAD	100M	200M	400M	800M	1500M	100MH	400M H	HAUT	LONG	TST	PE	PDS	MRT	DSQ	JAV
FILLES												3KGS	3KGS	1KG	600G
40	11.70	24.35	57.05	2.08.6	4.30.0	13.35	60.45	1.80	6.00	12.65	3.70	15.10	51.60	44.50	45.00
39	11.80	24.60	57.44	2.09.2	4.33.0	13.45	60.85	1.78	5.92	12.58		14.80	50.00	43.00	44.20
38	11.90	24.86	57.85	2.10.8	4.36.0	13.60	61.25	1.76	5.84	12.42	3.60	14.40	48.40	41.50	43.40
37	12.00	25.12	58.25	2.12.4	4.39.0	13.76	61.65	1.74	5.76	12.26	3.50	14.00	47.60	40.00	42.20
36	12.12	25.38	58.64	2.14.0	4.42.0	13.95	62.05	1.72	5.68	12.10	3.40	13.60	46.80	38.80	41.00
35	12.24	25.68	58.85	2.15.6	4.45.0	14.10	62.45	1.70	5.60	11.94	3.30	13.20	46.00	37.60	39.80
34	12.36	25.98	59.00	2.17.2	4.48.0	14.15	62.85	1.68	5.52	11.78	3.20	12.80	45.60	36.20	38.60
33	12.48	26.28	59.25	2.18.8	4.51.0	14.25	63.25	1.66	5.44	11.62	3.10	12.40	45.10	35.00	37.40
32	12.6	26.58	59.65	2.20.4	4.54.0	14.40	63.65	1.64	5.36	11.46	3.00	12.00	44.60	34.20	36.20
31	12.72	26.88	59.95	2.22.0	4.57.0	14.60	64.00	1.62	5.28	11.30	2.90	11.75	44.10	33.40	35.00
30	12.84	27.18	60.05	2.23.6	5.00.0	14.95	64.55	1.60	5.20	11.15	2.80	11.50	43.60	32.00	34.50
29	12.96	27.48	60.54	2.25.2	5.03.0	15.12	65.05	1.58	5.12	10.95		11.25	42.00	31.80	33.80
28	13.08	27.78	61.05	2.26.8	5.07.0	15.30	65.55	1.56	5.04	10.85	2.70	11.00	40.40	31.00	32.60
27	13.20	28.08	61.54	2.28.4	5.10.0	15.48	66.05	1.54	4.96	10.65	2.60	10.80	38.80	30.20	31.40
26	13.32	28.38	62.05	2.30.0	5.13.0	15.66	66.85	1.52	4.88	10.50	2.50	10.60	37.20	29.40	30.45
25	13.44	28.68	62.54	2.31.7	5.16.0	15.84	67.05	1.50	4.80	10.45	2.40	10.40	36.40	28.60	30.00
24	13.56	28.98	63.05	2.33.5	5.19.0	16.02	67.55	1.48	4.72	10.35		10.20	35.60	27.80	29.35
23	13.68	29.28	63.54	2.35.2	5.21.0	16.20	67.95	1.46	4.64	10.25	2.30	10.00	34.40	27.00	28.20
22	13.84	29.60	64.05	2.37.0	5.24.0	16.38	68.25	1.44	4.56	10.15		9.80	33.60	26.20	27.80

21	14.00	29.92	64.54	2.378. 7	5.27.0	16.56	68.65	1.42	4.48	10.05	2.20	9.60	33.00	25.40	25.40
20	14.16	30.24	65.05	2.40.5	5.30.0	16.74	68.95	1.40	4.40	10.00		9.40	33.60	24.60	24.20
19	14.32	30.56	65.54	2.42.2	5.33.0	16.92	69.15	1.39	4.32	9.95	2.10	9.20	32.00	23.80	23.00
18	14.48	30.88	66.05	2.44.0	5.36.0	17.10	69.45	1.38	4.24	9.90		9.00	31.60	23.00	22.45
17	14.68	31.28	66.54	2.45.7	5.39.0	17.28	69.90	1.37	4.16	9.85		8.80	30.80	22.00	21.80
16	14.88	31.68	67.05	2.47.5	5.41.0	17.46	70.15	1.36	4.05	9.80	2.00	8.60	29.60	21.60	20.60
15	15.08	32.08	67.54	2.49.2	5.43.0	17.63	70.45	1.35	4.00	9.75		8.30	28.40	21.10	19.40
14	15.28	32.48	68.05	2.51.0	5.46.0	17.80	70.95	1.34	3.95	9.70		8.00	27.20	20.50	18.20
13	15.48	32.88	68.54	2.52.7	5.49.0	17.97	71.15	1.33	3.85	9.65	1.90	7.70	26.00	20.00	17.60
12	15.68	33.28	68.85	2.54.5	5.51.0	18.14	71.45	1.32	3.75	9.60		7.40	25.20	19.50	17.00
11	15.88	33.68	68.95	2.56.2	5.54.0	18.31	71.95	1.31	3.65	9.55		7.10	24.40	19.00	16.25
10	16.08	34.08	69.05	2.58.0	6.02.0	18.48	72.25	1.30	3.60	9.50	1.80	6.80	23.60	18.50	15.80
9	16.30	34.52	69.35	2.59.7	6.08.0	18.65	72.75	1.29	3.55	9.00		6.50	22.80	18.00	15.00
8	16.52	34.96	69.65	3.01.5	6.14.0	18.82	73.00	1.28	3.50	8.50		6.20	22.00	17.50	14.75
7	16.76	35.44	69.95	3.03.2	6.20.0	18.99	73.25	1.27	3.45	8.00	1.70	5.90	21.20	17.00	14.10
6	17.00	35.92	70.05	3.05.0	6.26.0	19.16	73.75	1.26	3.40	7.50		5.60	20.40	16.50	13.75
5	17.48	36.88	70.35	3.09.0	6.32.0	19.50	74.00	1.25	3.35	7.00		5.20	19.60	16.00	13.25
4	17.96	37.84	70.65	3.12.0	6.38.0	19.84	74.35	1.24	3.30	6.50	1.60	5.00	18.80	15.50	12.55
3	18.00	38.00	70.95	3.14.0	6.44.0	19.94	74.80	1.23	3.25	6.00		4.80	18.00	15.00	12.05
2	18.44	38.40	71.05	3.16.0	6.50.0	20.15	75.35	1.22	3.20	5.50		4.60	17.20	14.50	11.50
1	18.92	38.90	71.35	3.17.0	7.06.0	20.50	76.00	1.21	3.15	5.00	1.50	4.40	16.40	14.00	11.00

**TABLE DE COTATION U16 GARCONS**

U16	60M	100M	300M	800M	1000M	3000M	100MH	300MH	HAUT	LONG	TST	PDS	MRT	DSQ	JAV
GARCONS															
40	6.6	11.3	33.4	1.56.0	2.35.3	8.55.0	12.7	37	2m02	7m00	14m40	16M20	70M00	49M00	53M00
39	6.7	11.4	33.8	1.57.5	2.37.5	9.03.8	12.9	37.5	1m98	6m68	14m15	15M80	66M20	47M33	51M80
38	6.8	11.5	34	1.59	2.40.0	9.12.6	13.1	38	1m94	6m72	13m90	15M40	62M40	45M66	50M60
37	6.9	11.6	34.4	2.01.5	2.42.5	9.21.4	13.4	38.5	1m91	6m58	13m65	15M00	58M60	43M99	49M40
36	7	11.7	34.7	2.02.5	2.45.0	9.30.2	13.6	39	1m87	6m44	13m40	14M60	54M80	42M32	48M20
35	7.1	11.8	35	2.04.5	2.47.0	9.39.2	13.8	39.5	1m83	6m30	13m15	14M20	51M00	40M65	47M00
34	7.2	11.9	35.4	2.05	2.49.5	9.46.0	14.0	39.8	1m80	6m20	13m00	13M80	49M00	39M52	45M80
33	7.3	12	35.8	2.06.5	2.51.5	9.53.0	14.2	40.2	1m78	6m10	12m85	13M40	47M00	38M39	44M60
32	7.4	12.1	36	2.07.5	2.53.5	10.00.0	14.4	40.5	1m75	6m00	12m70	13M00	45M00	37M23	43M40
31	7.5	12.2	36.2	2.08.5	2.55.5	10.07.0	14.6	40.9	1m73	5m90	12m55	12M60	43M00	36M13	42M20
30	7.6	12.3	36.5	2.09.5	2.57.5	10.14.0	14.8	41.2	1m70	5m80	12m40	12M20	41M00	35M00	41M00
29	7.7	12.4	36.8	2.10.1	2.59.5	10.20.5	14.9	41.5	1m68	5m74	12m26	11M90	39M80	34M40	39M80
28	7.8	12.5	37	2.11.7	3.01.1	10.27.0	15.1	41.7	1m66	5m68	12m12	11M60	38M60	33M80	38M60
27	7.9	12.6	37.4	2.13.3	3.02.9	10.38.5	15.3	42	1m64	5m62	11m98	11M30	37M40	33M20	37M40
26	8	12.7	37.8	2.14.1	3.04.7	10.40.0	15.4	42.2	1m62	5m56	11m84	11M00	36M20	32M60	36M20
25	8.1	12.8	38.2	2.15.3	3.06.5	10.46.5	15.6	42.5	1m60	5m50	11m70	10M70	35M00	32M00	35M00
24	8.2	12.9	38.6	2.16.1	3.08.3	10.53.0	15.8	42.8	1m58	5m44	11m56	10M40	33M80	27M00	33M80
23	8.3	13	39	2.17.9	3.10.1	10.58.0	15.9	43	1m56	5m38	11m42	10M10	32M60	26M20	32M60
22	8.4	13.1	39.4	2.19.5	3.11.9	11.06.0	16.1	43.3	1m54	5m32	11m28	9M80	31M40	25M40	31M40
21	8.5	13.2	39.8	2.21.1	3.13.7	11.12.5	16.3	43.5	1m52	5m26	11m14	9M50	30M20	24M60	30M20



20	8.6	13.3	40.2	2.22.6	3.15.5	11.19.0	16.5	43.8	1m50	5m20	11m00	9M20	29M00	23M80	29M00
19	8.7	13.4	40.6	2.24.8	3.17.3	11.25.5	16.6	44.1	1m48	5m14	10m86	8M90	27M80	23M00	27M80
18	8.8	13.4	40.9	2.26.7	3.19.1	11.32.0	16.8	44.3	1m46	5m08	10m72	8M60	26M60	22M20	26M60
17	8.9	13.5	41.2	2.28.5	3.20.9	11.30.0	17.0	44.7	1m44	5m02	10m58	8M30	25M40	21M40	25M40
16	9	13.6	41.7	2.30.5	3.22.7	11.45.0	17.1	45	1m42	4m96	10m44	8M00	24M20	20M60	24M20
15	9.1	13.7	42	2.32.5	3.24.5	11.51.0	17.3	45.5	1m40	4m90	10m30	7M70	23M00	19M80	23M00
14	9.2	13.8	42.4	2.34.5	3.26.5	11.50.5	17.5	46.1	1m38	4m83	10m15	7M40	21M70	19M00	21M80
13	9.3	13.9	42.8	2.36.5	3.28.5	12.05.5	17.8	47	1m36	4m76	10m00	7M10	20M40	18M20	20M60
12	9.4	14	43.2	2.38.5	3.30.5	12.12.5	18.0	47.6	1m33	4m69	9m85	6M80	19M10	17M40	19M40
11	9.5	14.2	43.6	2.40.1	3.32.5	12.19.5	18.3	48.1	1m31	4m62	9m70	6M50	17M80	16M60	18M20
10	9.6	14.4	44	2.42.9	3.34.5	12.26.5	18.5	48.9	1m29	4m55	9m55	6M20	16M50	15M80	17M00
9	9.7	14.6	45	2.44.6	3.36.5	12.33.0	18.7	49.4	1m27	4m49	9m44	5M80	16M20	15M00	15M50
8	9.8	14.8	46	2.46	3.38.1	12.35.0	18.9	50	1m25	4m43	9m38	5M40	15M90	14M50	14M00
7	9.9	15	47	2.48.5	3.39.9	12.37.0	19.1	50.5	1m24	4m37	9m22	5M00	15M60	14M00	12M50
6	10	15.2	48	2.50.2	3.41.7	12.39.0	19.4	51	1m22	4m31	9m11	4M60	15M30	13M50	11M00
5	10.2	15.4	49	2.52.8	3.43.5	12.41.0	19.7	51.5	1m20	4m25	9m00	4M20	15M00	13M00	9M50
4	10.4	15.6	50	2.53.9	3.45.1	12.43.0	20.0	52	1m18	4m20	8m90	3M80	14M80	12M50	8M00
3	10.6	15.8	51	2.55.2	3.46.1	12.45.0	20.5	52.5	1m17	4m15	8m80	3M60	14M60	12M00	6M50
2	10.8	16	52	2.57.5	3.48.3	12.47.0	21.0	53	1m15	4m10	8m70	3M40	14M40	11M00	6M00
1	11	16.2	53	2.58.5	3.49.9	12.49.0	22.0	54.0	1m14	4m05	7M50	3M20	14M20	10M00	5M50

**TABLE DE COTATION U16 FILLES**

U16	60M	100M	300M	800M	1000M	2000M	100MH	300MH	HAUT	LONG	TST	PDS	MRT	DSQ	JAV
FILLES															
40	7.2	12	38	2.16.0	2.58.0	6.30.0	13.8	41.5	1m72	5m75	12m00	14m00	37m00	41m00	41M50
39	7.3	12.2	38.2	2.17.2	2.58.2	6.36.0	14.0	42.1	1m69	5m65	11m82	13m56	36m00	39m20	40M00
38	7.4	12.3	38.6	2.18.8	3.00.4	6.42.0	14.1	42.7	1m66	5m55	11m64	13m12	35m00	37m40	38M80
37	7.5	12.5	39	2.20.4	3.02.6	6.48.0	14.3	43.5	1m64	5m45	11m46	12m68	34m00	35m60	37M60
36	7.6	12.6	39.2	2.22.0	3.04.8	6.54.0	14.4	43.9	1m61	5m35	11m28	12m24	33m00	33m80	36M20
35	7.7	12.8	39.6	2.23.6	3.07.0	7.00.0	14.6	44.5	1m58	5m25	11m10	11m80	32m00	32m00	35M00
34	7.8	12.9	40	2.25.2	3.09.0	7.03.1	14.8	44.9	1m56	5m18	10m94	11m54	31m20	31m00	34M20
33	7.9	13	40.4	2.26.8	3.11.0	7.06.2	14.9	45.3	1m55	5m11	10m78	11m28	30m40	30m00	33M40
32	8	13.2	40.8	2.28.4	3.13.0	7.09.3	15.1	45.7	1m53	5m04	10m62	11m02	29m60	29m00	32M60
31	8.1	13.4	41.2	2.30.0	3.15.0	7.12.4	15.2	46	1m52	4m97	10m46	10m76	28m80	28m00	31M80
30	8.2	13.5	41.6	2.31.7	3.17.0	7.15.5	15.4	46.5	1m50	4m90	10m30	10m50	28m00	27m00	31M00
29	8.3	13.6	42	2.33.5	3.18.8	7.18.4	15.6	46.8	1m49	4m84	10m19	10m28	27m40	26m40	30M20
28	8.4	13.7	42.4	2.35.2	3.20.6	7.21.3	15.8	47.1	1m48	4m78	10m08	10m10	26m80	26m00	29M40
27	8.5	13.8	42.8	2.37.0	3.22.4	7.24.2	16.0	47.4	1m47	4m72	9m97	9m90	26m20	25m00	28M60
26	8.6	13.9	43.2	2.38.7	3.24.2	7.27.1	16.1	47.7	1m46	4m66	9m86	9m70	25m60	25m20	27M80
25	8.7	14	43.6	2.40.5	3.26.0	7.30.0	16.3	48	1m45	4m60	9m75	9m50	25m00	24m60	27M00
24	8.9	14.1	44	2.42.8	3.27.8	7.33.0	16.5	48.3	1m44	4m54	9m64	9m30	24m40	24m00	26M20
23	9	14.2	44.5	2.45.7	3.29.6	7.36.0	16.6	48.6	1m43	4m48	9m53	9m10	23m80	23m40	25M40
22	9.1	14.3	45	2.47.5	3.31.4	7.38.0	16.8	48.9	1m42	4m42	9m42	8m90	23m20	22m80	24M60
21	9.2	14.4	45.6	2.49.2	3.33.2	7.42.0	17.0	49.2	1m41	4m36	9m31	8m70	22m60	22m20	23M80

20	9.3	14.5	46.4	2.51.0	3.35.0	7.45.0	17.1	49.5	1m40	4m30	9m20	8m50	22m00	21m60	23M00
19	9.4	14.6	47	2.52.7	3.36.8	7.48.0	17.3	49.8	1m39	4m24	9m08	8m30	21m40	20m40	22M00
18	9.5	14.7	47.5	2.54.5	3.38.6	7.51.0	17.5	50.1	1m38	4m18	8m98	8m10	20m80	19m80	21M00
17	9.6	14.8	48	2.56.2	3.40.4	7.54.0	17.8	50.4	1m37	4m12	8m87	7m90	20m20	19m20	20M00
16	9.7	14.9	48.5	2.58.0	3.42.2	7.57.0	18.0	50.7	1m36	4m06	8m76	7m70	19m60	18m60	19M00
15	9.8	15	49	2.59.7	3.44.0	8.00.0	18.3	51	1m35	4m00	8m65	7m50	19m00	18m00	18M00
14	9.9	15.3	49.5	3.01.5	3.46.0	8.10.0	18.3	51.4	1m32	3m89	8m52	7m30	18m00	17m10	17M00
13	10	15.6	50	3.03.7	3.48.0	8.20.0	18.9	51.8	1m29	3m78	8m39	7m10	17m00	16m20	16M00
12	10.1	15.9	50.5	3.05.0	3.50.0	8.30.0	19.1	52.2	1m26	3m67	8m26	6m70	16m00	15m30	15M00
11	10.2	16.2	51	3.07.2	3.52.0	8.40.0	19.4	52.6	1m23	3m56	8m13	5m90	15m00	14m40	14M00
10	10.3	16.5	51.5	3.09.0	3.54.0	8.50.0	19.7	53	1m20	3m45	8m00	5m50	14m00	13m50	13M00
9	10.4	16.8	52	3.11.5	3.55.8	8.56.0	20.0	53.5	1m18	3m36	7m88	5m20	13m40	12m80	12M20
8	10.5	17	52.5	3.14.0	3.57.6	9.02.0	20.3	54	1m16	3m27	7m76	4m90	12m80	12m10	11M40
7	10.6	17.5	53	3.17.4	3.59.4	9.08.0	20.6	54.5	1m14	3m18	7m64	4m60	12m20	11m40	10M60
6	10.7	18	53.5	3.19.1	4.01.2	9.14.0	20.9	55	1m12	3m09	7m52	4m30	11m60	10m70	9M80
5	10.8	18.7	54	3.21.0	4.03.3	9.20.0	21.2	56	1m10	3m00	7m40	4m00	11m00	10m00	9M00
4	10.9	19.3	54.5	3.23.7	4.05.0	9.24.0	21.5	57	1m08	2m92	7m29	3m80	10m60	9m40	7M80
3	11	19.7	55	3.25.2	4.07.0	9.28.0	21.8	58	1m07	2m84	7m18	3m60	10m20	8m00	6M60
2	11.1	20.2	56	3.27.9	4.09.0	9.32.0	22.5	59	1m05	2m76	7m07	3m40	9m80	8m20	5M40
1	11.2	20.6	57	3.30.0	4.11.0	9.36.0	23.0	1.00.0	1m00	2m68	6M00	3m20	9m40	7m60	5M00

**TABLE DE COTATION U14 GARCONS**

U14	50M	150M	800M	1000m W	2000M W	60MH	H J	L J	T J	P V	S PUT	DIS	JAV	MAR
GARCONS											3KG	800G	500GM	3KG
40	6,5	17.5	2.05	4.40	10'00	8.4	1m76	6m10	12m50	3m50	15m00	40M50	48m50	47m60
39	6,6	17.7	2.06.5	4.44	10'10	8.5	1m74	6m05	12m40	3m40	14m80	39M30	48m00	46m20
38	6,7	17.9	2.07.5	4.48	10'20	8.6	1m72	5m95	12m30	3m30	14m60	38M40	47m50	44m80
37	6,8	18.1	2.08.5	4.52	10'30	8.7	1m70	5m85	12m20	3m20	14m40	37M80	47m00	43m50
36	6,9	18.3	2.09.5	4.56	10'40	8.8	1m68	5m75	12m10		14m20	37M10	46m50	42m20
35	7	18.5	2.10.1	5.00	10'50	8.9	1m66	5m65	11m90	3m10	14m00	36M40	46m00	41m00
34	7,1	18.7	2.11.7	5.05	11'00	9.0	1m64	5m55	11m70		13m80	35M70	45m50	39m80
33	7,2	18.8	2.13.3	5.10	11'10	9.1	1m62	5m45	11m50	3m00	13m60	35M00	45m00	38m60
32	7,3	19.0	2.14.1	5.15	11'20	9.2	1m60	5m35	11m30		13m40	34M20	44m50	37m50
31	7,4	19.1	2.15.3	5.20	11'30	9.3	1m58	5m25	11m10	2m90	13m20	33M40	43m50	36m40
30	7,5	19.3	2.16.1	5.25	11'40	9.4	1m56	5m15	10m90		13m00	32M60	42m50	35m30
29	7,6	19.4	2.17.9	5.30	11'50	9.5	1m54	5m10	10m70	2m80	12m70	31M80	41m50	34m20
28	7,7	19.5	2.19.5	5.35	12'00	9.6	1m52	5m05	10m50		12m20	31M00	39m90	33m10
27	7,8	19.7	2.21.1	5.40	12'10	9.7	1m49	4m95	10m30	2m70	11m70	30M40	38m30	32m00
26	7,9	19.8	2.22.6	5.45	12'20	9.8	1m46	4m90	10m10		11m20	29M00	36m70	31m00
25	8	19.9	2.24.8	5.50	12'30	9.9	1m43	4m85	9m90	2m60	10m70	28M35	35m10	30m00
24	8,1	20.0	2.26.7	5.55	12'40	10.0	1m40	4m75	9m70		10m20	27M10	33m50	29m00
23	8,2	20.1	2.28.5	6.00	12'50	10.2	1m37	4m65	9m50	2m50	9m70	26M00	31m90	28m00
22	8,3	20.3	2.30.5	6.05	13'00	10.4	1m34	4m55	9m30		9m20	25M10	30m30	27m00

21	8,4	20.4	2.32.5	6.10	13'10	10.6	1m31	4m45	9m10	2m40	8m70	23M80	28m70	26m00
20	8,5	20.5	2.34.5	6.15	13'20	10.8	1m28	4m35	8m90		8m20	22M00	27m20	25m00
19	8,6	20.6	2.36.5	6.20	13'30	11.0	1m25	4m25	8m70	2m30	7m70	21M20	25m70	24m10
18	8,7	20.7	2.38.5	6.25	13'40	11.2	1m22	4m15	8m50		7m20	20M15	24m20	23m20
17	8,8	20.9	2.40.1	6.30	13'50	11.4	1m19	4m05	8m30	2m20	6m80	19M50	22m70	22m40
16	8,9	21.1	2.42.9	6.35	14'00	11.6	1m16	3m95	8m10		6m40	18M30	21m70	21m60
15	9	21.4	2.44.6	6.40	14'10	11.8	1m13	3m90	7m90	2m10	6m00	17M00	20m70	20m80
14	9,1	21.7	2.46	6.45	14'20	12.0	1m10	3m85	7m70		5m60	15M00	20m00	20m00
13	9,2	22.0	2.48.5	6.50	14'30	12.2	1m07	3m80	7m50	2m00	5m20	14M20	19m30	19m00
12	9,3	22.3	2.50.2	6.56	14'42	12.4	1m03	3m75	7m30		4m80	13M50	18m60	18m00
11	9,4	22.7	2.52.8	7.02	14'30	12.6	1m00	3m70	7m10	1m90	4m40	12m10	17m90	17m00
10	9,5	23.0	2.53.9	7.08	14'42	12.8	0m96	3m65	6m90		4m30	11m80	17m20	16m00
9	9,6	23.3	2.55.2	7.15	14'55	13.0	0m92	3m60	6m70	1m80	4m20	11m50	16m50	15m10
8	9,7	23.6	2.57.5	7.22	15'07	13.2	0m88	3m55	6m50		4m10	11m20	16m00	14m20
7	9,8	23.9	2.58.5	7.29	15'20	13.4	0m84	3m50	6m30	1m70	4m00	10m90	15m50	13m40
6	9,9	24.1	3.00.5	7.36	15'35	13.6	0m80	3m45	6m10		3m90	10m60	15m00	12m60
5	10	24.4	3.02.5	7.43	15'50	13.8	0m75	3m40	5m90	1m60	3m80	10m30	14m50	11m80
4	10,1	24.7	3.04.5	7.50	16'05	14.0	0m70	3m30	5m70		3m70	10m00	14m00	11m00
3	10,2	25.0	3.06.5	7.57	16'20	14.2	0m65	3m20	5m50	1m50	3m60	9m80	13n50	10m00
2	10,3	25.5	3.08.5	8.11	16'35	14.4	0m60	3m10	5m30		3m50	9m60	13m00	9m00
1	10,4	26	3.09.5	8.50	16'50	14.6	0m55	3m00	5m10	1m40	3m40	9m40	12m50	8m00

**TABLE DE COTATION U14 FILLES**

U14	50 M	150M	800M	1000m W	2000M W	60MH	H J	L J	T J	P V	S PUT	DIS	JAV	MAR
FILLES											2KG	600GM	400GM	2KG
40	6,7	18.5	2.25.2	5.05	10'30	8.9	1m60	5m30	11m60	3m00	13m80	38m00	42m00	41m20
39	6,8	18.6	2.26.8	5.10	10'40	8.8	1m58	5m35	11m50		13m60	37m20	40m10	40m00
38	6,9	18.7	2.28.4	5.15	10'50	8.7	1m56	5m20	11m60	2m90	13m40	36m40	39m20	38m80
37	7	18.9	2.30.0	5.20	11.00	8.6	1m54	5m15	11m20		13m20	35m60	37m00	37m60
36	7,1	19,1	2.31.7	5.25	11'10	8.5	1m52	5m10	11m00	2m80	13m00	34M80	35m90	36m40
35	7,2	19,3	2.33.5	5.30	11'20	8.3	1m50	5m05	10m90		12m80	34M00	33m80	35m20
34	7,3	19,5	2.35.2	5.35	11'30	9.1	1m48	5m00	10m80	2m70	12m60	33M20	32m70	34m00
33	7,4	19.6	2.37.0	5.40	11'40	9,4	1m46	4m95	10m70		12m40	32M40	31m60	33m00
32	7,5	19.8	2.38.7	5.45	11'50	9,5	1m44	4m90	10m60	2m60	12m05	31M60	29m10	32m00
31	7,6	20.0	2.40.5	5.50	12.00	9,6	1m42	4m85	10m40		11m70	30M80	28m40	31m00
30	7,7	20.2	2.42.8	5.55	12'11	9,8	1m40	4m80	10m20		11m35	29M60	27m00	30m00
29	7,8	20.3	2.45.7	6.00	12'22	10.0	1m38	4m75	10m00	2m50	11m00	28M40	25m60	29m00
28	7,9	20.5	2.47.5	6.05	12'33	10,2	1m36	4m70	9m75		10m65	27M20	24M90	28m00
27	8	20.6	2.49.2	6.10	12'44	10,4	1m34	4m60	9m50	2m40	10m30	26M00	24m20	27m00
26	8,1	20.8	2.51.0	6.15	12'55	10,6	1m32	4m50	9m25		9m95	24M80	23m50	26m00
25	8,2	21.0	2.52.7	6.20	13'06	10,8	1m30	4m40	9m25	2m30	9m55	23M60	22m80	25m00
24	8,3	21.1	2.54.5	6.25	13'17	11.0	1m28	4m30	9m00		9m15	22M40	22m10	24m00
23	8,4	21.3	2.56.2	6.30	13'28	11.2	1m26	4m20	8m75	2m20	8m75	21M40	21m40	23m00
22	8,5	21.4	2.58.0	6.35	13'40	11,4	1m24	4m10	8m50		8m35	20M40	20m70	22m00
21	8,6	21.6	2.59.7	6.40	13'52	11,6	1m22	4m00	8m25	2m10	7m95	19M40	19m00	21m20

20	8,7	21.8	3.01.5	6.45	14'04	11,8	1m20	3m90	8m00		7m55	18M40	17m00	20m40
19	8,9	21.9	3.03.7	6.50	14'16	12.0	1m17	3m80	7m75	2m00	7m15	17M40	15M90	19m60
18	9	22.1	3.05.0	6.55	14'28	12,2	1m14	3m70	7m50		6m75	16M40	14M90	18m80
17	9,1	22.2	3.07.2	7.00	14'40	12,4	1m11	3m60	7m25	1m90	6M35	15M40	13M90	18m00
16	9,2	22.4	3.09.0	7.05	14'52	12,6	1m08	3m50	7m10		5M95	14M40	12M90	17m20
15	9,3	22.7	3.11.5	7.10	15'04	12,8	1m05	3m45	6m95	1m80	5M65	13M90	12M40	16m40
14	9,4	23.0	3.14.0	7.15	15'16	13.0	1m02	3m40	6m80		5M35	13M40	11M90	15m60
13	9,5	23.4	3.17.4	7.22	15'28	13,2	0m99	3m35	6m65	1m70	5M05	12M90	11M40	14m80
12	9,6	23.7	3.19.1	7.29	15'46	13,4	0m96	3m30	6m50		4M75	12M40	10M90	14m00
11	9,7	24.0	3.21.0	7.36	16'04	13,6	0m93	3m25	6m40	1m60	4M45	11M90	10M40	13m20
10	9,8	24.3	3.23.7	7.43	16'22	13,8	0m90	3m20	6m30		4M30	11M40	9M90	12m40
9	9,9	24.6	3.25.2	7.50	16'40	14.0	0m86	3m15	6m20	1m50	4M15	10M90	9M40	12m00
8	10	24.8	3.27.9	7.57	16'58	14.2	0m83	3m10	6m10		4M00	10M40	8M90	11m60
7	10,2	25.1	3.30.0	8.04	17'16	14.4	0m77	3m05	6m00	1m40	3M85	9M90	8M40	10m80
6	10,4	25.4	3.32.5	8.11	17'34	14.6	0m74	3m00	5m95		3M70	9M40	7M90	10m00
5	10,6	25.6	3.34.5	8.18	17'52	14.8	0m65	2m90	5m90	1m30	3M55	8M90	7M40	9m50
4	10,8	25.8	3.36.5	8.25	18'10	15.0	0m60	2m80	5m85		3M40	8M40	6M90	9m00
3	11	26.1	3.38.5	8.32	18'30	15.4	0m55	2m70	5m80	1m20	3M30	7M90	6M40	8m50
2	11,2	26.3	3.40.5	8.40	18'50	15.8	0m50	2m60	5m75		3M20	7M40	5M90	8m00
1	11,4	26.5	3.42.5	8.50	19'10	16.2	0m45	2m50	5m70	1m10	3M10	6M90	5M40	7m50

## SWIMMING

<b>MALE</b>	<b>TIME STANDARD (MINIMA) FINA POINTS</b>	<b>FEMALE</b>	<b>TIME STANDARD (MINIMA) FINA POINTS</b>
<b>AGE</b>	<b>STD A</b>	<b>AGE</b>	<b>STD A</b>
13	<p>Minimum total of 800 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 350 FINA Points</p>	13	<p>Minimum total of 800 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 350 FINA Points</p>
14	<p>Minimum total of 875 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 385 FINA Points</p>	14	<p>Minimum total of 875 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 385 FINA Points</p>
15	<p>Minimum total of 950 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 425 FINA Points</p>	15	<p>Minimum total of 925 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 415 FINA Points</p>
16 – 17	<p>Minimum total of 1050 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 485 FINA Points</p>	16 – 17	<p>Minimum total of 1000 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; excluding all 50's</p> <p>Each event must be over 450 FINA Points</p>
18 & Above	<p>Minimum total of 1300 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; may include only one 50</p> <p>Each event must be over 600 FINA Points</p>	18 & Above	<p>Minimum total of 1150 FINA by addition of 2 Best Events</p> <p>Should be 2 different event &amp; may include only one 50</p> <p>Each event must be over 550 FINA Points</p>



# TRIATHLON

1. Support to students/athletes pursuing secondary/pre-vocational studies locally (12-20ys)

- The applicant shall finish at a maximum of 8% of time of the winner in National competitions

2. Support to students/athletes pursuing Secondary School Studies Abroad (14-17yrs)

- The applicant should finish at a maximum of 10% of the time of the winner in International Competitions

3. Support to Students/Athletes pursuing Tertiary/Vocational Studies (Locally & Abroad) (16 years and above)

- The applicant should finish at a maximum of 10% of the time of the winner in International Competitions

## WEIGHTLIFTING

### U14 Men

Category	49kg	55kg	61kg	67kg	73kg	81kg	81kg+
Snatch/Kg	42	47	54	57	60	64	69
Clean & Jerk/Kg	54	61	65	69	75	85	89
Total/Kg	96	108	119	126	135	149	158

### U16 Men

Category	49kg	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	102kg+
Snatch/Kg	56	61	65	69	73	76	80	83	86	90
Clean & Jerk/Kg	72	79	83	86	92	99	103	106	110	114
Total/Kg	128	140	148	155	165	175	183	189	196	204

### U18 Men

Category	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	109kg	109kg+
Snatch/Kg	70	75	80	85	90	95	100	105	110	115
Clean & Jerk/Kg	90	95	100	105	110	115	120	125	130	135
Total/Kg	160	170	180	190	200	210	220	230	240	250

### Senior Men

Category	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	109kg	109kg+
Snatch/Kg	85	90	95	100	105	110	115	120	125	130
Clean & Jerk/Kg	108	112	117	122	127	132	137	145	150	155
Total/Kg	193	202	212	222	232	242	252	265	275	285

## WEIGHTLIFTING

### U14 Women

Category	40kg	45kg	49kg	55kg	59kg	64kg	64kg+
Snatch/Kg	30	33	36	40	45	49	52
Clean & Jerk/Kg	40	44	48	52	57	60	64
Total/Kg	70	77	84	92	102	109	116

### U16 Women

Category	40kg	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	81kg+
Snatch/Kg	35	40	45	50	53	56	58	60	62	65
Clean & Jerk/Kg	45	50	55	60	63	66	68	72	74	77
Total/Kg	80	90	100	110	116	122	126	132	136	142

### U18 Women

Category	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	87kg	87kg+
Snatch/Kg	42	47	52	55	59	62	65	69	72	75
Clean & Jerk/Kg	52	57	62	65	69	72	75	80	85	90
Total/Kg	94	104	114	120	128	134	140	149	157	165

### Senior Women

Category	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	87kg	87kg+
Snatch/Kg	49	52	54	60	65	70	75	80	82	85
Clean & Jerk/Kg	59	62	65	72	77	79	82	87	92	100
Total/Kg	108	114	119	132	142	149	157	167	174	185