



FEDERATION ROYALE MAROCAINE D'ATHLETISME
MINIMAS MEETINGS DES ZONES (POINTS DE PARTICIPATION)
SAISON 2024 - 2025

Seniors H	Juniors H (U20)	Cadets (U18)	Minimes G (U16)	Epreuves	Minimes F (U16)	Cadettes (U18)	Juniors F (U20)	Seniors F
11.50	11.80	12.30	13.00	100m	14.50	13.80	13.50	13.20
23.00	23.50	24.30		200m		31.00	29.00	28.30
52.00	53.50	54.50		400m		1.08.00	1.05.00	1.04.00
1.55.00	1.58.00	2.04.00		800m		2.32.00	2.28.00	2.22.00
			2.55.00	1000m	3.20.00			
3.58.00	4.08.00	4.20.00		1500m		5.20.00	5.05.00	4.55.00
			6.15.00	2000m	7.20.00			
		9.00.00		3000m		11.10.00		
15.10.00	15.50.00			5000m			20.00.00	19.00.00
33.00.00	34.00.00			10000m			45.00.00	42.00.00
18.30	19.00	20.00	20.00	100m et 110m (Haies)	20.00	20.00	20.00	19.30
			42.00	250m Haies	45.00			
1.00.00	1.05.00	1.10.00		400m Haies		1.20.00	1.15.00	1.12.00
10.10.00	10.20.00	7.28.00		2000m et 3000m (Stp)		9.00.00	13.10.00	13.00.00
			12.00.00	2000m Marche	13.30.00			
		26.00.00		5000m Marche		30.00.00		
50.00.00	52.00.00			10000m Marche			57.00.00	56.00.00
1.80	1.70	1.60	1.40	Hauteur	1.25	1.35	1.40	1.50
6.30	6.10	5.90	5.40	Longueur	4.00	4.30	4.60	4.80
12.00	11.50	11.00		T.Saut		9.00	9.00	9.00
10.00	10.00	10.00	9.00	Poids	7.00	9.00	8.00	9.00
35.00	30.00	30.00	25.00	Disque	23.00	26.00	28.00	32.00
40.00	38.00	32.00	25.00	Javelot	23.00	26.00	28.00	32.00
40.00	40.00	35.00		Marteau		26.00	32.00	38.00

