

**FEDERACION MEXICANA DE ATLETISMO, AC**  
**DIRECCION TECNICA**  
**PRUEBAS OFICIALES 2010**

| PRUEBA                                     | FEMENIL  |  |  |  |   |   |
|--|--|--|--|--|---|---|
|  | 1a.Fuerza  | 20,21 y 22 años<br>Sub 23<br>Juvenil Superior<br>1988-89-90                                | 18 y 19 años<br>Sub 20<br>Juvenil Mayor<br>1991-92   | 16 y 17 años<br>Sub 18<br>Juvenil menor<br>1993-94   | 14 y 15 años<br>Infantil Mayor<br>1995-96                               | 12 y 13 años<br>Infantil menor<br>1997-98     |
| 75 mts.                                    |  |  |  |  |   | OK  |
| 100 mts.                                   | OK   | OK   | OK   | OK   | OK  |   |
| 150 mts.                                   |  |  |  |  |   | OK  |
| 200 mts.                                   | OK   | OK   | OK   | OK   | OK  |   |
| 400 mts.                                   | OK   | OK   | OK   | OK   | OK  |   |
| 800 mts.                                   | OK   | OK   | OK   | OK   | OK  | OK  |
| 1,500 mts.                                 | OK   | OK   | OK   | OK   |   |   |
| 2,000 mts.                                 |  |  |  |  | OK  |   |
| 3,000 mts.                                 |  |  | OK   | OK   |   |   |
| 5,000 mts.                                 | OK   | OK   | OK   |  |   |   |
| 10,000 mts.                                | OK   | OK   |  |  |   |   |
| Maratón                                    | OK   |  |  |  |   |   |
| 70 mts. c/v                                |  |  |  |  |   | 76 cm   |
| 80 mts. c/v                                |  |  |  |  | 76 cm   |   |
| 100 mts. c/v                               | 84 cm  | 84 cm  | 84 cm  | 76 cm  |   |   |
| 110 mts. c/v                               |  |  |  |  |   |   |
| 400 mts. c/v                               | 76 cm  | 76 cm  | 76 cm  | 76 cm  |   |   |
| 2,000 mts. steeple                         |  |  |  | 76 cm  |   |   |
| 3,000 mts. steeple                         | 76 cm  | 76 cm  | 76 cm  |  |   |   |
| Altura                                     | OK   | OK   | OK   | OK   | OK  | OK  |
| Garrocha                                   | OK   | OK   | OK   | OK   |   |   |
| Longitud                                   | OK   | OK   | OK   | OK   | OK  | OK  |
| Triple                                     | OK   | OK   | OK   | OK   |   |   |
| Pelota No.5 Beisbol                        |  |  |  |  |   | OK  |
| Bala                                       | 4 Kg   | 4 Kg   | 4 Kg   | 4 Kg   | 8 lb  | 3 Kg  |
| Disco                                      | 1 Kg   | 1 Kg   | 1 Kg   | 1 Kg   | 600 gr  |   |
| Martillo                                   | 4 Kg   | 4 Kg   | 4 Kg   | 4 Kg   |   |   |
| Jabalina                                   | 600 gr   | 600 gr   | 600 gr   | 600 gr   | 600 gr  |   |
| 2,000 mts caminata                         |  |  |  |  |   | OK  |
| 3,000 mts caminata                         |  |  |  |  | OK  |   |
| 5,000 mts caminata                         |  |  |  | OK   |   |   |
| 10,000 mts caminata                        |  | OK   | OK   |  |   |   |
| 20 K Caminata                              | OK   |  |  |  |   |   |
| 50 K Caminata                              |  |  |  |  |   |   |
| 4 x 75 mts.                                |  |  |  |  |   | OK  |
| 4 x 100 mts                                | OK   | OK   | OK   |  | OK  |   |
| 4 x 400 mts                                | OK   | OK   | OK   |  |   |   |
| Relevo Combinado<br>4 x (100,200,300,400m) |  |  |  | OK   |   |   |
| Pentatlón                                  |  |  |  |  |   | 60 m<br>altura<br>pelota<br>longitud<br>800 m |
| Hexatlón                                   |  |  |  |  | 80 m<br>altura<br>bala (8 lb)<br>60m c/v (76 cm)<br>longitud<br>1.000 m |   |
| Heptatlón                                  | 100m c/v (84 cm)<br>altura<br>bala (4 Kg)<br>200m<br>longitud<br>jabalina (600 gr)<br>800m | 100m c/v (84 cm)<br>altura<br>bala (4 Kg)<br>200m<br>longitud<br>jabalina (600 gr)<br>800m | 100m c/v (84 cm)<br>altura<br>bala (4 Kg)<br>200m<br>longitud<br>jabalina (600 gr)<br>800m | 100m c/v (76 cm)<br>altura<br>bala (4 Kg)<br>200m<br>longitud<br>jabalina (600 gr)<br>800m |   |   |
| Octatlón                                   |  |  |  |  |   |   |
| Decatlón                                   |  |  |  |  |   |   |
| Total de Pruebas                           | 23   | 22   | 22   | 20   | 13  | 11  |