

# Records Cadets

Épreuves		Performance	Nom	Prénom	Club	date	lieu
50 m – salle	ASC 2019/2020	6"64	Berger	Théo		15/02/2020	Bompas
	ASC athlé	6"18	Basseka	Alexis		18/02/2006	Bordeaux
	Athlé 11	6"36	Dambo	Matis	ASC athlé	11/03/2018	Fronton
	Aude	6"18	Basseka	Alexis	ASC athlé	18/02/2006	Bordeaux
60 m – salle	ASC 2019/2020	7"13	Dambo	Matis		01/02/2020	Bompas
	ASC athlé	7"10	Gabon	Davy		13/01/2008	Bompas
	Athlé 11	7"13	Dambo	Matis	ASC athlé	01/02/2020	Bompas
	Aude	7"10	Gabon	Davy	ASC athlé	13/01/2008	Bompas
100 m	ASC 2019/2020	11"41 (+1,4)	Sanchez	Tom		08/07/2020	Albi
	ASC athlé	10"70 (nc)	Saez	Jean-Luc		20/06/1976	Nîmes
	ASC athlé	10"95 (+0,7)	Gabon	Davy		18/07/2008	Vénissieux
	Athlé 11	11"04 (+0,3)	Paquier	Arnaud	ACNM	09/06/2019	Montpellier
	Aude	10"95 (+0,7)	Gabon	Davy	ASC athlé	18/07/2008	Vénissieux
	Aude	10"70 (nc)	Saez	Jean-Luc	ASC athlé	20/06/1976	Nîmes
200 m	ASC 2019/2020	23"04 (+0,2)	Sanchez	Tom		25/06/2020	Perpignan
	ASC athlé	22"50 (nc)	Petrosino	Jean-François		14/07/1993	Font Romeu
	Athlé 11	23"03 (+0.8)	Gonzalez	Patrice	ASC athlé	08/06/2013	Carcassonne
	Aude	22"50 (nc)	Petrosino	Jean-François	ASC athlé	14/07/1993	Font Romeu
200 m – salle	ASC 2019/2020	23"50	Sanchez	Tom		26/01/2020	Bompas
	ASC athlé	22"85	Vaguenez	Axel		05/02/2006	Aubière
	Athlé 11	23"50	Sanchez	Tom	ASC athlé	26/01/2020	Bompas
	Aude	22"85	Vaguenez	Axel	ASC athlé	05/02/2006	Aubière
300 m	ASC athlé	35"50	Petrosino	Jean-François		14/07/1993	Font Romeu
	Aude	35"50	Petrosino	Jean-François	ASC athlé	14/07/1993	Font Romeu
400 m	ASC 2019/2020	53"81	Sanchez	Tom		01/06/2019	Montpellier
	Athlé 11	49"39	Girard	Nicolas	ACNM	05/07/2016	Paris
	Aude	49"39	Girard	Nicolas	ACNM	05/07/2016	Paris
400 m – salle	ASC 2019/2020	54"71	Sans	Anthony		17/01/2015	Bompas
	Athlé 11	53"82	Fabre	Mathieu	LAC	24/11/2019	Bompas
	Aude	51"10	Marlin	Pascal	SN	26/01/1989	Bordeaux
800 m	ASC 2019/2020	1'55"66	Vaguenez	Axel		24/06/2006	Alès
	Athlé 11	1'54"00	Girard	Nicolas	ACNM	05/06/2016	Tournefeuille
	Aude	1'54"00	Girard	Nicolas	ACNM	05/06/2016	Tournefeuille
800 m – salle	ASC 2019/2020	2'17"95	Sune	Enzo		15/12/2019	Bompas
	ASC athlé	2'05"03	Robert	Romain		11/12/2010	Bompas
	Athlé 11	2'01"03	Girard	Nicolas	ACNM	18/01/2015	Bompas
	Aude	2'01"03	Girard	Nicolas	ACNM	18/01/2015	Bompas
1000 m	ASC 2019/2020	3'00"62 (I)	Sanchez	Tom		19/01/2020	Bompas
	ASC athlé	2'34"20	Robert	Romain		22/07/2011	Monaco
	Athlé 11	2'45"78 (I)	Escudier	Martin	ASC athlé	16/11/2019	Bompas
1000 m – salle	ASC 2019/2020	3'00"62	Sanchez	Tom		19/01/2020	Bompas
	ASC athlé	2'45"78	Escudier	Martin		16/11/2019	Bompas
	Athlé 11	2'45"78	Escudier	Martin	ASC athlé	16/11/2019	Bompas
1500 m	ASC 2019/2020	4'04"20	Sendra	Michel		08/05/1993	Narbonne
	Athlé 11	4'12"05	Plan	Sébastien	ACNM	22/06/2019	Toulouse
	Aude	4'04"20	Sendra	Michel	ASC athlé	08/05/1993	Narbonne
1500 m – salle	ASC 2019/2020	4'22"48	Boujnane	Younes		27/11/2011	Bompas
	Athlé 11	4'27"60	Fabre	Rémi	LAC	11/12/2016	Bompas
	Aude	4'22"48	Boujnane	Younes	ASC athlé	27/11/2011	Bompas

	<b>ASC athlé</b>	6'19"7 (M)	Sendra	Michel		10/06/1992 Nîmes
	<b>Athlé 11</b>	6'28"20	Chaleil	Louis	ACNM	14/07/2019 Tours
	<b>Aude</b>	6'28"20	Chaleil	Louis	ACNM	14/07/2019 Tours
	<b>ASC 2019/2020</b>					
<b>3000 m</b>	<b>ASC athlé</b>	9'06"58	Boukebal	Aziz		06/07/2012 Alès
	<b>Athlé 11</b>	10'40"84	Cuppari	Enzo	ACNM	14/05/2016 Carcassonne
	<b>Aude</b>	9'06"58	Boukebal	Aziz	ASC athlé	06/07/2012 Alès
	<b>ASC 2019/2020</b>					
<b>3000 m – salle</b>	<b>ASC athlé</b>	9'20"23	Boukebal	Aziz		26/11/2011 Bompas
	<b>Athlé 11</b>	10'28"58	Chaleil	Louis	ACNM	25/11/2018 Bompas
	<b>Aude</b>	9'20"23	Boukebal	Aziz	ASC athlé	26/11/2011 Bompas
	<b>ASC 2019/2020</b>					
<b>10 km – route</b>	<b>ASC athlé</b>					
	<b>Athlé 11</b>	35'38"	El Yakhlifi	Tarik	ACNM	16/03/2014 Béziers
	<b>Aude</b>	35'38"	El Yakhlifi	Tarik	ACNM	16/03/2014 Béziers
	<b>ASC 2019/2020</b>					
<b>60 m haies (91) – salle</b>		8"51	Sanchez	Tom		01/02/2020 Bompas
	<b>ASC athlé</b>	8"30	Castel	Jean		22/01/2006 Montpellier
	<b>Athlé 11</b>	8"51	Sanchez	Tom	ASC athlé	01/02/2020 Bompas
	<b>Aude</b>	8"30	Castel	Jean	ASC athlé	22/01/2006 Montpellier
	<b>ASC 2019/2020</b>					
<b>110 m haies (91)</b>		15"32 (+1,6)	Sanchez	Tom		08/07/2020 Albi
	<b>ASC athlé</b>	15"09 (+1,4)	Gabon	Davy		06/04/2008 Lunel
	<b>Athlé 11</b>	15"32 (+1,6)	Sanchez	Tom	ASC athlé	08/07/2020 Albi
	<b>Aude</b>	15"09 (+1,4)	Gabon	Davy	ASC athlé	06/04/2008 Lunel
	<b>Aude</b>	14"90 (nc)	Courdil	Lionel	ANO	15/06/1996 Narbonne
	<b>ASC 2019/2020</b>					
<b>320 m haies (84)</b>	<b>ASC athlé</b>	42"00	Petrosino	Jean-François	ASC athlé	05/06/1993 Evry
	<b>Aude</b>	42"00	Petrosino	Jean-François	ASC athlé	05/06/1993 Evry
	<b>ASC 2019/2020</b>					
<b>400 m haies (84)</b>	<b>ASC athlé</b>	55"59	Cros	Pierre		05/07/1986 Montgeron
	<b>Athlé 11</b>	57"09	Escudier	Martin	ASC athlé	23/06/2019 Toulouse
	<b>Aude</b>	55"59	Cros	Pierre	ASC athlé	05/07/1986 Montgeron
	<b>ASC 2019/2020</b>					
<b>1500 m steeple (76)</b>	<b>ASC athlé</b>	4'31"01	Bourgois	Michaël		19/06/1999
	<b>Athlé 11</b>					
	<b>Aude</b>	4'31"01	Bourgois	Michaël	ASC athlé	19/06/1999
	<b>ASC 2019/2020</b>					
<b>Longueur</b>		6m04 (I)	Dambo	Matis		16/11/2019 Bompas
	<b>ASC athlé</b>	6m62 (-0,6)	Gabon	Davy		19/07/2008 Vénissieux
	<b>ASC athlé</b>	7m03 (nc)	Cebe	Thierry		25/06/1978 Narbonne
	<b>Athlé 11</b>	6m80(I)	Rachou	Angelo	ASARCM	23/11/2019 Bompas
	<b>Aude</b>	6m80 (I)	Rachou	Angelo	ASARCM	23/11/2019 Bompas
	<b>Aude</b>	7m03 (nc)	Cebe	Thierry	ASC athlé	25/06/1978 Narbonne
	<b>ASC 2019/2020</b>					
<b>Longueur – salle</b>		6m04	Dambo	Matis		16/11/2019 Bompas
	<b>ASC athlé</b>	6m77	Gabon	Davy		22/12/2007 Bompas
	<b>Athlé 11</b>	6m80	Rachou	Angelo	ASARCM	23/11/2019 Bompas
	<b>Aude</b>	6m80	Rachou	Angelo	ASARCM	23/11/2019 Bompas
	<b>ASC 2019/2020</b>					
<b>Hauteur</b>		1m80 (I)	Sanchez	Tom		15/12/2019 Bompas
	<b>ASC athlé</b>	2m03	Guilhem	Olivier		08/05/1995 Nîmes
	<b>Athlé 11</b>	1m92	Paquier	Arnaud	ACNM	10/06/2018 Perpignan
	<b>Aude</b>	2m03	Guilhem	Olivier	ASC athlé	08/05/1995 Nîmes
	<b>ASC 2019/2020</b>					
<b>Hauteur - salle</b>		1m80	Sanchez	Tom		15/12/2019 Bompas
	<b>ASC athlé</b>	1m83	Castel	Jean		05/02/2006 Nogent-sur-Oise
	<b>Athlé 11</b>	1m86	Paquier	Arnaud	ACNM	25/11/2018 Bompas
	<b>Aude</b>	1m86	Paquier	Arnaud	ACNM	25/11/2018 Bompas
	<b>ASC 2019/2020</b>					
<b>Triple saut</b>		8m90 (I)	Coste	Charles		23/11/2019 Bompas
	<b>ASC athlé</b>	13m49 (nc)	Cebe	Thierry		30/05/1976 Nîmes
	<b>Athlé 11</b>	13m77 (+1,8)	Rachou	Angélo	ASARCM	11/05/2019 Perpignan
	<b>Aude</b>	14m72 (nc)	Ponsa	Sébastien	SN	25/06/1995 Narbonne
	<b>ASC 2019/2020</b>					
<b>Triple saut – salle</b>		8m90	Coste	Charles		23/11/2019 Bompas
	<b>ASC athlé</b>	11m97	Gonzalez	Patrice		24/03/2013 Bompas
	<b>Athlé 11</b>	13m39	Rachou	Angelo	ASARCM	10/02/2019 Bompas
	<b>Aude</b>	13m39	Rachou	Angelo	ASARCM	10/02/2018 Bompas
	<b>ASC 2019/2020</b>					
<b>Perche</b>	<b>ASC</b>	2m40 (I)	Sanchez	Tom		19/01/2020 Bompas

	<b>2019/2020</b>						
	<b>ASC athlé</b>	3m50	Monclus	Charles		22/04/2012 Perpignan	
	<b>ASC athlé</b>	3m50	Gabon	Davy		27/05/2007 Lunel	
	<b>Athlé 11</b>	3m50 (I)	Escudier	Martin	ASC athle	17/11/2019 Bompas	
	<b>Aude</b>	3m50	Monclus	Charles	ASC athlé	22/04/2012 Perpignan	
	<b>Aude</b>	3m50	Gabon	Davy	ASC athlé	27/05/2007 Lunel	
<b>Perche – salle</b>	<b>ASC 2019/2020</b>	2m40	Sanchez	Tom		19/01/2020 Bompas	
	<b>ASC athlé</b>	3m50	Escudier	Martin		17/11/2019 Bompas	
	<b>Athlé 11</b>	3m50	Escudier	Martin	ASC athle	17/11/2019 Bompas	
	<b>Aude</b>	3m50	Escudier	Martin	ASC athlé	17/11/2019 Bompas	
<b>Poids (5kg)</b>	<b>ASC 2019/2020</b>	10m65 (I)	Sanchez	Tom		18/01/2020 Bompas	
	<b>ASC athlé</b>	14m08	Lagarde	Xavier		30/09/1990 Albi	
	<b>Athlé 11</b>	16m58	Hermans	Luuk	JSL	06/10/2019 Albi	
	<b>Aude</b>	16m58	Hermans	Luuk	JSL	06/10/2019 Albi	
<b>Poids (5kg) – salle</b>	<b>ASC 2019/2020</b>	10m65	Sanchez	Tom		18/01/2020 Bompas	
	<b>ASC athlé</b>	13m76	Monclus	Charles		25/02/2012 Bompas	
	<b>Athlé 11</b>	14m71	Hermans	Luuk	JSL	16/12/2018 Bompas	
	<b>Aude</b>	14m71	Hermans	Luuk	JSL	16/12/2018 Bompas	
<b>Disque (1kg500)</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>	44m92	Castel	Jean		08/07/2006 Toulouse	
	<b>Athlé 11</b>	46m27	Hermans	Luuk	JSL	29/09/2019 Carcassonne	
	<b>Aude</b>	46m27	Hermans	Luuk	JSL	29/09/2006 Carcassonne	
<b>Javelot (700g)</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>	60m32	Gabon	Davy		19/07/2008 Vénissieux	
	<b>Athlé 11</b>	44m76	Raulin	Lucas	ASC athlé	24/05/2014 Carcassonne	
	<b>Aude</b>	60m32	Gabon	Davy	ASC athlé	19/07/2008 Vénissieux	
<b>Marteau (5kg)</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>	50m12	Delaur	David		12/06/1988 Narbonne	
	<b>Athlé 11</b>						
	<b>Aude</b>	50m12	Delaur	David	ASC athle	12/06/1988 Narbonne	
<b>Heptathlon – salle</b>	<b>ASC 2019/2020</b>	4118 points	Sanchez	Tom		19/01/2020 Bompas	
	<b>ASC athlé</b>	4542 points	Gabon	Davy		09/02/2008 Vittel	
	<b>Athlé 11</b>	4118 points	Sanchez	Tom	ASC athle	19/01/2020 Bompas	
	<b>Aude</b>	4542 points	Gabon	Davy	09/02/2008	09/02/2008 Vittel	
<b>Décathlon</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>	6290 points	Gabon	Davy		14/06/2008 Nice	
	<b>Athlé 11</b>	4827 points	Sanchez	Tom	ASC athle	02/06/2019 Montpellier	
	<b>Aude</b>	6290 points	Gabon	Davy	ASC athle	14/06/2008 Nice	
<b>3000 m marche</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>						
	<b>Athlé 11</b>	20'31"94	Mineo	Thomas	JSL	09/04/2016 Narbonne	
	<b>Aude</b>	20'31"94	Mineo	Thomas	JSL	09/04/2016 Narbonne	
<b>3000 m marche – salle</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>						
	<b>Athlé 11</b>						
	<b>Aude</b>						
<b>5000 m marche</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>						
	<b>Athlé 11</b>						
	<b>Aude</b>	22'46"68	Jaafar	Kévin	JSL	18/07/2010 Niort	
<b>10 000 m marche</b>	<b>ASC 2019/2020</b>						
	<b>ASC athlé</b>						
	<b>Athlé 11</b>						
	<b>Aude</b>						
<b>4 x 100 m</b>	<b>ASC athlé</b>	44"51	Basseka	Alexis		09/07/2005 Carcassonne	
			Castel	Jean			
			Vaguenez	Axel			
			Saint-Blancat	Eric			
	<b>Aude</b>	44"51	Basseka	Alexis	ASC athlé	09/07/2005	Carcassonne
			Castel	Jean			
			Vaguenez	Axel			
			Saint-Blancat	Eric			
<b>ASC athlé</b>							

<b>4 x 1000 m</b>	<b>Aude</b>		Cubero		
	<b>ASC athlé</b>	11'14"60	Roques		
			Rodriguez	14/09/1991	Béziers
			Marc		
	<b>Aude</b>	14'00"30	Cubero		
		Roques			
		Rodriguez	14/09/1991	Béziers	
		Marc			