

**Barèmes épreuves sportives
Personnel masculin**

| Note / 20 | Luc Léger | Squats | Tractions |
|-----------|------------|--------|-----------|
| 20 | 12 | > 62 | >14 |
| 19 | 11 | 59 | 13 |
| 18 | 10 + 30s | 55 | 12 |
| 17 | 10 | 52 | 11 |
| 16 | 9 + 30s | 51 | 10 |
| 15 | 9 | 49 | 9 |
| 14 | 8 + 30 s | 48 | 8 |
| 13 | 8 | 47 | 7 |
| 12 | 7 + 45 s | 45 | / |
| 11 | 7 + 30 s | 44 | 6 |
| 10 | 7 + 15 s | 43 | / |
| 9 | | 42 | 5 |
| 8 | 6 + 45 s | 41 | / |
| 7 | | 40 | 4 |
| 6 | 6 + 15 s | 39 | / |
| 5 | | 38 | 3 |
| 4 | 5 + 45 s | 37 | / |
| 3 | | 35 | 2 |
| 2 | 5 + 15 s | 34 | / |
| 1 | | 30 | 1 |
| 0 | < 5 + 15 s | 0 | 0 |

**Barèmes épreuves sportives
Personnel féminin**

| Note / 20 | Luc Léger | Squats | Tirage poulie |
|-----------|-----------|--------|---------------|
| 20 | 9 | > 58 | > 44 |
| 19 | 8 + 30 s | 52 | 42 |
| 18 | 8 | 51 | 40 |
| 17 | 7 + 30 s | 49 | 38 |
| 16 | 7 | 48 | 36 |
| 15 | 6 + 30 s | 46 | 34 |
| 14 | 6 | 45 | 32 |
| 13 | 5 + 45 s | 43 | 30 |
| 12 | 5 + 30 s | 42 | 28 |
| 11 | 5 + 15 s | 41 | 26 |
| 10 | 5 | 40 | 24 |
| 9 | | 39 | 22 |
| 8 | 4 + 45 s | 38 | 20 |
| 7 | | 37 | 18 |
| 6 | 4 + 30 s | 36 | 16 |
| 5 | | 34 | 14 |
| 4 | 4 + 15 s | 30 | 12 |
| 3 | | 25 | 10 |
| 2 | 4 | 24 | 8 |
| 1 | | 22 | 4 |
| 0 | < 4 | 0 | 0 |