



TEMPS DE QUALIFICATION - COUPES DES RÉGIONS 2023-2024

HOMMES - 25m

Âges	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans	18 ans et plus
50m Libre	37.67	34.88	32.14	30.45	29.30	28.72	28.30	28.02
100m Libre	1:24.42	1:16.63	1:10.63	1:06.91	1:04.38	1:03.12	1:02.19	1:01.58
200m Libre	2:58.83	2:45.49	2:34.72	2:26.53	2:21.01	2:18.24	2:16.20	2:14.85
400m Libre	6:22.88	5:57.83	5:31.25	5:15.33	5:01.97	4:56.05	4:50.24	4:48.83
800m Libre	13:24.81	12:32.15	11:36.29	11:02.81	10:41.07	10:28.50	10:19.22	10:13.08
1500m Libre	25:11.20	23:11.87	21:41.38	20:51.32	19:58.30	19:40.32	19:28.52	19:11.05
50m Dos	43.45	40.23	37.45	35.84	34.32	33.64	33.15	32.49
100m Dos	1:34.61	1:26.74	1:20.75	1:16.51	1:14.00	1:12.55	1:11.12	1:09.72
200m Dos	3:22.59	3:07.50	2:55.31	2:46.90	2:41.42	2:38.26	2:35.14	2:32.83
50m Brasse	47.10	43.62	40.60	38.85	37.20	36.48	35.94	35.23
100m Brasse	1:45.78	1:37.95	1:30.29	1:25.55	1:23.15	1:21.12	1:19.92	1:17.95
200m Brasse	3:54.19	3:34.74	3:17.95	3:07.55	3:02.30	2:57.84	2:55.21	2:50.90
50m Papillon	40.37	37.38	34.80	32.97	31.57	31.10	30.65	30.19
100m Papillon	1:32.00	1:25.19	1:18.53	1:14.40	1:11.96	1:10.55	1:09.16	1:07.80
200m Papillon	3:28.11	3:10.82	2:55.90	2:48.33	2:41.20	2:38.04	2:35.70	2:31.87
200m QNI	3:26.68	3:09.51	2:54.70	2:47.17	2:38.49	2:36.89	2:34.53	2:32.65
400m QNI	7:21.49	6:48.60	6:22.03	6:03.70	5:46.57	5:41.49	5:34.79	5:31.48

FEMMES - 25m

Âges	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans et plus
50m Libre	37.10	35.33	33.67	32.93	32.20	31.88	31.29
100m Libre	1:23.37	1:17.84	1:13.80	1:12.18	1:10.94	1:10.24	1:08.94
200m Libre	2:58.87	2:48.75	2:40.02	2:37.27	2:33.38	2:31.86	2:29.43
400m Libre	6:17.24	5:59.28	5:41.98	5:34.45	5:23.77	5:20.56	5:14.65
800m Libre	12:55.45	12:11.55	11:46.71	11:27.68	11:07.26	11:00.65	10:50.08
1500m Libre	25:12.80	23:47.17	22:58.71	22:28.29	22:08.30	21:55.14	21:34.10
50m Dos	42.85	40.81	39.29	38.42	37.57	37.20	36.15
100m Dos	1:32.76	1:28.34	1:23.37	1:21.54	1:20.13	1:19.34	1:17.49
200m Dos	3:20.42	3:10.88	3:01.69	2:57.69	2:52.89	2:51.17	2:48.02
50m Brasse	47.50	45.24	43.55	42.59	41.65	41.23	40.27
100m Brasse	1:45.88	1:40.84	1:35.16	1:33.07	1:30.55	1:29.65	1:28.00
200m Brasse	3:49.47	3:38.55	3:28.02	3:21.41	3:16.94	3:14.00	3:10.43
50m Papillon	40.01	38.11	36.68	35.87	34.90	34.56	33.92
100m Papillon	1:33.12	1:28.69	1:23.70	1:21.85	1:18.84	1:18.06	1:16.62
200m Papillon	3:33.76	3:19.78	3:08.40	3:02.91	2:56.68	2:54.07	2:50.86
200m QNI	3:20.27	3:08.93	3:00.71	2:57.60	2:54.09	2:52.36	2:49.61
400m QNI	7:10.86	6:42.30	6:30.58	6:18.17	6:11.66	6:09.84	6:03.02



TEMPS DE QUALIFICATION - COUPES DES RÉGIONS 2023-2024

HOMMES - 50m

Âges	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans	18 ans et plus
50m Libre	38.80	35.92	33.11	31.36	30.18	29.59	29.15	28.86
100m Libre	1:26.95	1:18.93	1:12.75	1:08.91	1:06.31	1:05.01	1:04.05	1:03.43
200m Libre	3:04.19	2:50.45	2:39.36	2:30.93	2:25.24	2:22.39	2:20.29	2:18.90
400m Libre	6:34.36	6:08.56	5:41.19	5:24.78	5:11.03	5:04.93	4:58.95	4:57.49
800m Libre	13:48.95	12:54.72	11:57.18	11:22.70	11:00.31	10:47.36	10:37.79	10:31.48
1500m Libre	25:56.54	23:53.63	22:20.42	21:28.86	20:34.25	20:15.73	20:03.57	19:45.58
50m Dos	44.75	41.44	38.58	36.91	35.35	34.65	34.14	33.47
100m Dos	1:37.45	1:29.35	1:23.18	1:18.81	1:16.22	1:14.73	1:13.25	1:11.81
200m Dos	3:28.67	3:13.12	3:00.57	2:51.90	2:46.27	2:43.01	2:39.79	2:37.42
50m Brasse	48.52	44.92	41.82	40.02	38.32	37.57	37.01	36.28
100m Brasse	1:48.96	1:40.89	1:33.00	1:28.11	1:25.65	1:23.55	1:22.32	1:20.29
200m Brasse	4:01.22	3:41.18	3:23.89	3:13.17	3:07.77	3:03.17	3:00.47	2:56.02
50m Papillon	41.58	38.50	35.84	33.96	32.51	32.04	31.56	31.10
100m Papillon	1:34.76	1:27.75	1:20.88	1:16.64	1:14.12	1:12.67	1:11.24	1:09.83
200m Papillon	3:34.35	3:16.55	3:01.18	2:53.38	2:46.03	2:42.78	2:40.37	2:36.42
200m QNI	3:32.88	3:15.20	2:59.94	2:52.19	2:43.24	2:41.59	2:39.17	2:37.23
400m QNI	7:34.73	7:00.86	6:33.50	6:14.61	5:56.96	5:51.73	5:44.83	5:41.42

FEMMES - 50m

Âges	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans et plus
50m Libre	38.21	36.39	34.68	33.92	33.17	32.84	32.23
100m Libre	1:25.87	1:20.18	1:16.02	1:14.34	1:13.07	1:12.34	1:11.01
200m Libre	3:04.24	2:53.81	2:44.82	2:41.99	2:37.98	2:36.42	2:33.91
400m Libre	6:28.56	6:10.06	5:52.24	5:44.48	5:33.48	5:30.18	5:24.09
800m Libre	13:18.71	12:33.50	12:07.92	11:48.31	11:27.27	11:20.47	11:09.58
1500m Libre	25:58.18	24:29.98	23:40.07	23:08.74	22:48.15	22:34.60	22:12.92
50m Dos	44.14	42.04	40.46	39.57	38.70	38.32	37.23
100m Dos	1:35.54	1:30.99	1:25.87	1:23.98	1:22.54	1:21.72	1:19.81
200m Dos	3:26.44	3:16.61	3:07.14	3:03.02	2:58.07	2:56.31	2:53.06
50m Brasse	48.93	46.60	44.85	43.87	42.90	42.47	41.48
100m Brasse	1:49.05	1:43.86	1:38.01	1:35.86	1:33.27	1:32.34	1:30.64
200m Brasse	3:56.36	3:45.10	3:34.26	3:27.45	3:22.85	3:19.82	3:16.14
50m Papillon	41.21	39.25	37.78	36.95	35.95	35.60	34.94
100m Papillon	1:35.92	1:31.35	1:26.21	1:24.31	1:21.20	1:20.40	1:18.92
200m Papillon	3:40.17	3:25.77	3:14.05	3:08.40	3:01.98	2:59.29	2:55.99
200m QNI	3:26.28	3:14.60	3:06.13	3:02.93	2:59.31	2:57.53	2:54.69
400m QNI	7:23.79	7:02.66	6:42.30	6:33.45	6:22.81	6:19.02	6:13.91