



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

HOMMES - 25m

Événement	Coupe du Québec		Coupe Espoir						Championnat québécois					
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	24,59	27,83	33,73	31,60	29,72	28,77	28,07	27,59	29,25	27,48	25,94	25,24	24,59	24,29
100m libre	53,31	1:00,34	1:14,15	1:09,54	1:05,45	1:03,41	1:01,87	1:00,85	1:03,41	59,57	56,25	54,72	53,31	52,67
200m libre	1:56,60	2:11,98	2:42,18	2:32,11	2:23,16	2:18,69	2:15,33	2:13,10	2:18,69	2:10,30	2:03,03	1:59,68	1:56,60	1:55,20
400m libre	4:15,26	4:43,49	5:53,16	5:31,54	5:12,32	5:02,71	4:55,50	4:50,70	5:02,71	4:44,69	4:29,08	4:21,87	4:15,26	4:12,26
800m libre	8:54,88	9:54,03	12:20,02	11:34,72	10:54,44	10:34,31	10:19,20	10:09,14	10:34,31	9:56,55	9:23,83	9:08,73	8:54,88	8:48,59
1500m libre	16:51,94	18:43,85	23:20,05	21:54,33	20:38,14	20:00,04	19:31,47	19:12,42	20:00,04	18:48,61	17:46,71	17:18,13	16:51,94	16:40,04
50m dos	28,26	31,99	38,77	36,33	34,16	33,07	32,26	31,72	33,62	31,58	29,82	29,01	28,26	27,92
100m dos	1:00,18	1:08,11	1:23,70	1:18,50	1:13,89	1:11,58	1:09,85	1:08,69	1:11,58	1:07,25	1:03,50	1:01,76	1:00,18	59,46
200m dos	2:14,37	2:29,23	3:05,90	2:54,52	2:44,40	2:39,34	2:35,55	2:33,02	2:39,34	2:29,86	2:21,64	2:17,84	2:14,37	2:12,79
50m brasse	31,07	35,17	42,63	39,94	37,56	36,37	35,47	34,88	36,96	34,73	32,79	31,89	31,07	30,70
100m brasse	1:07,53	1:16,43	1:33,92	1:28,09	1:22,91	1:20,32	1:18,37	1:17,08	1:20,32	1:15,46	1:11,25	1:09,31	1:07,53	1:06,72
200m brasse	2:31,56	2:48,32	3:29,69	3:16,85	3:05,44	2:59,73	2:55,45	2:52,60	2:59,73	2:49,03	2:39,76	2:35,48	2:31,56	2:29,78
50m papillon	26,22	29,68	35,96	33,70	31,69	30,68	29,93	29,43	31,19	29,30	27,67	26,91	26,22	25,90
100m papillon	57,47	1:05,05	1:19,94	1:14,98	1:10,57	1:08,36	1:06,71	1:05,61	1:08,36	1:04,23	1:00,64	58,99	57,47	56,78
200m papillon	2:13,55	2:28,32	3:04,77	2:53,46	2:43,40	2:38,37	2:34,60	2:32,09	2:38,37	2:28,95	2:20,78	2:17,01	2:13,55	2:11,98
200m QNI	2:12,36	2:29,81	3:04,09	2:52,67	2:42,51	2:37,43	2:33,62	2:31,08	2:37,43	2:27,91	2:19,66	2:15,85	2:12,36	2:10,77
400m QNI	4:50,41	5:22,53	6:41,80	6:17,20	5:55,33	5:44,40	5:36,20	5:30,73	5:44,40	5:23,90	5:06,13	4:57,93	4:50,41	4:47,00



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

HOMMES - 50m

Événement	Coupe du Québec		Coupe Espoir						Championnat québécois					
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	25,35	28,69	34,77	32,58	30,64	29,66	28,93	28,45	30,15	28,33	26,75	26,02	25,35	25,04
100m libre	54,96	1:02,21	1:16,44	1:11,70	1:07,48	1:05,37	1:03,79	1:02,73	1:05,37	1:01,42	57,99	56,41	54,96	54,30
200m libre	2:00,21	2:16,06	2:47,19	2:36,82	2:27,59	2:22,98	2:19,52	2:17,21	2:22,98	2:14,33	2:06,84	2:03,38	2:00,21	1:58,76
400m libre	4:23,16	4:52,26	6:04,09	5:41,80	5:21,98	5:12,07	5:04,64	4:59,69	5:12,07	4:53,50	4:37,40	4:29,97	4:23,16	4:20,06
800m libre	9:11,42	10:12,41	12:42,91	11:56,20	11:14,68	10:53,92	10:38,35	10:27,98	10:53,92	10:15,00	9:41,27	9:25,70	9:11,42	9:04,94
1500m libre	17:23,24	19:18,61	24:03,35	22:34,98	21:16,43	20:37,16	20:07,70	19:48,07	20:37,16	19:23,52	18:19,70	17:50,24	17:23,24	17:10,97
50m dos	29,14	32,98	39,97	37,45	35,21	34,10	33,26	32,70	34,66	32,56	30,74	29,90	29,14	28,79
100m dos	1:02,04	1:10,22	1:26,29	1:20,93	1:16,17	1:13,79	1:12,01	1:10,82	1:13,79	1:09,33	1:05,46	1:03,67	1:02,04	1:01,29
200m dos	2:18,52	2:33,84	3:11,65	2:59,91	2:49,49	2:44,27	2:40,36	2:37,75	2:44,27	2:34,49	2:26,02	2:22,11	2:18,52	2:16,89
50m brasse	32,04	36,26	43,94	41,18	38,72	37,49	36,57	35,95	38,10	35,80	33,80	32,88	32,04	31,65
100m brasse	1:09,61	1:18,80	1:36,82	1:30,81	1:25,47	1:22,80	1:20,80	1:19,46	1:22,80	1:17,79	1:13,45	1:11,45	1:09,61	1:08,78
200m brasse	2:36,25	2:53,52	3:36,17	3:22,94	3:11,17	3:05,29	3:00,88	2:57,94	3:05,29	2:54,26	2:44,70	2:40,29	2:36,25	2:34,41
50m papillon	27,03	30,60	37,08	34,74	32,67	31,63	30,85	30,34	32,15	30,21	28,52	27,74	27,03	26,71
100m papillon	59,25	1:07,07	1:22,41	1:17,30	1:12,75	1:10,48	1:08,77	1:07,63	1:10,48	1:06,21	1:02,52	1:00,81	59,25	58,54
200m papillon	2:17,68	2:32,91	3:10,48	2:58,82	2:48,46	2:43,27	2:39,38	2:36,79	2:43,27	2:33,55	2:25,13	2:21,24	2:17,68	2:16,06
200m QNI	2:16,45	2:34,45	3:09,79	2:58,01	2:47,54	2:42,30	2:38,37	2:35,76	2:42,30	2:32,48	2:23,98	2:20,05	2:16,45	2:14,81
400m QNI	4:59,40	5:32,50	6:54,22	6:28,86	6:06,32	5:55,05	5:46,59	5:40,96	5:55,05	5:33,91	5:15,60	5:07,14	4:59,40	4:55,87



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

FEMMES - 25m

Événement	Coupe du Québec		Coupe Espoir							Championnat québécois				
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	26,54	30,86	35,56	33,47	32,16	31,64	31,12	30,59	29,55	28,24	27,39	27,00	26,54	26,35
100m libre	58,22	1:06,38	1:17,63	1:13,13	1:10,32	1:09,19	1:08,07	1:06,94	1:04,69	1:01,88	1:00,05	59,21	58,22	57,80
200m libre	2:06,43	2:24,14	2:48,57	2:38,80	2:32,69	2:30,24	2:27,80	2:25,36	2:20,47	2:14,37	2:10,40	2:08,56	2:06,43	2:05,51
400m libre	4:33,98	5:06,44	6:03,57	5:42,80	5:29,81	5:24,62	5:19,42	5:14,23	5:03,84	4:50,86	4:42,42	4:38,52	4:33,98	4:32,03
800m libre	9:28,79	10:36,19	12:34,80	11:51,67	11:24,71	11:13,93	11:03,14	10:52,36	10:30,80	10:03,84	9:46,32	9:38,23	9:28,79	9:24,75
1500m libre	18:13,83	20:23,43	24:11,53	22:48,59	21:56,75	21:36,01	21:15,27	20:54,54	20:13,06	19:21,22	18:47,53	18:31,98	18:13,83	18:06,06
50m dos	30,25	35,17	40,54	38,15	36,66	36,07	35,47	34,88	33,68	32,19	31,22	30,78	30,25	30,03
100m dos	1:05,47	1:14,64	1:27,29	1:22,23	1:19,07	1:17,80	1:16,54	1:15,27	1:12,74	1:09,58	1:07,52	1:06,58	1:05,47	1:04,99
200m dos	2:24,57	2:41,70	3:11,85	3:00,89	2:54,03	2:51,29	2:48,55	2:45,81	2:40,33	2:33,48	2:29,03	2:26,97	2:24,57	2:23,54
50m brasse	33,69	39,16	45,14	42,48	40,82	40,16	39,49	38,83	37,50	35,84	34,76	34,27	33,69	33,44
100m brasse	1:14,46	1:24,90	1:39,29	1:33,53	1:29,93	1:28,49	1:27,05	1:25,62	1:22,74	1:19,14	1:16,80	1:15,72	1:14,46	1:13,92
200m brasse	2:44,94	3:04,48	3:38,87	3:26,36	3:18,55	3:15,42	3:12,29	3:09,17	3:02,91	2:55,10	2:50,02	2:47,67	2:44,94	2:43,76
50m papillon	28,35	32,96	37,99	35,76	34,36	33,80	33,24	32,68	31,57	30,17	29,26	28,84	28,35	28,14
100m papillon	1:03,60	1:12,51	1:24,80	1:19,88	1:16,81	1:15,58	1:14,35	1:13,13	1:10,67	1:07,59	1:05,60	1:04,68	1:03,60	1:03,14
200m papillon	2:25,16	2:42,36	3:12,63	3:01,62	2:54,74	2:51,99	2:49,24	2:46,49	2:40,98	2:34,10	2:29,63	2:27,57	2:25,16	2:24,13
200m QNI	2:23,32	2:43,40	3:11,10	3:00,02	2:53,09	2:50,32	2:47,56	2:44,79	2:39,25	2:32,32	2:27,82	2:25,75	2:23,32	2:22,28
400m QNI	5:12,48	5:49,50	6:54,66	6:30,96	6:16,16	6:10,23	6:04,31	5:58,38	5:46,54	5:31,73	5:22,10	5:17,66	5:12,48	5:10,25



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

FEMMES - 50m

Événement	Coupe du Québec		Coupe Espoir							Championnat québécois				
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	27,36	31,81	36,66	34,51	33,16	32,62	32,08	31,54	30,46	29,11	28,24	27,83	27,36	27,16
100m libre	1:00,02	1:08,43	1:20,03	1:15,39	1:12,49	1:11,33	1:10,17	1:09,01	1:06,69	1:03,79	1:01,91	1:01,04	1:00,02	59,59
200m libre	2:10,34	2:28,60	2:53,78	2:43,71	2:37,41	2:34,89	2:32,37	2:29,85	2:24,82	2:18,52	2:14,43	2:12,54	2:10,34	2:09,39
400m libre	4:42,45	5:15,92	6:14,82	5:53,40	5:40,01	5:34,66	5:29,30	5:23,95	5:13,24	4:59,85	4:51,15	4:47,14	4:42,45	4:40,44
800m libre	9:46,39	10:55,86	12:58,14	12:13,68	11:45,89	11:34,77	11:23,65	11:12,54	10:50,30	10:22,51	10:04,45	9:56,11	9:46,39	9:42,22
1500m libre	18:47,66	21:01,27	24:56,42	23:30,91	22:37,47	22:16,09	21:54,71	21:33,34	20:50,58	19:57,14	19:22,40	19:06,37	18:47,66	18:39,64
50m dos	31,19	36,26	41,79	39,33	37,80	37,18	36,57	35,95	34,72	33,19	32,19	31,73	31,19	30,96
100m dos	1:07,49	1:16,95	1:29,99	1:24,77	1:21,51	1:20,21	1:18,91	1:17,60	1:14,99	1:11,73	1:09,61	1:08,63	1:07,49	1:07,00
200m dos	2:29,04	2:46,70	3:17,78	3:06,48	2:59,42	2:56,59	2:53,77	2:50,94	2:45,29	2:38,23	2:33,63	2:31,52	2:29,04	2:27,98
50m brasse	34,73	40,37	46,53	43,79	42,08	41,40	40,72	40,03	38,66	36,95	35,84	35,33	34,73	34,47
100m brasse	1:16,77	1:27,52	1:42,36	1:36,42	1:32,71	1:31,23	1:29,75	1:28,26	1:25,30	1:21,59	1:19,18	1:18,06	1:16,77	1:16,21
200m brasse	2:50,04	3:10,18	3:45,64	3:32,75	3:24,69	3:21,47	3:18,24	3:15,02	3:08,57	3:00,51	2:55,27	2:52,86	2:50,04	2:48,83
50m papillon	29,23	33,98	39,17	36,86	35,42	34,85	34,27	33,69	32,54	31,10	30,17	29,74	29,23	29,02
100m papillon	1:05,57	1:14,75	1:27,42	1:22,36	1:19,19	1:17,92	1:16,65	1:15,39	1:12,85	1:09,69	1:07,63	1:06,68	1:05,57	1:05,09
200m papillon	2:29,65	2:47,38	3:18,59	3:07,24	3:00,15	2:57,31	2:54,47	2:51,64	2:45,96	2:38,87	2:34,26	2:32,13	2:29,65	2:28,58
200m QNI	2:27,75	2:48,45	3:17,01	3:05,59	2:58,45	2:55,59	2:52,74	2:49,88	2:44,17	2:37,03	2:32,39	2:30,25	2:27,75	2:26,68
400m QNI	5:22,14	6:00,31	7:07,48	6:43,06	6:27,79	6:21,68	6:15,58	6:09,47	5:57,25	5:41,99	5:32,06	5:27,48	5:22,14	5:19,85



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

HOMMES 25m - Men SCM

HOMMES 50m - Men LCM

GRAND PRIX DU QUÉBEC 2026

13 -	14	15	16	17	18 +	Âge / Age	13 -	14	15	16	17	18 +
26,95	25,41	24,71	24,06	23,76	23,58	50m libre / Free	27,78	26,20	25,47	24,80	24,50	24,31
58,42	55,10	53,56	52,16	51,52	51,14	100m libre / Free	1:00,23	56,80	55,22	53,77	53,11	52,72
2:07,78	2:00,51	1:57,16	1:54,08	1:52,68	1:51,85	200m libre / Free	2:11,74	2:04,24	2:00,78	1:57,61	1:56,17	1:55,31
4:34,48	4:18,87	4:11,66	4:05,05	4:02,05	4:00,25	400m libre / Free	4:42,97	4:26,87	4:19,44	4:12,63	4:09,54	4:07,68
9:35,16	9:02,43	8:47,33	8:33,49	8:27,19	8:23,42	800m libre / Free	9:52,94	9:19,21	9:03,64	8:49,37	8:42,88	8:38,99
18:08,14	17:06,23	16:37,66	16:11,46	15:59,56	15:52,42	1500m libre / Free	18:41,79	17:37,97	17:08,51	16:41,51	16:29,24	16:21,87
30,97	29,21	28,40	27,65	27,31	27,11	50m dos / Back	31,93	30,11	29,28	28,51	28,16	27,95
1:05,95	1:02,20	1:00,47	58,88	58,16	57,72	100m dos / Back	1:07,99	1:04,12	1:02,34	1:01,00	59,96	59,51
2:24,48	2:16,26	2:12,47	2:08,99	2:07,41	2:06,46	200m dos / Back	2:28,95	2:20,48	2:16,57	2:12,98	2:11,35	2:10,37
34,06	32,12	31,22	30,40	30,03	29,81	50m brasse / Breast	35,11	33,11	32,19	31,34	30,96	30,73
1:14,00	1:09,79	1:07,85	1:06,07	1:05,26	1:04,77	100m brasse / Breast	1:16,29	1:11,95	1:09,95	1:08,11	1:07,28	1:06,78
2:42,97	2:33,70	2:29,42	2:25,50	2:23,71	2:22,64	200m brasse / Breast	2:48,01	2:38,45	2:34,04	2:30,00	2:28,16	2:27,05
28,73	27,10	26,34	25,65	25,34	25,15	50m papillon / Fly	29,62	27,94	27,16	26,45	26,12	25,93
1:02,99	59,40	57,75	56,23	55,54	55,13	100m papillon / Fly	1:04,94	1:01,24	59,54	57,97	57,26	56,84
2:23,61	2:15,43	2:11,66	2:08,21	2:06,64	2:05,69	200m papillon / Fly	2:28,05	2:19,62	2:15,74	2:12,17	2:10,55	2:09,58
2:25,05	2:16,80	2:12,99	2:09,50	2:07,91	2:06,96	200m QNI / IM	2:29,54	2:21,03	2:17,11	2:13,51	2:11,87	2:10,89
5:12,28	4:54,51	4:46,31	4:38,80	4:35,38	4:33,33	400m QNI / IM	5:21,94	5:03,62	4:55,17	4:47,42	4:43,90	4:41,78



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

FEMMES 25m - Women SCM

FEMMES 50m - Women LCM

GRAND PRIX DU QUÉBEC 2026

13 -	14	15	16	17	18 +	Âge / Age	13 -	14	15	16	17	18 +
28,24	27,39	27,00	26,54	26,35	26,15	50m libre / Free	29,11	28,24	27,83	27,36	27,16	26,96
1:00,75	58,93	58,08	57,10	56,68	56,25	100m libre / Free	1:02,63	1:00,75	59,88	58,86	58,43	57,99
2:11,92	2:07,95	2:06,12	2:03,98	2:03,07	2:02,15	200m libre / Free	2:16,00	2:11,91	2:10,02	2:07,82	2:06,87	2:05,93
4:40,47	4:32,03	4:28,13	4:23,59	4:21,64	4:19,69	400m libre / Free	4:49,14	4:40,44	4:36,43	4:31,74	4:29,73	4:27,73
9:42,27	9:24,75	9:16,66	9:07,23	9:03,18	8:59,14	800m libre / Free	10:00,28	9:42,22	9:33,88	9:24,15	9:19,98	9:15,82
18:39,75	18:06,06	17:50,50	17:32,36	17:24,58	17:16,81	1500m libre / Free	19:14,38	18:39,64	18:23,61	18:04,91	17:56,89	17:48,87
32,19	31,22	30,78	30,25	30,03	29,81	50m dos / Back	33,19	32,19	31,73	31,19	30,96	30,73
1:08,32	1:06,26	1:05,31	1:04,20	1:03,73	1:03,25	100m dos / Back	1:10,43	1:08,31	1:07,33	1:06,19	1:05,70	1:05,21
2:28,00	2:23,54	2:21,49	2:19,09	2:18,06	2:17,03	200m dos / Back	2:32,57	2:27,98	2:25,86	2:23,39	2:22,33	2:21,27
35,84	34,76	34,27	33,69	33,44	33,19	50m brasse / Breast	36,95	35,84	35,33	34,73	34,47	34,21
1:17,70	1:15,36	1:14,28	1:13,02	1:12,49	1:11,95	100m brasse / Breast	1:20,10	1:17,69	1:16,58	1:15,28	1:14,73	1:14,17
2:48,84	2:43,76	2:41,42	2:38,68	2:37,51	2:36,34	200m brasse / Breast	2:54,07	2:48,83	2:46,41	2:43,59	2:42,38	2:41,17
30,17	29,26	28,84	28,35	28,14	27,94	50m papillon / Fly	31,10	30,17	29,74	29,23	29,02	28,80
1:06,37	1:04,37	1:03,45	1:02,37	1:01,91	1:01,45	100m papillon / Fly	1:08,42	1:06,36	1:05,41	1:04,30	1:03,83	1:03,35
2:28,60	2:24,13	2:22,06	2:19,66	2:18,62	2:17,59	200m papillon / Fly	2:33,00	2:28,58	2:26,46	2:23,97	2:22,91	2:21,85
2:29,55	2:25,05	2:22,98	2:20,55	2:19,51	2:18,48	200m QNI / IM	2:34,18	2:29,54	2:27,40	2:24,90	2:23,83	2:22,76
5:19,88	5:10,25	5:05,81	5:00,63	4:58,41	4:56,19	400m QNI / IM	5:29,77	5:19,85	5:15,27	5:09,93	5:07,64	5:05,35

Version : 16 octobre 2025



STANDARDS DE QUALIFICATION PROVINCIAUX 2025-2026

GARÇONS - 25m

FILLES - 25m

Mini Coupe

Âge	8 ans -	9 ans	10 ans	11 ans	12 ans
50m dos	Temps prouvé	0:55,00	0:50,00		
100m dos				1:45,00	1:35,00
50m brasse	Temps prouvé	1:00,00	0:55,00		
100m brasse				1:55,00	1:45,00
50m papillon	Temps prouvé	1:00,00	0:55,00	0:50,00	0:45,00

Version : 1 octobre 2025