

RÈGLEMENT NATATION COURSE

GRILLE DE QUALIFICATION

**Interrégionaux en bassin de 25 m
vers championnats de N 2 d'hiver et d'été en bassin de 50 m**

DAMES								
	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:30.50	0:30.10	0:29.53	0:29.27	0:28.82	0:28.51	0:28.34	0:27.64
100 NL	1:06.83	1:05.96	1:04.71	1:04.13	1:03.14	1:02.47	1:02.10	1:00.55
200 NL	2:25.63	2:23.74	2:21.02	2:19.76	2:17.60	2:16.13	2:15.33	2:11.96
400 NL	5:06.30	5:02.30	4:56.58	4:53.92	4:49.39	4:46.29	4:44.60	4:37.52
800 NL	10:30.70	10:22.47	10:10.68	10:05.19	9:55.86	9:49.47	9:45.99	9:31.38
1500 NL	19:49.08	19:33.56	19:11.34	19:00.99	18:43.40	18:31.34	18:24.79	17:57.26
50 Dos	0:34.96	0:34.50	0:33.86	0:33.55	0:33.04	0:32.69	0:32.50	0:31.70
100 Dos	1:15.94	1:14.96	1:13.54	1:12.89	1:11.77	1:11.00	1:10.59	1:08.84
200 Dos	2:42.69	2:40.57	2:37.55	2:36.14	2:33.75	2:32.11	2:31.22	2:27.47
50 Bra.	0:38.54	0:38.04	0:37.33	0:36.99	0:36.42	0:36.04	0:35.82	0:34.94
100 Bra.	1:24.87	1:23.76	1:22.18	1:21.44	1:20.19	1:19.33	1:18.86	1:16.90
200 Bra.	3:01.59	2:59.21	2:55.81	2:54.23	2:51.53	2:49.69	2:48.69	2:44.47
50 Pap.	0:32.31	0:31.89	0:31.29	0:31.01	0:30.54	0:30.21	0:30.03	0:29.29
100 Pap.	1:13.41	1:12.46	1:11.10	1:10.46	1:09.38	1:08.65	1:08.24	1:06.56
200 Pap.	2:41.37	2:39.28	2:36.28	2:34.89	2:32.52	2:30.89	2:30.01	2:26.30
200 4 N.	2:44.10	2:41.97	2:38.92	2:37.49	2:35.07	2:33.42	2:32.52	2:28.73
400 4 N.	5:45.69	5:41.18	5:34.74	5:31.73	5:26.63	5:23.13	5:21.23	5:13.24

GRILLE DE QUALIFICATION

**Interrégionaux en bassin de 25 m
vers championnats de N 2 d'hiver et d'été en bassin de 50 m**

MESSIEURS								
	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:28.07	0:27.60	0:26.53	0:25.95	0:25.47	0:24.63	0:24.50	0:24.15
100 NL	1:01.93	1:00.90	0:58.54	0:57.27	0:56.19	0:54.35	0:54.06	0:53.29
200 NL	2:17.08	2:14.80	2:09.57	2:06.77	2:04.38	2:00.32	1:59.67	1:57.98
400 NL	4:51.16	4:46.31	4:35.19	4:29.24	4:24.16	4:15.53	4:14.14	4:10.54
800 NL	10:02.84	9:52.80	9:29.77	9:17.42	9:06.91	8:49.01	8:46.14	8:38.68
1500 NL	19:14.07	18:54.85	18:10.78	17:47.16	17:27.05	16:52.80	16:47.31	16:33.03
50 Dos	0:32.73	0:32.19	0:30.95	0:30.28	0:29.72	0:28.75	0:28.60	0:28.20
100 Dos	1:10.64	1:09.47	1:06.78	1:05.35	1:04.12	1:02.03	1:01.70	1:00.83
200 Dos	2:34.17	2:31.62	2:25.76	2:22.62	2:19.95	2:15.40	2:14.67	2:12.77
50 Bra.	0:35.81	0:35.21	0:33.85	0:33.12	0:32.50	0:31.44	0:31.27	0:30.83
100 Bra.	1:17.50	1:16.21	1:13.25	1:11.67	1:10.32	1:08.02	1:07.65	1:06.69
200 Bra.	2:48.80	2:45.98	2:39.51	2:36.05	2:33.09	2:28.07	2:27.26	2:25.17
50 Pap.	0:30.62	0:30.12	0:28.95	0:28.33	0:27.80	0:26.90	0:26.75	0:26.38
100 Pap.	1:08.46	1:07.32	1:04.73	1:03.34	1:02.15	1:00.13	0:59.81	0:58.97
200 Pap.	2:32.01	2:29.50	2:23.73	2:20.64	2:18.01	2:13.53	2:12.81	2:10.94
200 4 N.	2:34.01	2:31.46	2:25.59	2:22.45	2:19.78	2:15.22	2:14.49	2:12.59
400 4 N.	5:28.04	5:22.59	5:10.08	5:03.38	4:57.67	4:47.95	4:46.39	4:42.34

RÈGLEMENT NATATION COURSE

GRILLE DE QUALIFICATION

Championnats régionaux en bassin de 50 m vers championnats de N 2 d'été en bassin de 50 m

DAMES								
	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:31.20	0:30.80	0:30.23	0:29.97	0:29.52	0:29.21	0:29.04	0:28.34
100 NL	1:08.43	1:07.56	1:06.31	1:05.73	1:04.74	1:04.07	1:03.70	1:02.15
200 NL	2:29.03	2:27.14	2:24.42	2:23.16	2:21.00	2:19.53	2:18.73	2:15.36
400 NL	5:13.80	5:09.80	5:04.08	5:01.42	4:56.89	4:53.79	4:52.10	4:45.02
800 NL	10:46.70	10:38.47	10:26.68	10:21.19	10:11.86	10:05.47	10:01.99	9:47.38
1500 NL	20:19.08	20:03.56	19:41.34	19:30.99	19:13.40	19:01.34	18:54.79	18:27.26
50 Dos	0:35.56	0:35.10	0:34.46	0:34.15	0:33.64	0:33.29	0:33.10	0:32.30
100 Dos	1:17.44	1:16.46	1:15.04	1:14.39	1:13.27	1:12.50	1:12.09	1:10.34
200 Dos	2:45.89	2:43.77	2:40.75	2:39.34	2:36.95	2:35.31	2:34.42	2:30.67
50 Bra.	0:39.34	0:38.84	0:38.13	0:37.79	0:37.22	0:36.84	0:36.62	0:35.74
100 Bra.	1:26.87	1:25.76	1:24.18	1:23.44	1:22.19	1:21.33	1:20.86	1:18.90
200 Bra.	3:06.59	3:04.21	3:00.81	2:59.23	2:56.53	2:54.69	2:53.69	2:49.47
50 Pap.	0:32.91	0:32.49	0:31.89	0:31.61	0:31.14	0:30.81	0:30.63	0:29.89
100 Pap.	1:14.71	1:13.76	1:12.40	1:11.76	1:10.68	1:09.95	1:09.54	1:07.86
200 Pap.	2:44.27	2:42.18	2:39.18	2:37.79	2:35.42	2:33.79	2:32.91	2:29.20
200 4 N.	2:47.60	2:45.47	2:42.42	2:40.99	2:38.57	2:36.92	2:36.02	2:32.23
400 4 N.	5:53.69	5:49.18	5:42.74	5:39.73	5:34.63	5:31.13	5:29.23	5:21.24

RÈGLEMENT NATATION COURSE

GRILLE DE QUALIFICATION

Championnats régionaux en bassin de 50 m vers championnats de N 2 d'été en bassin de 50 m

MESSIEURS								
	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:28.77	0:28.30	0:27.23	0:26.65	0:26.17	0:25.33	0:25.20	0:24.85
100 NL	1:03.53	1:02.50	1:00.14	0:58.87	0:57.79	0:55.95	0:55.66	0:54.89
200 NL	2:20.48	2:18.20	2:12.97	2:10.17	2:07.78	2:03.72	2:03.07	2:01.38
400 NL	4:58.66	4:53.81	4:42.69	4:36.74	4:31.66	4:23.03	4:21.64	4:18.04
800 NL	10:18.84	10:08.80	9:45.77	9:33.42	9:22.91	9:05.01	9:02.14	8:54.68
1500 NL	19:44.07	19:24.85	18:40.78	18:17.16	17:57.05	17:22.80	17:17.31	17:03.03
50 Dos	0:33.33	0:32.79	0:31.55	0:30.88	0:30.32	0:29.35	0:29.20	0:28.80
100 Dos	1:12.14	1:10.97	1:08.28	1:06.85	1:05.62	1:03.53	1:03.20	1:02.33
200 Dos	2:37.37	2:34.82	2:28.96	2:25.82	2:23.15	2:18.60	2:17.87	2:15.97
50 Bra.	0:36.61	0:36.01	0:34.65	0:33.92	0:33.30	0:32.24	0:32.07	0:31.63
100 Bra.	1:19.50	1:18.21	1:15.25	1:13.67	1:12.32	1:10.02	1:09.65	1:08.69
200 Bra.	2:53.80	2:50.98	2:44.51	2:41.05	2:38.09	2:33.07	2:32.26	2:30.16
50 Pap.	0:31.22	0:30.72	0:29.55	0:28.93	0:28.40	0:27.50	0:27.35	0:26.98
100 Pap.	1:09.76	1:08.62	1:06.03	1:04.64	1:03.45	1:01.43	1:01.11	1:00.27
200 Pap.	2:34.91	2:32.40	2:26.63	2:23.54	2:20.91	2:16.43	2:15.71	2:13.84
200 4 N.	2:37.51	2:34.96	2:29.09	2:25.95	2:23.28	2:18.72	2:17.99	2:16.09
400 4 N.	5:36.04	5:30.59	5:18.08	5:11.38	5:05.67	4:55.95	4:54.39	4:50.34

GRILLE DE QUALIFICATION

Championnats de France Jeunes

DAMES					
	14 ans	15 ans	16 ans	17 ans	18 ans
50 NL	0:28.47	0:28.15	0:27.83	0:27.37	0:26.92
100 NL	1:02.48	1:01.76	1:00.71	0:59.70	0:58.88
200 NL	2:16.07	2:14.51	2:12.23	2:10.02	2:08.24
400 NL	4:44.95	4:41.68	4:36.90	4:32.29	4:29.30
800 NL	9:43.86	9:37.19	9:27.46	9:21.16	9:14.99
1500 NL	18:38.08	18:25.38	18:00.81	17:48.93	17:31.60
50 Dos	0:33.22	0:32.64	0:32.08	0:31.54	0:30.85
100 Dos	1:11.21	1:10.38	1:09.16	1:08.37	1:07.03
200 Dos	2:32.55	2:30.75	2:28.14	2:26.45	2:23.57
50 Bra.	0:36.76	0:36.33	0:35.91	0:35.30	0:34.32
100 Bra.	1:20.84	1:19.88	1:18.48	1:17.13	1:15.39
200 Bra.	2:53.65	2:51.58	2:48.57	2:45.67	2:41.94
50 Pap.	0:30.75	0:30.39	0:29.86	0:29.19	0:28.55
100 Pap.	1:09.11	1:08.30	1:07.10	1:05.95	1:04.66
200 Pap.	2:31.96	2:30.17	2:27.55	2:25.02	2:22.17
200 4 N.	2:33.99	2:32.20	2:29.59	2:27.90	2:25.03
400 4 N.	5:24.95	5:21.17	5:15.67	5:12.10	5:06.05

GRILLE DE QUALIFICATION

Championnats de France Jeunes

MESSIEURS					
	14 ans	15 ans	16 ans	17 ans	18 ans
50 NL	0:25.82	0:25.08	0:24.66	0:23.98	0:23.65
100 NL	0:57.03	0:55.71	0:54.76	0:53.54	0:52.52
200 NL	2:06.11	2:03.19	2:01.09	1:58.40	1:56.14
400 NL	4:24.96	4:20.39	4:14.54	4:08.95	4:05.57
800 NL	9:11.95	8:56.27	8:50.25	8:32.96	8:27.44
1500 NL	17:30.47	17:12.36	16:49.16	16:16.25	16:08.36
50 Dos	0:30.32	0:29.42	0:28.75	0:28.10	0:27.56
100 Dos	1:05.30	1:03.37	1:02.27	1:01.20	0:59.83
200 Dos	2:22.46	2:18.25	2:15.84	2:13.51	2:10.53
50 Bra.	0:33.30	0:32.32	0:31.57	0:30.87	0:30.27
100 Bra.	1:12.76	1:10.60	1:09.37	1:08.18	1:06.29
200 Bra.	2:38.20	2:33.51	2:30.84	2:28.25	2:24.53
50 Pap.	0:28.23	0:27.56	0:26.93	0:26.03	0:25.68
100 Pap.	1:02.76	1:01.28	1:00.21	0:58.84	0:57.69
200 Pap.	2:19.38	2:16.08	2:13.71	2:10.67	2:08.12
200 4 N.	2:21.56	2:19.06	2:15.86	2:12.07	2:09.89
400 4 N.	5:02.00	4:56.67	4:49.85	4:41.75	4:37.11

GRILLE DE QUALIFICATION

Championnats de France Élite

DAMES		MESSIEURS	
	13 ans et plus		13 ans et plus
50 NL	0:26.92	50 NL	0:23.65
100 NL	0:58.88	100 NL	0:52.52
200 NL	2:08.24	200 NL	1:56.14
400 NL	4:29.30	400 NL	4:05.57
800 NL	9:14.99	800 NL	8:27.44
1500 NL	17:31.60	1500 NL	16:08.36
50 Dos	0:30.85	50 Dos	0:27.56
100 Dos	1:07.03	100 Dos	0:59.83
200 Dos	2:23.57	200 Dos	2:10.53
50 Bra.	0:34.32	50 Bra.	0:30.27
100 Bra.	1:15.39	100 Bra.	1:06.29
200 Bra.	2:41.94	200 Bra.	2:24.53
50 Pap.	0:28.55	50 Pap.	0:25.68
100 Pap.	1:04.66	100 Pap.	0:57.69
200 Pap.	2:22.17	200 Pap.	2:08.12
200 4 N.	2:25.03	200 4 N.	2:09.89
400 4 N.	5:06.05	400 4 N.	4:37.11

GRILLE DE QUALIFICATION

Championnats de Nationale 2 d'été

DAMES								
	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:31.20	0:30.80	0:30.23	0:29.97	0:29.52	0:29.21	0:29.04	0:28.34
100 NL	1:08.43	1:07.56	1:06.31	1:05.73	1:04.74	1:04.07	1:03.70	1:02.15
200 NL	2:29.03	2:27.14	2:24.42	2:23.16	2:21.00	2:19.53	2:18.73	2:15.36
400 NL	5:13.80	5:09.80	5:04.08	5:01.42	4:56.89	4:53.79	4:52.10	4:45.02
800 NL	10:46.70	10:38.47	10:26.68	10:21.19	10:11.86	10:05.47	10:01.99	9:47.38
1500 NL	20:19.08	20:03.56	19:41.34	19:30.99	19:13.40	19:01.34	18:54.79	18:27.26
50 Dos	0:35.56	0:35.10	0:34.46	0:34.15	0:33.64	0:33.29	0:33.10	0:32.30
100 Dos	1:17.44	1:16.46	1:15.04	1:14.39	1:13.27	1:12.50	1:12.09	1:10.34
200 Dos	2:45.89	2:43.77	2:40.75	2:39.34	2:36.95	2:35.31	2:34.42	2:30.67
50 Bra.	0:39.34	0:38.84	0:38.13	0:37.79	0:37.22	0:36.84	0:36.62	0:35.74
100 Bra.	1:26.87	1:25.76	1:24.18	1:23.44	1:22.19	1:21.33	1:20.86	1:18.90
200 Bra.	3:06.59	3:04.21	3:00.81	2:59.23	2:56.53	2:54.69	2:53.69	2:49.47
50 Pap.	0:32.91	0:32.49	0:31.89	0:31.61	0:31.14	0:30.81	0:30.63	0:29.89
100 Pap.	1:14.71	1:13.76	1:12.40	1:11.76	1:10.68	1:09.95	1:09.54	1:07.86
200 Pap.	2:44.27	2:42.18	2:39.18	2:37.79	2:35.42	2:33.79	2:32.91	2:29.20
200 4 N.	2:47.60	2:45.47	2:42.42	2:40.99	2:38.57	2:36.92	2:36.02	2:32.23
400 4 N.	5:53.69	5:49.18	5:42.74	5:39.73	5:34.63	5:31.13	5:29.23	5:21.24

GRILLE DE QUALIFICATION

Championnats de Nationale 2 d'été

MESSIEURS								
	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
50 NL	0:28.77	0:28.30	0:27.23	0:26.65	0:26.17	0:25.33	0:25.20	0:24.85
100 NL	1:03.53	1:02.50	1:00.14	0:58.87	0:57.79	0:55.95	0:55.66	0:54.89
200 NL	2:20.48	2:18.20	2:12.97	2:10.17	2:07.78	2:03.72	2:03.07	2:01.38
400 NL	4:58.66	4:53.81	4:42.69	4:36.74	4:31.66	4:23.03	4:21.64	4:18.04
800 NL	10:18.84	10:08.80	9:45.77	9:33.42	9:22.91	9:05.01	9:02.14	8:54.68
1500 NL	19:44.07	19:24.85	18:40.78	18:17.16	17:57.05	17:22.80	17:17.31	17:03.03
50 Dos	0:33.33	0:32.79	0:31.55	0:30.88	0:30.32	0:29.35	0:29.20	0:28.80
100 Dos	1:12.14	1:10.97	1:08.28	1:06.85	1:05.62	1:03.53	1:03.20	1:02.33
200 Dos	2:37.37	2:34.82	2:28.96	2:25.82	2:23.15	2:18.60	2:17.87	2:15.97
50 Bra.	0:36.61	0:36.01	0:34.65	0:33.92	0:33.30	0:32.24	0:32.07	0:31.63
100 Bra.	1:19.50	1:18.21	1:15.25	1:13.67	1:12.32	1:10.02	1:09.65	1:08.69
200 Bra.	2:53.80	2:50.98	2:44.51	2:41.05	2:38.09	2:33.07	2:32.26	2:30.16
50 Pap.	0:31.22	0:30.72	0:29.55	0:28.93	0:28.40	0:27.50	0:27.35	0:26.98
100 Pap.	1:09.76	1:08.62	1:06.03	1:04.64	1:03.45	1:01.43	1:01.11	1:00.27
200 Pap.	2:34.91	2:32.40	2:26.63	2:23.54	2:20.91	2:16.43	2:15.71	2:13.84
200 4 N.	2:37.51	2:34.96	2:29.09	2:25.95	2:23.28	2:18.72	2:17.99	2:16.09
400 4 N.	5:36.04	5:30.59	5:18.08	5:11.38	5:05.67	4:55.95	4:54.39	4:50.34

GRILLE DE QUALIFICATION

Championnats nationaux 16 ans et plus

DAMES					
	16 ans	17 ans	18 ans	19 ans	20 ans et plus
50 NL	0:28.15	0:27.83	0:27.37	0:26.92	0:26.48
100 NL	1:01.76	1:00.71	0:59.70	0:58.88	0:58.09
200 NL	2:14.51	2:12.23	2:10.02	2:08.24	2:06.51
400 NL	4:41.68	4:36.90	4:32.29	4:29.30	4:26.37
800 NL	9:37.19	9:27.46	9:21.16	9:14.99	9:08.96
1500 NL	18:25.38	18:00.81	17:48.93	17:31.60	17:14.82
50 Dos	0:32.64	0:32.08	0:31.54	0:30.85	0:30.18
100 Dos	1:10.38	1:09.16	1:08.37	1:07.03	1:05.74
200 Dos	2:30.75	2:28.14	2:26.45	2:23.57	2:20.81
50 Bra.	0:36.33	0:35.91	0:35.30	0:34.32	0:33.40
100 Bra.	1:19.88	1:18.48	1:17.13	1:15.39	1:13.74
200 Bra.	2:51.58	2:48.57	2:45.67	2:41.94	2:38.38
50 Pap.	0:30.39	0:29.86	0:29.19	0:28.55	0:27.94
100 Pap.	1:08.30	1:07.10	1:05.95	1:04.66	1:03.42
200 Pap.	2:30.17	2:27.55	2:25.02	2:22.17	2:19.44
200 4 N.	2:32.20	2:29.59	2:27.90	2:25.03	2:22.27
400 4 N.	5:21.17	5:15.67	5:12.10	5:06.05	5:00.23

GRILLE DE QUALIFICATION

Championnats nationaux 16 ans et plus

MESSIEURS					
	16 ans	17 ans	18 ans	19 ans	20 ans et plus
50 NL	0:25.08	0:24.66	0:23.98	0:23.65	0:23.34
100 NL	0:55.71	0:54.76	0:53.54	0:52.52	0:51.54
200 NL	2:03.19	2:01.09	1:58.40	1:56.14	1:53.97
400 NL	4:20.39	4:14.54	4:08.95	4:05.57	4:02.29
800 NL	8:56.27	8:50.25	8:32.96	8:27.44	8:22.04
1500 NL	17:12.36	16:49.16	16:16.25	16:08.36	16:00.59
50 Dos	0:29.42	0:28.75	0:28.10	0:27.56	0:27.04
100 Dos	1:03.37	1:02.27	1:01.20	0:59.83	0:58.52
200 Dos	2:18.25	2:15.84	2:13.51	2:10.53	2:07.67
50 Bra.	0:32.32	0:31.57	0:30.87	0:30.27	0:29.70
100 Bra.	1:10.60	1:09.37	1:08.18	1:06.29	1:04.50
200 Bra.	2:33.51	2:30.84	2:28.25	2:24.53	2:21.00
50 Pap.	0:27.56	0:26.93	0:26.03	0:25.68	0:25.33
100 Pap.	1:01.28	1:00.21	0:58.84	0:57.69	0:56.59
200 Pap.	2:16.08	2:13.71	2:10.67	2:08.12	2:05.67
200 4 N.	2:19.06	2:15.86	2:12.07	2:09.89	2:07.78
400 4 N.	4:56.67	4:49.85	4:41.75	4:37.11	4:32.62

GRILLE DE QUALIFICATION

Championnats de France minimes

DAMES		
	14 ans	15 ans
50 NL	0:28.81	0:28.47
100 NL	1:03.21	1:02.48
200 NL	2:17.67	2:16.07
400 NL	4:48.31	4:44.95
800 NL	9:54.16	9:43.86
1500 NL	18:51.08	18:38.08
50 Dos	0:33.82	0:33.22
100 Dos	1:12.95	1:11.21
200 Dos	2:36.27	2:32.55
50 Bra.	0:37.42	0:36.76
100 Bra.	1:21.83	1:20.84
200 Bra.	2:55.77	2:53.65
50 Pap.	0:31.30	0:30.75
100 Pap.	1:10.38	1:09.11
200 Pap.	2:34.74	2:31.96
200 4 N.	2:35.82	2:33.99
400 4 N.	5:28.82	5:24.95

MESSIEURS		
	14 ans	15 ans
50 NL	0:26.61	0:25.82
100 NL	0:58.77	0:57.03
200 NL	2:09.95	2:06.11
400 NL	4:34.59	4:24.96
800 NL	9:32.02	9:11.95
1500 NL	18:15.30	17:30.47
50 Dos	0:31.26	0:30.32
100 Dos	1:07.78	1:05.30
200 Dos	2:27.87	2:22.46
50 Bra.	0:34.34	0:33.30
100 Bra.	1:15.52	1:12.76
200 Bra.	2:44.20	2:38.20
50 Pap.	0:29.29	0:28.23
100 Pap.	1:05.54	1:02.76
200 Pap.	2:25.56	2:19.38
200 4 N.	2:25.93	2:21.56
400 4 N.	5:11.32	5:02.00