

## GRILLES DE QUALIFICATION AU CHAMPIONNAT REGIONAL 25M

(temps à réaliser lors des championnats départementaux 25m)

DAMES								
Année d'âge	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
<b>50 NL</b>	0:34.04	0:33.48	0:32.92	0:32.66	0:32.21	0:31.90	0:31.77	0:31.03
<b>100 NL</b>	1:14.29	1:13.05	1:11.81	1:11.24	1:10.26	1:09.59	1:09.30	1:07.70
<b>200 NL</b>	2:41.78	2:39.09	2:36.40	2:35.15	2:33.02	2:31.56	2:30.93	2:27.44
<b>400 NL</b>	5:38.79	5:33.16	5:27.53	5:24.91	5:20.45	5:17.39	5:16.08	5:08.76
<b>800 NL</b>	11:38.20	11:26.60	11:15.00	11:09.59	11:00.41	10:54.11	10:51.41	10:36.31
<b>1500 NL</b>	22:24.76	22:02.42	21:40.08	21:29.67	21:11.98	20:59.85	20:54.65	20:25.57
<b>50 Dos</b>	0:39.17	0:38.52	0:37.87	0:37.56	0:37.05	0:36.70	0:36.54	0:35.70
<b>100 Dos</b>	1:24.25	1:22.85	1:21.45	1:20.79	1:19.68	1:18.93	1:18.60	1:16.78
<b>200 Dos</b>	3:00.46	2:57.46	2:54.46	2:53.07	2:50.69	2:49.07	2:48.37	2:44.46
<b>50 Bra.</b>	0:43.34	0:42.62	0:41.90	0:41.56	0:40.99	0:40.60	0:40.44	0:39.50
<b>100 Bra.</b>	1:34.50	1:32.93	1:31.36	1:30.63	1:29.38	1:28.53	1:28.16	1:26.12
<b>200 Bra.</b>	3:22.99	3:19.61	3:16.23	3:14.66	3:11.99	3:10.16	3:09.38	3:04.99
<b>50 Pap.</b>	0:36.25	0:35.65	0:35.05	0:34.77	0:34.29	0:33.96	0:33.82	0:33.04
<b>100 Pap.</b>	1:21.27	1:19.92	1:18.57	1:17.94	1:16.87	1:16.14	1:15.83	1:14.07
<b>200 Pap.</b>	2:58.70	2:55.73	2:52.76	2:51.38	2:49.03	2:47.42	2:46.72	2:42.86
<b>200 4 N.</b>	3:04.33	3:01.27	2:58.21	2:56.78	2:54.36	2:52.69	2:51.98	2:47.99
<b>400 4 N.</b>	6:29.00	6:22.53	6:16.06	6:13.05	6:07.93	6:04.43	6:02.92	5:54.51

## GRILLES DE QUALIFICATION AU CHAMPIONNAT REGIONAL 25M (temps à réaliser lors des championnats départementaux 25m)

MESSIEURS								
Année d'âge	14 ans	15 ans	16 ans	17 ans	18 ans	19 ans	20 ans	21 ans et plus
<b>50 NL</b>	0:29.89	0:29.39	0:28.89	0:28.66	0:28.27	0:28.00	0:27.88	0:27.23
<b>100 NL</b>	1:05.99	1:04.90	1:03.81	1:03.29	1:02.43	1:01.83	1:01.58	1:00.15
<b>200 NL</b>	2:25.93	2:23.51	2:21.09	2:19.96	2:18.04	2:16.72	2:16.16	2:13.00
<b>400 NL</b>	5:10.25	5:05.10	4:59.95	4:57.55	4:53.46	4:50.67	4:49.47	4:42.76
<b>800 NL</b>	10:46.32	10:35.58	10:24.84	10:19.84	10:11.33	10:05.51	10:03.00	9:49.03
<b>1500 NL</b>	20:30.06	20:09.62	19:49.18	19:39.66	19:23.48	19:12.39	19:07.63	18:41.03
<b>50 Dos</b>	0:34.57	0:34.00	0:33.43	0:33.16	0:32.70	0:32.39	0:32.26	0:31.51
<b>100 Dos</b>	1:14.72	1:13.48	1:12.24	1:11.66	1:10.68	1:10.00	1:09.72	1:08.10
<b>200 Dos</b>	2:43.01	2:40.30	2:37.59	2:36.33	2:34.19	2:32.72	2:32.09	2:28.56
<b>50 Bra.</b>	0:37.99	0:37.35	0:36.71	0:36.42	0:35.92	0:35.58	0:35.43	0:34.61
<b>100 Bra.</b>	1:23.26	1:21.87	1:20.48	1:19.84	1:18.74	1:17.99	1:17.67	1:15.87
<b>200 Bra.</b>	3:01.01	2:58.00	2:54.99	2:53.59	2:51.21	2:49.58	2:48.88	2:44.96
<b>50 Pap.</b>	0:32.39	0:31.85	0:31.31	0:31.06	0:30.64	0:30.35	0:30.22	0:29.52
<b>100 Pap.</b>	1:12.25	1:11.05	1:09.85	1:09.29	1:08.34	1:07.69	1:07.41	1:05.85
<b>200 Pap.</b>	2:40.46	2:37.79	2:35.12	2:33.88	2:31.77	2:30.32	2:29.70	2:26.23
<b>200 4 N.</b>	2:44.93	2:42.19	2:39.45	2:38.18	2:36.01	2:34.52	2:33.88	2:30.31
<b>400 4 N.</b>	5:51.88	5:46.03	5:40.18	5:37.46	5:32.83	5:29.66	5:28.29	5:20.68