

TEMPS DE QUALIFICATION COUPE DES RÉGIONS (ANQCA)**BASSIN COURT (25 M) 2020-2021**

Niveau	FILLES			FEMMES			
Âge	11 ans	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans +
Épreuves							
50m libre	39.50	36.50	34.50	33.50	32.50	31.50	31.00
100 m libre	1:27.50	1:22.50	1:19.00	1:14.00	1:12.50	1:10.50	1:09.00
200 m libre	3:08.00	2:57.50	2:49.00	2:42.00	2:38.00	2:32.50	2:30.00
400 m libre	6:25.00	6:03.00	5:42.00	5:35.00	5:28.00	5:23.00	5:20.00
800 m libre	13:00.00	12:30.00	11:40.00	11:25.00	11:12.00	11:03.50	10:52.00
1500 m libre	23:30.00	23:00.00	22:30.00	22:08.00	21:55.00	21:45.00	21:30.00
50 m dos	43.50	41.00	39.50	38.00	37.00	35.50	35.00
100 m dos	1:37.50	1:31.00	1:27.50	1:26.00	1:24.00	1:22.50	1:20.00
200 m dos	3:30.00	3:19.00	3:06.00	3:01.00	2:57.50	2:54.50	2:52.00
50 m brasse	51.50	49.00	47.00	45.00	43.50	42.50	41.50
100 m brasse	1:52.50	1:47.50	1:43.50	1:39.00	1:37.00	1:35.00	1:32.50
200 m brasse	3:53.00	3:46.00	3:41.00	3:36.00	3:29.00	3:26.00	3:22.00
50 m papillon	45.00	42.00	39.50	38.00	36.50	35.00	34.00
100 m papillon	1:45.00	1:39.00	1:33.50	1:29.00	1:27.00	1:25.00	1:22.00
200 m papillon	3:45.00	3:34.00	3:24.50	3:18.00	3:12.50	3:07.50	3:02.00
100 m QNI	1:42.00	1:37.00	1:34.50	1:31.50	1:29.50	1:27.00	1:24.00
200 m QNI	3:30.00	3:18.00	3:13.00	3:06.00	3:01.00	2:58.00	2:53.00
400 m QNI	7:25.00	7:00.00	6:45.00	6:36.00	6:27.50	6:20.00	6:13.00

TEMPS DE QUALIFICATION COUPE DES RÉGIONS (ANQCA)

BASSIN COURT (25 M) 2020-2021

Niveau	GARÇONS			HOMMES			
Âge	11 ans	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans +
Épreuves							
50m libre	39.00	37.00	33.00	31.50	30.50	29.50	28.75
100 m libre	1:29.00	1:23.00	1:15.00	1:11.50	1:08.50	1:07.50	1:06.00
200 m libre	3:12.00	3:02.00	2:44.00	2:38.50	2:33.00	2:29.00	2:26.50
400 m libre	6:30.00	6:08.00	5:39.00	5:32.00	5:22.00	5:14.00	5:07.00
800 m libre	13:00.00	12:30.00	11:28.00	11:08.00	10:48.00	10:38.00	10:30.00
1500 m libre	24:00.00	23:30.00	22:30.00	22:00.00	21:30.00	21:00.00	20:40.00
50 m dos	44.00	41.50	38.50	36.50	35.00	33.75	33.00
100 m dos	1:41.00	1:34.00	1:25.00	1:23.00	1:22.00	1:20.00	1:17.00
200 m dos	3:30.00	3:19.00	3:03.00	2:58.00	2:52.00	2:47.00	2:45.00
50 m brasse	52.00	50.00	46.00	44.00	42.00	40.50	39.00
100 m brasse	1:52.50	1:49.00	1:39.00	1:37.00	1:33.00	1:31.00	1:29.00
200 m brasse	3:54.00	3:50.00	3:35.00	3:27.00	3:19.00	3:13.00	3:09.00
50 m papillon	47.00	44.00	40.00	37.00	35.00	34.00	33.00
100 m papillon	1:45.00	1:39.00	1:33.00	1:27.50	1:22.00	1:20.00	1:16.00
200 m papillon	3:45.00	3:34.00	3:21.50	3:13.00	3:06.00	3:00.00	2:54.00
100 m QNI	1:44.00	1:40.00	1:36.00	1:30.00	1:25.50	1:22.00	1:18.50
200 m QNI	3:35.00	3:23.50	3:13.00	3:05.00	2:56.00	2:51.50	2:47.50
400 m QNI	7:25.00	7:00.00	6:40.00	6:30.00	6:20.00	6:13.00	6:06.00