



TEMPS DE QUALIFICATION PROVINCIAL 11-12 ANS 2018-2019
PARANATATION

FEMMES 11-12 ANS - Temps en bassin de 25m

Épreuves	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	5:33.55	3:47.25	3:05.15	2:14.65	1:55.50	1:30.75	1:12.75	1:06.30	57.92	56.60	1:12.75	1:01.31	57.92	57.92
100 libre	10:05.88	7:17.60	6:00.00	4:46.11	4:07.50	3:01.50	2:33.62	2:25.53	2:09.36	2:01.13	4:11.70	4:08.45	3:47.45	2:09.36
200 libre	19:41.16	13:07.95	11:43.80	10:10.47	8:15.00	6:18.00	5:07.23	5:05.75	4:33.42	4:17.25	5:38.10	5:31.35	4:42.25	4:33.42
400 libre						13:09.00	12:07.65	11:51.50	10:30.65	9:58.30	12:07.65	11:53.10	10:46.80	10:30.65
50 dos	5:02.95	3:38.80	3:21.95	2:31.50	2:12.00	1:39.87	1:29.67	1:23.05	1:13.50	1:05.42	1:29.67	1:27.87	1:13.50	1:13.50
100 dos	10:21.18	7:32.88	6:59.22	5:18.25	4:39.00	3:34.50	3:14.04	2:57.87	2:41.70	2:25.53	3:14.04	3:10.16	2:41.70	2:41.70
200 dos						7:21.00	6:28.08	6:12.65	5:07.23	5:05.03	6:10.44	6:03.03	5:08.70	5:22.82
50 brasse	5:53.43	4:29.28	3:21.95	2:23.82	2:12.75	2:04.50	1:45.85	1:29.67	1:21.59		1:45.85	1:43.73	1:21.59	1:21.59
100 brasse	12:02.16	9:13.86	6:59.22	5:02.94	4:40.50	4:24.00	3:46.38	3:14.04	2:57.87		3:46.38	3:41.85	2:57.87	2:57.87
200 brasse						8:21.00	7:31.29	5:57.95	5:57.21		6:33.96	6:26.09	5:57.21	5:57.21
50 papillon	4:12.45	3:55.62	3:21.95	3:05.13	4:15.00	2:03.75	1:45.84	1:29.67	1:21.59	1:13.50	1:29.67	1:27.87	1:13.50	1:21.59
100 papillon	8:40.20	7:58.89	6:51.57	6:16.38	5:37.50	4:22.50	3:21.39	3:14.04	2:57.87	2:41.70	3:14.04	3:10.16	2:41.70	2:57.87
200 papillon						8:45.00	6:42.78	5:52.80	5:15.71	5:14.58	6:12.65	6:05.19	6:01.62	5:22.82
150 QNI	10:56.37	10:31.13	10:05.88	8:24.90										
200 QNI	15:16.47	13:02.60	13:02.60	11:37.68	9:54.00	8:15.00	7:00.42	6:28.08	5:23.40	5:07.23	6:28.08	6:20.33	5:39.57	5:23.40
400 QNI						16:45.00	14:15.54	11:55.89	10:24.75	9:59.76	11:11.79	10:43.35	9:33.30	10:24.75

HOMMES 11-12 ANS - Temps en bassin de 25m

Épreuves	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	4:29.28	2:50.00	2:50.00	2:50.00	1:30.75	1:14.25	58.25	57.00	51.75	50.15	1:04.70	57.00	51.75	51.75
100 libre	8:15.00	6:00.00	6:00.00	6:00.00	3:18.00	2:36.75	2:23.00	2:14.50	1:57.80	1:51.10	2:09.25	2:01.25	1:53.20	1:53.20
200 libre	16:30.00	12:00.00	12:00.00	12:00.00	7:42.00	4:42.00	5:01.40	4:44.50	4:11.00	3:55.65	4:33.50	4:17.25	4:01.10	4:01.10
400 libre						11:33.00	11:13.20	10:56.70	10:04.50	9:49.05	11:19.15	10:14.45	9:01.50	9:42.15
50 dos	4:24.00	3:30.00	3:30.00	3:30.00	1:39.00	1:23.25	1:16.50	1:12.30	59.70	58.00	1:21.50	1:13.50	1:05.40	57.33
100 dos	8:09.00	7:10.00	7:10.00	7:10.00	3:25.50	3:01.50	2:48.30	2:39.90	2:14.65	2:10.05	2:57.90	2:41.70	2:25.50	2:09.35
200 dos						6:00.00	5:51.90	5:19.75	4:44.60	4:35.40	6:09.00	5:38.10	5:05.75	4:33.45
50 brasse	5:27.00	3:25.50	3:25.50	3:25.50	1:43.90	1:39.80	1:33.33	1:16.50	1:04.75		1:29.70	1:13.50	1:05.45	1:02.20
100 brasse	11:09.00	7:07.50	7:07.50	7:07.50	3:42.75	3:34.50	3:22.00	2:48.30	2:24.75		3:14.05	2:41.70	2:25.55	2:19.10
200 brasse						7:15.00	6:40.90	6:05.00	5:55.00		6:42.75	5:38.10	4:46.50	5:41.05
50 papillon	3:18.00	3:09.00	3:09.00	3:09.00	1:55.50	1:30.75	1:15.75	1:12.30	59.65	55.08	1:13.50	1:01.38	57.33	57.33
100 papillon	6:51.00	6:33.30	6:33.30	6:33.30	4:06.00	3:16.50	2:46.77	2:39.90	2:14.65	2:05.45	2:41.70	2:17.45	2:09.35	2:09.35
200 papillon						6:48.00	5:48.85	5:28.95	5:10.60	4:50.70	5:23.40	5:19.00	4:46.65	5:22.85
150 QNI	9:54.00	9:30.00	9:30.00	9:30.00										
200 QNI	13:19.50	12:45.00	12:45.00	12:45.00	8:15.00	6:36.00	5:53.45	5:36.60	5:03.00	4:46.15	5:55.74	5:23.4	4:51.00	4:51.00
400 QNI						13:19.50	12:02.15	11:28.50	10:21.20	9:47.55	12:06.20	11:01.50	9:11.85	9:11.85

Note: Un nageur groupe d'âge doit réaliser 3 temps de qualification dans deux styles de nage différents pour accéder au niveau de compétition. Le QNI est considéré comme un style de nage.



FÉDÉRATION
DE NATATION
DU QUÉBEC

TEMPS DE QUALIFICATION PROVINCIAL 11-12 ANS 2018-2019
PARANATATION

FEMMES 11-12 ans - Temps en bassin de 50m

Épreuve	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	5:27.00	3:33.00	3:01.50	2:12.00	1:55.50	1:30.75	1:14.25	1:07.65	59.40	57.75	1:14.25	1:04.35	59.40	59.40
100 libre	9:09.00	7:09.00	6:03.00	4:40.50	4:07.50	3:01.50	2:36.75	2:28.50	2:12.00	2:03.75	2:45.00	2:28.50	2:20.25	2:12.00
200 libre	19:18.00	12:52.50	11:30.00	9:58.50	8:15.00	6:18.00	5:13.50	5:12.00	4:39.00	4:22.50	5:45.00	5:12.00	4:48.00	4:39.00
400 libre						13:09.00	12:22.50	12:06.00	10:43.50	10:10.50	12:22.50	11:33.00	11:00.00	10:43.50
50 dos	4:57.00	3:34.50	3:18.00	2:28.50	2:12.00	1:39.75	1:31.50	1:24.75	1:15.00	1:06.75	1:31.50	1:24.75	1:15.00	1:15.00
100 dos	10:09.00	7:24.00	6:51.00	5:12.00	4:39.00	3:34.50	3:18.00	3:01.50	2:45.00	2:28.50	3:18.00	3:01.50	2:45.00	2:45.00
200 dos						7:21.00	6:36.00	6:20.25	5:13.50	5:11.25	6:18.00	5:17.25	5:15.00	5:28.50
50 brasse	5:46.50	4:24.00	3:18.00	2:21.00	2:12.75	2:04.50	1:48.00	1:31.50	1:23.37		1:48.00	1:31.50	1:23.37	1:23.37
100 brasse	11:48.00	9:03.00	6:51.00	4:57.00	4:40.50	4:24.00	3:51.00	3:18.00	3:01.50		3:51.00	3:18.00	3:01.50	3:01.50
200 brasse						8:21.00	7:40.50	6:05.25	6:04.50		6:42.00	6:12.00	6:04.50	6:04.50
50 papillon	4:07.50	3:51.00	3:18.00	3:01.50	2:45.00	2:03.75	1:39.00	1:31.50	1:23.37	1:15.00	1:31.50	1:23.37	1:15.00	1:23.37
100 papillon	8:30.00	7:49.50	6:43.50	6:09.00	5:37.50	4:22.50	3:25.50	3:18.00	3:01.50	2:45.00	3:18.00	3:01.50	2:45.00	3:01.50
200 papillon						8:45.00	6:51.00	6:00.00	5:22.50	5:21.00	6:20.25	6:11.25	6:09.00	5:28.50
150 QNI	10:43.50	10:18.75	9:09.00	8:15.00										
200 QNI	14:58.50	12:46.50	13:19.50	11:24.00	9:09.00	8:15.00	7:09.00	6:36.00	5:30.00	5:13.50	6:36.00	6:19.50	5:46.50	5:30.00
400 QNI						16:45.00	14:33.00	12:10.50	10:37.50	10:12.00	11:25.50	9:53.25	9:45.00	10:37.50

HOMMES 11-12 ans - Temps en bassin de 50m

Épreuve	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	4:24.00	2:45.00	2:12.00	1:55.50	1:30.75	1:14.25	59.60	1:07.65	57.75	51.15	1:06.00	1:07.65	57.75	57.75
100 libre	8:15.00	5:46.50	4:57.00	4:07.50	3:18.00	2:36.75	2:20.25	2:12.00	1:55.50	1:48.90	2:12.00	2:03.75	1:55.50	1:55.50
200 libre	16:30.00	11:30.00	8:51.00	8:15.00	7:42.00	5:27.00	4:55.50	4:39.00	4:06.00	3:51.00	4:39.00	4:02.50	4:06.00	4:06.00
400 libre						11:33.00	11:00.00	10:43.50	9:54.00	9:37.50	11:33.00	10:27.00	9:58.50	9:54.00
50 dos	4:24.00	3:18.00	2:45.00	2:12.00	1:39.00	1:23.25	1:15.00	1:10.88	58.50	56.85	1:23.25	1:15.00	1:06.75	58.50
100 dos	8:55.50	6:43.50	5:37.50	4:31.50	3:25.50	3:01.50	2:45.00	2:36.75	2:12.00	2:07.50	3:01.50	2:45.00	2:28.50	2:12.00
200 dos						6:00.00	5:45.00	5:13.50	4:39.00	4:30.00	6:16.50	5:45.00	5:12.00	4:39.00
50 brasse	5:27.00	3:18.00	2:45.00	1:48.00	1:43.88	1:39.75	1:31.50	1:15.00	1:03.45		1:31.50	1:15.00	1:06.75	1:03.45
100 brasse	11:09.00	6:51.00	5:45.00	3:51.00	3:42.75	3:34.50	3:18.00	2:45.00	2:21.90		3:18.00	2:45.00	2:28.50	2:21.90
200 brasse						7:15.00	6:33.00	5:57.75	5:48.00		6:51.00	5:45.00	5:27.00	5:48.00
50 papillon	3:18.00	3:01.50	2:28.50	2:12.00	1:55.50	1:30.75	1:14.25	1:10.88	58.50	54.00	1:15.00	1:02.63	58.50	58.50
100 papillon	6:51.00	6:18.00	5:12.00	4:39.00	4:06.00	3:34.50	3:16.50	2:43.50	2:12.00	2:33.00	2:45.00	2:20.25	2:12.00	2:12.00
200 papillon						6:48.00	5:42.00	5:22.50	5:04.50	4:45.00	5:30.00	5:25.50	4:52.50	5:04.50
150 QNI	9:54.00	9:04.50	8:15.00	6:36.00										
200 QNI	13:19.50	12:13.50	10:51.00	8:55.50	8:15.00	6:36.00	5:46.50	5:30.00	4:57.00	4:20.50	6:03.00	5:30.00	4:57.00	4:57.00
400 QNI						13:19.50	11:48.00	11:15.00	10:09.00	9:36.00	12:21.00	11:15.00	10:09.00	10:09.00

Note: Un nageur groupe d'âge doit réaliser 3 temps de qualification dans deux styles de nage différents pour accéder au niveau de compétition. Le QNI est considéré comme un style de nage.



**TEMPS DE QUALIFICATION PROVINCIAL CIRCUIT SENIOR 2018-2019
PARANATATION**

FEMMES - Temps en bassin de 25m

Épreuves	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	4:15,71	2:46,57	2:21,93	1:43,22	1:28,55	1:00,50	1:04,19	0:50,83	0:44,63	0:43,39	0:55,79	0:54,67	0:44,63	
100 libre	7:44,51	5:35,48	4:43,87	3:39,35	3:09,75	2:01,00	2:15,44	1:51,57	1:39,18	1:32,98	2:03,97	2:01,49	1:45,37	
200 libre	15:05,56	10:04,09	8:59,58	7:48,88	6:19,50									3:29,62
400 libre						10:04,90	10:41,54	9:05,47	8:03,48	7:38,69	9:17,86	9:06,71	8:15,88	
50 dos	3:52,25	2:47,74	2:34,84	1:56,13	1:41,20									
100 dos						2:23,00	2:28,76	2:16,87	2:03,97	1:51,57	2:28,76	2:25,79	2:03,97	2:03,97
50 brasse	4:30,96	3:26,45	2:34,84											
100 brasse				3:52,25	3:35,05	3:22,50	2:53,86	2:28,76	2:16,37		2:53,56	2:50,08	2:16,37	2:16,37
50 papillon	3:13,54	3:00,64	2:34,84	2:21,93	2:06,50	1:34,87	1:14,38							
100 papillon								2:28,76	2:16,37	2:03,97	2:28,36	2:25,79	2:03,97	
150 QNI	8:23,22	8:03,96	7:44,91	6:27,09										
200 QNI					7:35,40	6:19,50	5:22,82	4:57,53	4:07,94	3:55,54	4:57,53	4:51,58	4:20,34	4:07,94

HOMMES - Temps en bassin de 25m

Épreuves	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	3:26,45	2:09,03	1:43,32	1:30,32	1:09,57	0:56,93	0:44,63	0:43,39	0:39,68	0:38,42	0:49,59	0:43,39	0:39,68	
100 libre	6:19,90	4:30,92	3:52,25	3:13,54	2:31,80	2:00,17	1:49,68	1:43,22	1:30,02	1:25,16	1:39,18	1:32,98	1:26,78	
200 libre	12:39,00	8:59,58	6:55,24	6:27,09										3:04,83
400 libre					12:11,40	8:51,30	8:36,10	8:23,22	7:44,51	7:31,61	8:40,67	7:51,09	7:29,67	
50 dos	3:22,40	2:34,84	2:09,03	1:43,22	1:15,90									
100 dos						2:19,15	2:09,03	2:02,58	1:43,22	1:39,70	2:16,37	2:03,97	1:51,57	1:39,18
50 brasse	4:10,70	2:34,84	2:09,03											
100 brasse				3:00,64	2:50,78	2:44,45	2:34,84	2:09,03	1:50,96		2:28,76	2:03,97	1:51,57	1:46,61
50 papillon	2:31,80	2:21,93	1:56,13	1:43,02	1:28,55	1:09,57	0:58,06							
100 papillon								2:02,58	1:43,22	1:36,19	2:03,97	1:45,37	1:39,19	1:39,18
150 QNI	7:35,40	7:05,80	6:27,09	5:09,67										
200 QNI					6:10,50	5:03,60	4:30,96	4:18,06	3:52,25	3:39,35	4:32,73	4:07,94	3:43,15	3:43,15

Un nageur Coupe du Québec doit réaliser 2 temps de qualification dans deux épreuves différentes pour accéder au niveau de compétition. Le QNI est considéré comme un style de nage.

TEMPS DE QUALIFICATION PROVINCIAL CIRCUIT SENIOR 2018-2019
PARANATATION

FEMMES - Temps en bassin de 50m

Épreuve	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.57	0:56.93	0:51.86	0:45.54	0:44.28	0:56.93	0:49.33	0:45.54	
100 libre	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.87	2:06.50	1:53.85	1:47.52	
200 libre	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50									3:33.90
400 libre						10:04.90	9:29.25	9:16.60	7:09.00	7:48.05	9:29.25	8:51.30	8:26.00	
50 dos	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20									
100 dos						2:44.45	2:31.50	2:19.15	1:50.00	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
50 brasse	4:25.65	3:22.40	2:31.80											
100 brasse				3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:01.00		2:57.10	2:31.80	2:19.15	2:19.15
50 papillon	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.87	1:15.90							
100 papillon								2:31.80	2:01.00	2:06.50	2:31.80	2:19.15	2:06.50	
150 QNI	8:13.35	7:54.37	7:35.40	6:19.50										
200 QNI					7:35.40	6:19.50	5:28.90	5:03.60	3:40.00	3:29.00	5:03.60	4:50.95	4:25.65	4:13.00

HOMMES - Temps en bassin de 50m

Épreuve	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	3:22.40	2:06.50	1:41.20	1:28.55	1:09.57	0:49.50	0:45.54	0:44.28	0:40.48	0:40.48	0:50.60	0:44.28	0:40.48	
100 libre	6:19.50	4:25.65	3:47.70	3:09.75	2:31.80	1:44.50	1:47.52	1:41.20	1:28.55	1:28.55	1:41.20	1:34.87	1:28.55	
200 libre	12:39.00	8:49.00	6:47.70	6:19.50										3:08.60
400 libre					12:11.40	7:42.00	8:26.00	8:13.35	7:35.50	7:35.00	8:51.30	8:00.70	7:38.85	
50 dos	3:22.40	2:31.80	2:06.50	1:41.20	1:15.90									
100 dos						2:01.00	2:06.50	2:00.17	1:41.20	1:41.20	2:19.15	2:06.50	1:53.58	1:41.20
50 brasse	4:10.70	2:31.80	2:06.50											
100 brasse				2:57.10	2:50.78	2:23.00	2:31.80	2:06.50	1:48.47		2:31.80	2:06.50	1:53.58	1:48.79
50 papillon	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:00.50	0:56.93							
100 papillon								2:00.17	1:41.20	1:41.20	2:06.50	1:47.52	1:41.20	
150 QNI	7:35.40	6:57.45	6:19.50	5:03.60										
200 QNI					6:19.50	4:24.00	4:25.65	4:13.00	3:47.70	3:47.70	4:38.30	4:13.00	3:47.40	3:47.70

Un nageur Coupe du Québec doit réaliser 2 temps de qualification dans deux épreuves différentes pour accéder au niveau de compétition. Le QNI est considéré comme un style de nage.



TEMPS DE QUALIFICATION PROVINCIAL COUPE DU QUÉBEC 2018-2019
PARANATATION

FEMMES 13 ANS ET PLUS - Temps en bassin de 25m

Épreuves	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	5:00,19	3:15,53	2:46,62	2:01,18	1:43,95	1:21,68	1:05,49	59,67	52,39	50,94	1:05,49	1:04,18	52,39	52,39
100 libre	9:05,29	6:33,82	5:33,23	4:17,50	3:42,75	2:43,35	2:18,25	2:10,98	1:56,42	1:49,15	2:25,53	2:22,61	2:03,70	1:56,42
200 libre	4:06,08	11:49,16	10:33,42	9:09,42	7:25,50	5:40,20	4:36,51	4:35,18	4:06,08	3:51,53	5:04,29	4:58,20	4:14,02	4:06,08
400 libre						11:50,10	10:54,89	10:40,33	9:27,57	8:58,46	10:54,89	10:41,79	9:42,12	9:27,57
50 dos	3:21,96	3:16,91	3:01,76	2:16,32	1:58,80	1:29,77	1:20,70	1:14,75	1:06,15	0:58,87	1:20,70	1:19,08	1:06,15	1:06,15
100 dos	6:54,12	6:47,59	6:17,30	4:46,42	4:11,10	3:13,05	2:54,64	2:40,08	2:25,53	2:10,98	2:54,64	2:51,14	2:25,53	2:25,53
200 dos						6:36,90	5:49,27	5:35,38	4:36,51	4:34,52	5:33,40	5:26,73	4:37,83	4:50,53
50 brasse	3:55,62	4:02,35	3:01,76	2:09,44	1:59,48	1:52,05	1:35,26	1:20,70	1:13,43		1:35,26	1:33,35	1:13,43	1:13,43
100 brasse	8:01,44	8:18,47	6:17,30	4:32,65	4:12,45	3:57,60	3:23,74	2:54,64	2:40,08		3:23,74	3:19,67	2:40,08	2:40,08
200 brasse						7:30,90	6:46,16	5:22,15	5:21,49		5:54,56	5:47,48	5:21,49	5:21,49
50 papillon	2:48,30	3:32,06	3:01,76	2:46,62	2:28,50	1:51,38	1:27,32	1:20,70	1:13,43	1:06,15	1:20,70	1:19,08	1:06,15	1:13,43
100 papillon	5:46,80	7:11,00	6:10,41	5:38,74	5:03,75	3:56,25	3:01,25	2:54,64	2:40,08	2:25,53	2:54,64	2:51,14	2:25,53	2:40,08
200 papillon						7:52,50	6:02,50	5:17,52	4:44,44	4:43,12	5:35,38	5:28,67	5:25,46	4:50,53
150 QNI	7:17,58	9:28,01	9:05,29	7:34,41										
200 QNI	10:10,98	11:44,34	12:13,94	10:27,91	8:54,60	7:25,50	6:18,38	5:49,27	4:51,06	4:36,51	5:49,27	5:42,29	5:05,61	4:51,06
400 QNI						15:04,50	12:50,00	10:44,30	9:22,28	8:59,78	10:04,61	9:52,52	8:35,97	9:22,28

HOMMES 13 ANS ET PLUS - Temps en bassin de 25m

Épreuves	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	2:59,52	2:31,47	2:01,18	1:46,03	1:21,68	1:06,83	52,39	50,94	46,58	45,12	58,21	50,94	46,58	46,58
100 libre	5:30,00	5:18,09	4:32,65	3:47,20	2:58,20	2:21,07	2:08,75	2:01,18	1:46,03	1:39,97	1:56,42	1:49,15	1:41,87	1:41,87
200 libre	11:00,00	10:33,42	8:07,46	7:34,41	6:55,80	4:54,30	4:31,27	4:16,12	3:45,83	3:32,06	4:06,08	3:51,53	3:36,97	3:36,97
400 libre						10:23,70	10:05,88	9:50,73	9:05,29	8:50,15	10:11,23	9:13,01	8:47,88	8:43,91
50 dos	2:56,00	3:01,76	2:31,47	2:01,18	1:29,10	1:14,93	1:08,85	1:05,06	53,70	52,19	1:13,43	1:06,15	58,87	51,60
100 dos	5:57,00	6:10,41	5:09,83	4:09,24	3:04,95	2:43,35	2:31,47	2:23,90	2:01,18	1:57,04	2:40,08	2:25,53	2:10,98	1:56,42
200 dos						5:24,00	5:16,71	4:47,79	4:16,12	4:07,86	5:32,07	5:04,29	4:35,18	4:06,08
50 brasse	3:38,00	3:01,76	2:31,47	1:39,14	1:33,49	1:29,77	1:24,00	1:08,85	58,25		1:20,70	1:06,15	58,87	55,96
100 brasse	7:26,00	6:17,30	5:16,71	3:32,06	3:20,48	3:13,05	3:01,76	2:31,47	2:10,26		2:54,64	2:25,53	2:10,98	2:05,16
200 brasse						6:31,50	6:00,77	5:28,41	5:19,46		6:02,50	5:04,29	4:48,41	5:06,94
50 papillon	2:12,00	2:46,62	2:16,32	2:01,18	1:43,95	1:21,68	1:08,16	1:05,06	53,70	49,57	1:06,15	55,24	51,60	51,60
100 papillon	4:34,00	5:47,00	4:46,42	4:16,12	3:41,40	2:56,85	2:30,09	2:23,90	2:01,18	1:52,91	2:25,53	2:03,70	1:56,42	1:56,42
200 papillon						6:07,20	5:13,96	4:56,05	4:39,53	4:21,63	4:51,06	4:47,09	4:17,99	4:50,53
150 QNI	6:36,00	8:19,85	7:34,41	6:03,53										
200 QNI	8:53,00	11:13,35	9:57,62	8:11,59	7:25,50	5:56,40	5:18,09	5:02,94	4:32,65	4:17,50	5:20,17	4:51,06	4:21,95	4:21,95
400 QNI						11:59,55	10:49,94	10:19,65	9:19,06	8:48,77	10:53,56	9:55,35	8:57,14	8:57,14

Note: Un nageur junior/senior doit réaliser 2 temps de qualification dans deux épreuves différentes pour accéder au niveau de compétition.



**TEMPS DE QUALIFICATION PROVINCIAL GROUPE D'ÂGE 2018-2019
PARANATATION**

FEMMES 13 ANS ET PLUS - Temps en bassin de 50m

Épreuve	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	4 :54,30	3 :11,70	2:43,35	1:58,80	1:43,95	1:21,68	1:06,83	1:00,89	0:53,46	0:51,98	1:06,83	0:57,92	0:53,46	0:53,46
100 libre	8 :54,80	6 :26,10	5:26,70	4:12,45	3:42,75	2:43,35	2:21,07	2:13,65	1:58,80	1:51,38	2:28,50	2:13,65	2:06,22	1:58,80
200 libre	17 :22,20	11 :35,25	10:21,00	8:58,65	7:25,50	5:40,20	4:42,15	4:40,80	4:11,10	3:56,25	5:10,50	4:40,80	4:19,20	4:11,10
400 libre						11:50,10	11:08,25	10:53,40	9:39,15	9:09,45	11:08,25	10:23,70	9:54,00	9:39,15
50 dos	4 :27,30	3 :13,05	2:58,20	2:13,65	1:58,80	1:29,77	1:22,35	1:16,28	1:07,50	1:00,08	1:22,35	1:16,28	1:07,50	1:07,50
100 dos	9 :08,10	6 :39,60	6:09,90	4:40,80	4:11,10	3:13,05	2:58,20	2:43,35	2:28,50	2:13,65	2:58,20	2:43,35	2:28,50	2:28,50
200 dos						6:36,90	5:56,40	5:42,22	4:42,15	4:40,13	5:40,20	4:45,52	4:43,50	4:56,46
50 brasse	5 :11,85	3 :57,60	2:58,20	2:06,90	1:59,48	1:52,05	1:37,20	1:22,35	1:14,93		1:37,20	1:22,35	1:14,93	1:14,93
100 brasse	10 :37,20	8 :08,70	6:09,90	4:27,30	4:12,45	3:57,60	3:27,90	2:58,20	2:43,35		3:27,90	2:58,20	2:43,35	2:43,35
200 brasse						7:30,90	6:54,45	5:28,72	5:28,05		6:01,80	5:34,80	5:28,05	5:28,05
50 papillon	3 :42,75	3 :27,9	2:58,20	2:43,35	2:28,50	1:51,38	1:29,10	1:22,35	1:14,93	1:08,18	1:22,35	1:14,93	1:14,25	1:14,93
100 papillon	7 :39,00	7 :02,55	6:03,15	5:32,10	5:03,75	3:56,25	3:04,95	2:58,20	2:43,35	2:28,50	2:58,20	2:43,35	2:28,50	2:43,35
200 papillon						7:52,50	6:09,90	5:24,00	4:50,25	4:48,90	5:42,22	5:34,12	5:32,10	4:56,46
150 QNI	9 :39,15	9 :16,85	8:54,60	7:25,50										
200 QNI	13 :28,65	11 :30,53	11:59,55	10:15,60	8:54,60	7:25,50	6:26,10	5:56,40	4:57,00	4:42,15	5:56,40	5:41,55	5:11,85	4:57,00
400 QNI						15:04,50	13:05,70	10:57,45	9:33,75	9:10,80	10:16,95	8:53,93	8:46,50	9:33,75

HOMMES 13 ANS ET PLUS - Temps en bassin de 50m

Épreuve	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 libre	3:57,60	2:28,50	1:58,80	1:43,95	1:21,68	1:06,83	0:53,46	0:51,98	0:47,52	0:46,04	0:59,40	0:51,98	0:47,52	0:47,52
100 libre	7:25,50	5:11,85	4:27,30	3:42,75	2:58,20	2:21,07	2:06,22	1:58,80	1:43,95	1:38,01	1:58,80	1:51,38	1:43,95	1:43,95
200 libre	14:51,00	10:21,00	7:57,90	7:25,50	6:55,80	4:54,30	4:25,95	4:11,10	3:41,40	3:27,90	4:11,10	3:56,25	3:41,40	3:41,40
400 libre						10:23,70	9:54,00	9:39,15	8:54,60	8:39,75	10:23,70	9:24,30	8:58,65	8:54,60
50 dos	3:57,60	2:58,20	2:28,50	1:58,80	1:29,10	1:14,93	1:07,50	1:03,79	0:52,65	0:51,17	1:14,93	1:07,50	1:00,08	0:52,65
100 dos	8:01,95	6:03,15	5:03,75	4:04,35	3:04,95	2:43,35	2:28,50	2:21,07	1:58,80	1:54,75	2:43,35	2:28,50	2:13,65	1:58,80
200 dos						5:24,00	5:10,50	4:42,15	4:11,10	4:03,00	5:38,85	5:10,50	4:40,80	4:11,10
50 brasse	4:54,30	2:58,20	2:28,50	1:37,20	1:33,49	1:29,77	1:22,35	1:07,50	0:57,10		1:22,35	1:07,50	1:00,08	0:57,10
100 brasse	10:02,10	6:09,90	5:10,50	3:27,90	3:20,48	3:13,05	2:58,20	2:28,50	2:07,71		2:58,20	2:28,50	2:13,65	2:07,71
200 brasse						6:31,50	5:53,70	5:21,98	5:13,20		6:09,90	5:10,50	4:54,30	5:13,20
50 papillon	2:58,20	2:43,35	2:13,65	1:58,80	1:43,95	1:21,68	1:06,83	1:03,79	0:52,65	0:48,60	1:07,50	0:56,36	0:52,65	0:52,65
100 papillon	6:09,90	5:40,20	4:40,80	4:11,10	3:41,40	2:56,85	2:27,15	2:21,07	1:58,80	1:50,70	2:28,50	2:06,22	1:58,80	1:58,80
200 papillon						6:07,20	5:07,80	4:50,25	4:34,05	4:16,50	4:57,00	4:52,95	4:23,25	4:50,52
150 QNI	8:54,60	8:10,05	7:25,50	5:56,40										
200 QNI	11:59,55	11:00,15	9:45,90	8:01,95	7:25,50	5:56,40	5:11,85	4:57,00	4:27,30	4:12,45	5:26,70	4:57,00	4:27,30	4:27,30
400 QNI						11:59,55	10:37,20	10:07,50	9:08,10	8:38,40	11:06,90	10:07,50	9:08,10	9:08,10

Note: Un nageur junior/senior doit réaliser 2 temps de qualification dans deux épreuves différentes pour accéder au niveau de compétition.