

**TEMPS DE QUALIFICATION COUPE DES RÉGIONS (ANQCA)**

**BASSIN COURT (25 M) 2022-2023**

Niveau	FILLES			FEMMES			
Âge	11 ans	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans +
<b>Épreuves</b>							
<b>50m libre</b>	37.00	35.50	34.00	32.50	31.50	30.50	30.00
<b>100 m libre</b>	1:25.00	1:21.50	1:15.50	1:12.00	1:10.00	1:08.50	1:07.50
<b>200 m libre</b>	2:57.00	2:50.00	2:39.50	2:34.00	2:30.00	2:28.00	2:26.00
<b>400 m libre</b>	6:15.00	6:00.00	5:32.00	5:28.00	5:24.00	5:19.00	5:15.00
<b>800 m libre</b>	12:30.00	12:00.00	11:25.00	11:19.00	11:12.00	11:03.50	10:45.00
<b>1500 m libre</b>			22:20.00	22:00.00	21:40.00	21:20.00	21:00.00
<b>50 m dos</b>	41.00	40.00	39.00	37.50	36.50	34.75	34.00
<b>100 m dos</b>	1:30.00	1:28.00	1:25.50	1:23.50	1:19.50	1:18.00	1:16.50
<b>200 m dos</b>	3:20.00	3:15.00	3:01.00	2:57.00	2:54.00	2:50.00	2:47.00
<b>50 m brasse</b>	50.50	48.00	47.00	45.00	43.50	42.50	41.50
<b>100 m brasse</b>	1:46.00	1:41.00	1:38.00	1:36.00	1:34.00	1:32.00	1:30.00
<b>200 m brasse</b>	3:41.00	3:38.00	3:34.00	3:30.00	3:25.00	3:21.00	3:17.50
<b>50 m papillon</b>	44.00	42.00	39.00	36.50	35.75	34.50	33.00
<b>100 m papillon</b>	1:38.00	1:32.00	1:26.00	1:23.50	1:21.00	1:19.00	1:17.50
<b>200 m papillon</b>	3:38.00	3:30.00	3:20.00	3:13.00	3:09.00	3:05.00	2:59.00
<b>100 m QNI</b>	1:38.50	1:34.50	1:31.00	1:28.00	1:25.50	1:23.00	1:20.00
<b>200 m QNI</b>	3:20.00	3:15.00	3:07.00	3:03.00	2:55.50	2:50.00	2:47.00
<b>400 m QNI</b>	7:00.00	6:45.00	6:35.00	6:28.00	6:19.00	6:12.00	6:05.00

**TEMPS DE QUALIFICATION COUPE DES RÉGIONS (ANQCA)**

**BASSIN COURT (25 M) 2022-2023**

Niveau	GARÇONS			HOMMES			
Âge	11 ans	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans +
<b>Épreuves</b>							
<b>50m libre</b>	37.75	36.25	33.75	31.00	29.75	28.75	28.00
<b>100 m libre</b>	1:26.00	1:22.50	1:14.00	1:10.00	1:07.50	1:06.75	1:05.50
<b>200 m libre</b>	3:01.00	2:52.50	2:37.75	2:31.00	2:25.00	2:21.50	2:19.00
<b>400 m libre</b>	6:19.00	6:06.00	5:27.00	5:20.00	5:13.00	5:07.00	5:00.00
<b>800 m libre</b>	12:40.00	12:15.00	11:20.00	11:08.00	10:48.00	10:38.00	10:30.00
<b>1500 m libre</b>	24:00.00	23:30.00	22:00.00	21:40.00	21:15.00	20:45.00	20:30.00
<b>50 m dos</b>	42.00	41.00	38.50	36.50	35.00	33.75	33.00
<b>100 m dos</b>	1:33.00	1:29.00	1:20.00	1:18.00	1:16.50	1:15.00	1:13.50
<b>200 m dos</b>	3:24.00	3:18.00	2:57.00	2:52.00	2:47.50	2:43.00	2:41.00
<b>50 m brasse</b>	52.00	48.75	46.00	44.00	42.00	40.50	39.00
<b>100 m brasse</b>	1:50.00	1:44.00	1:36.50	1:33.00	1:31.50	1:29.50	1:27.00
<b>200 m brasse</b>	3:50.00	3:45.00	3:30.00	3:25.00	3:18.00	3:12.00	3:08.00
<b>50 m papillon</b>	45.00	42.50	38.00	35.50	34.75	33.75	32.50
<b>100 m papillon</b>	1:40.00	1:34.00	1:29.00	1:22.50	1:20.50	1:19.00	1:14.00
<b>200 m papillon</b>	3:45.00	3:35.00	3:16.00	3:10.00	3:04.00	2:55.00	2:50.00
<b>100 m QNI</b>	1:39.00	1:35.00	1:30.00	1:25.00	1:22.00	1:18.50	1:17.00
<b>200 m QNI</b>	3:25.00	3:18.50	3:06.50	2:58.00	2:52.50	2:48.50	2:45.00
<b>400 m QNI</b>	7:15.00	7:00.00	6:33.00	6:24.00	6:13.00	6:05.00	5:59.00