



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

HOMMES - 25m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	24,84	28,11	34,07	31,92	30,02	29,06	28,35	27,87	29,54	27,75	26,21	25,49	24,84	24,54
100m Libre	53,85	1:00,95	1:14,90	1:10,25	1:06,12	1:04,05	1:02,50	1:01,47	1:04,05	1:00,18	56,82	55,27	53,85	53,20
200m Libre	1:57,78	2:13,31	2:43,82	2:33,65	2:24,61	2:20,09	2:16,70	2:14,44	2:20,09	2:11,62	2:04,27	2:00,88	1:57,78	1:56,37
400m Libre	4:17,84	4:46,36	5:56,73	5:34,89	5:15,48	5:05,77	4:58,49	4:53,64	5:05,77	4:47,57	4:31,80	4:24,52	4:17,84	4:14,81
800m Libre	9:00,28	10:00,03	12:27,50	11:41,73	11:01,05	10:40,71	10:25,46	10:15,29	10:40,71	10:02,58	9:29,52	9:14,27	9:00,28	8:53,93
1500m Libre	17:02,16	18:55,20	23:34,19	22:07,61	20:50,65	20:12,17	19:43,30	19:24,06	20:12,17	19:00,01	17:57,48	17:28,62	17:02,16	16:50,14
50m Dos	28,55	32,31	39,16	36,69	34,50	33,41	32,59	32,04	33,96	31,90	30,12	29,30	28,55	28,20
100m Dos	1:00,78	1:08,80	1:24,54	1:19,30	1:14,63	1:12,30	1:10,55	1:09,38	1:12,30	1:07,93	1:04,14	1:02,39	1:00,78	1:00,06
200m Dos	2:15,72	2:30,73	3:07,78	2:56,28	2:46,06	2:40,95	2:37,12	2:34,56	2:40,95	2:31,37	2:23,07	2:19,24	2:15,72	2:14,13
50m Brasse	31,39	35,53	43,06	40,35	37,94	36,73	35,83	35,23	37,33	35,08	33,12	32,22	31,39	31,01
100m Brasse	1:08,21	1:17,20	1:34,87	1:28,98	1:23,75	1:21,13	1:19,17	1:17,86	1:21,13	1:16,22	1:11,97	1:10,01	1:08,21	1:07,39
200m Brasse	2:33,09	2:50,02	3:31,80	3:18,84	3:07,31	3:01,55	2:57,22	2:54,34	3:01,55	2:50,74	2:41,37	2:37,05	2:33,09	2:31,29
50m Papillon	26,48	29,98	36,33	34,04	32,01	30,99	30,23	29,72	31,50	29,60	27,94	27,18	26,48	26,17
100m Papillon	0:58,05	1:05,71	1:20,75	1:15,74	1:11,28	1:09,05	1:07,38	1:06,27	1:09,05	1:04,88	1:01,26	0:59,59	0:58,05	0:57,36
200m Papillon	2:14,90	2:29,82	3:06,64	2:55,21	2:45,05	2:39,97	2:36,16	2:33,63	2:39,97	2:30,45	2:22,20	2:18,39	2:14,90	2:13,31
200m QNI	2:13,69	2:31,33	3:05,95	2:54,41	2:44,15	2:39,02	2:35,17	2:32,61	2:39,02	2:29,40	2:21,07	2:17,22	2:13,69	2:12,09
400m QNI	4:53,35	5:25,79	6:45,85	6:21,01	5:58,92	5:47,87	5:39,59	5:34,07	5:47,87	5:27,17	5:09,22	5:00,94	4:53,35	4:49,90



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

HOMMES - 50m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	25,60	28,98	35,12	32,91	30,95	29,96	29,23	28,74	30,45	28,61	27,02	26,28	25,60	25,30
100m Libre	55,51	1:02,84	1:17,21	1:12,42	1:08,16	1:06,03	1:04,43	1:03,37	1:06,03	1:02,04	58,58	56,98	55,51	54,85
200m Libre	2:01,42	2:17,43	2:48,88	2:38,40	2:29,08	2:24,42	2:20,93	2:18,60	2:24,42	2:15,69	2:08,12	2:04,62	2:01,42	1:59,96
400m Libre	4:25,82	4:55,21	6:07,76	5:45,25	5:25,23	5:15,23	5:07,72	5:02,72	5:15,23	4:56,46	4:40,20	4:32,70	4:25,82	4:22,69
800m Libre	9:16,99	10:18,59	12:50,62	12:03,44	11:21,50	11:00,53	10:44,80	10:34,32	11:00,53	10:21,21	9:47,14	9:31,41	9:16,99	9:10,44
1500m Libre	17:33,78	19:30,31	24:17,93	22:48,67	21:29,33	20:49,66	20:19,90	20:00,07	20:49,66	19:35,27	18:30,80	18:01,05	17:33,78	17:21,38
50m Dos	29,43	33,31	40,37	37,83	35,57	34,44	33,59	33,03	35,01	32,89	31,05	30,21	29,43	29,08
100m Dos	1:02,66	1:10,93	1:27,16	1:21,75	1:16,94	1:14,54	1:12,73	1:11,53	1:14,54	1:10,03	1:06,12	1:04,32	1:02,66	1:01,91
200m Dos	2:19,92	2:35,39	3:13,58	3:01,73	2:51,20	2:45,93	2:41,98	2:39,34	2:45,93	2:36,05	2:27,49	2:23,54	2:19,92	2:18,27
50m Brasse	32,36	36,63	44,39	41,59	39,11	37,87	36,94	36,32	38,49	36,16	34,14	33,21	32,36	31,97
100m Brasse	1:10,32	1:19,59	1:37,80	1:31,73	1:26,34	1:23,64	1:21,61	1:20,27	1:23,64	1:18,58	1:14,20	1:12,17	1:10,32	1:09,47
200m Brasse	2:37,82	2:55,28	3:38,35	3:24,99	3:13,10	3:07,16	3:02,70	2:59,73	3:07,16	2:56,02	2:46,36	2:41,91	2:37,82	2:35,97
50m Papillon	27,30	30,90	37,45	35,09	33,00	31,95	31,17	30,64	32,48	30,51	28,81	28,02	27,30	26,98
100m Papillon	0:59,85	1:07,74	1:23,24	1:18,08	1:13,48	1:11,19	1:09,47	1:08,32	1:11,19	1:06,88	1:03,15	1:01,43	0:59,85	0:59,13
200m Papillon	2:19,07	2:34,45	3:12,41	3:00,63	2:50,16	2:44,92	2:40,99	2:38,38	2:44,92	2:35,10	2:26,60	2:22,67	2:19,07	2:17,43
200m QNI	2:17,83	2:36,01	3:11,70	2:59,81	2:49,23	2:43,94	2:39,97	2:37,33	2:43,94	2:34,02	2:25,43	2:21,46	2:17,83	2:16,18
400m QNI	5:02,42	5:35,86	6:58,41	6:32,79	6:10,02	5:58,63	5:50,09	5:44,40	5:58,63	5:37,29	5:18,79	5:10,25	5:02,42	4:58,86



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

FEMMES - 25m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	26,81	31,17	35,92	33,81	32,49	31,96	31,43	30,90	29,85	28,53	27,67	27,27	26,81	26,61
100m Libre	58,81	1:07,05	1:18,42	1:13,87	1:11,03	1:09,89	1:08,76	1:07,62	1:05,35	1:02,50	1:00,66	59,81	58,81	58,39
200m Libre	2:07,70	2:25,59	2:50,27	2:40,40	2:34,23	2:31,76	2:29,29	2:26,83	2:21,89	2:15,72	2:11,71	2:09,86	2:07,70	2:06,78
400m Libre	4:36,74	5:09,53	6:07,24	5:46,26	5:33,14	5:27,90	5:22,65	5:17,40	5:06,91	4:53,80	4:45,27	4:41,34	4:36,74	4:34,78
800m Libre	9:34,54	10:42,61	12:42,42	11:58,85	11:31,63	11:20,73	11:09,84	10:58,95	10:37,17	10:09,94	9:52,24	9:44,07	9:34,54	9:30,45
1500m Libre	18:24,88	20:35,79	24:26,19	23:02,41	22:10,05	21:49,10	21:28,15	21:07,21	20:25,32	19:32,95	18:58,92	18:43,21	18:24,88	18:17,03
50m Dos	30,56	35,53	40,95	38,54	37,03	36,43	35,83	35,23	34,02	32,52	31,54	31,09	30,56	30,33
100m Dos	1:06,13	1:15,39	1:28,17	1:23,06	1:19,87	1:18,59	1:17,31	1:16,03	1:13,48	1:10,28	1:08,21	1:07,25	1:06,13	1:05,65
200m Dos	2:26,03	2:43,33	3:13,79	3:02,71	2:55,79	2:53,02	2:50,26	2:47,49	2:41,95	2:35,03	2:30,53	2:28,45	2:26,03	2:24,99
50m Brasse	34,03	39,56	45,59	42,91	41,23	40,56	39,89	39,22	37,88	36,21	35,12	34,61	34,03	33,77
100m Brasse	1:15,22	1:25,75	1:40,29	1:34,47	1:30,84	1:29,39	1:27,93	1:26,48	1:23,57	1:19,94	1:17,58	1:16,49	1:15,22	1:14,67
200m Brasse	2:46,60	3:06,34	3:41,08	3:28,45	3:20,55	3:17,40	3:14,24	3:11,08	3:04,76	2:56,87	2:51,73	2:49,36	2:46,60	2:45,42
50m Papillon	28,64	33,30	38,38	36,12	34,71	34,14	33,58	33,01	31,89	30,47	29,56	29,13	28,64	28,43
100m Papillon	1:04,24	1:13,24	1:25,66	1:20,69	1:17,59	1:16,35	1:15,11	1:13,86	1:11,38	1:08,28	1:06,26	1:05,33	1:04,24	1:03,78
200m Papillon	2:26,63	2:44,00	3:14,57	3:03,46	2:56,51	2:53,73	2:50,95	2:48,17	2:42,61	2:35,66	2:31,14	2:29,06	2:26,63	2:25,58
200m QNI	2:24,77	2:45,05	3:13,03	3:01,84	2:54,84	2:52,05	2:49,25	2:46,45	2:40,86	2:33,86	2:29,32	2:27,22	2:24,77	2:23,72
400m QNI	5:15,63	5:53,03	6:58,85	6:34,91	6:19,95	6:13,97	6:07,99	6:02,00	5:50,04	5:35,08	5:25,36	5:20,87	5:15,63	5:13,39



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

FEMMES - 50m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	27,64	32,13	37,03	34,85	33,49	32,95	32,40	31,86	30,77	29,41	28,52	28,11	27,64	27,43
100m Libre	1:00,63	1:09,12	1:20,84	1:16,15	1:13,23	1:12,05	1:10,88	1:09,71	1:07,37	1:04,44	1:02,53	1:01,66	1:00,63	1:00,19
200m Libre	2:11,65	2:30,10	2:55,54	2:45,36	2:39,00	2:36,46	2:33,91	2:31,37	2:26,28	2:19,92	2:15,79	2:13,88	2:11,65	2:10,70
400m Libre	4:45,30	5:19,11	6:18,60	5:56,97	5:43,45	5:38,04	5:32,63	5:27,22	5:16,40	5:02,88	4:54,09	4:50,04	4:45,30	4:43,28
800m Libre	9:52,31	11:02,49	13:06,00	12:21,09	11:53,02	11:41,79	11:30,56	11:19,33	10:56,87	10:28,80	10:10,56	10:02,13	9:52,31	9:48,10
1500m Libre	18:59,05	21:14,01	25:11,54	23:45,16	22:51,18	22:29,59	22:07,99	21:46,40	21:03,21	20:09,23	19:34,14	19:17,95	18:59,05	18:50,95
50m Dos	31,51	36,63	42,21	39,73	38,18	37,56	36,94	36,32	35,08	33,52	32,51	32,05	31,51	31,27
100m Dos	1:08,18	1:17,73	1:30,90	1:25,63	1:22,34	1:21,02	1:19,70	1:18,39	1:15,75	1:12,46	1:10,32	1:09,33	1:08,18	1:07,68
200m Dos	2:30,55	2:48,39	3:19,78	3:08,36	3:01,23	2:58,37	2:55,52	2:52,67	2:46,96	2:39,82	2:35,19	2:33,05	2:30,55	2:29,48
50m Brasse	35,08	40,78	47,00	44,24	42,51	41,82	41,13	40,44	39,05	37,32	36,20	35,68	35,08	34,82
100m Brasse	1:17,54	1:28,41	1:43,39	1:37,40	1:33,65	1:32,15	1:30,65	1:29,15	1:26,16	1:22,41	1:19,98	1:18,85	1:17,54	1:16,98
200m Brasse	2:51,75	3:12,10	3:47,92	3:34,90	3:26,76	3:23,50	3:20,24	3:16,99	3:10,48	3:02,34	2:57,05	2:54,60	2:51,75	2:50,53
50m Papillon	29,53	34,33	39,56	37,24	35,78	35,20	34,62	34,04	32,87	31,42	30,47	30,04	29,53	29,31
100m Papillon	1:06,23	1:15,51	1:28,31	1:23,19	1:19,99	1:18,71	1:17,43	1:16,15	1:13,59	1:10,39	1:08,31	1:07,35	1:06,23	1:05,75
200m Papillon	2:31,16	2:49,07	3:20,59	3:09,13	3:01,97	2:59,10	2:56,23	2:53,37	2:47,64	2:40,47	2:35,82	2:33,67	2:31,16	2:30,09
200m QNI	2:29,25	2:50,16	3:19,00	3:07,46	3:00,25	2:57,37	2:54,48	2:51,60	2:45,83	2:38,62	2:33,93	2:31,77	2:29,25	2:28,17
400m QNI	5:25,39	6:03,95	7:11,80	6:47,13	6:31,71	6:25,54	6:19,37	6:13,20	6:00,86	5:45,44	5:35,42	5:30,79	5:25,39	5:23,08



GRAND PRIX DU QUÉBEC

HOMMES - 25m

	13 ans -	14 ans	15 ans	16 ans	17 ans	18 ans +
50m Libre	27,22	25,67	24,95	24,30	24,00	23,82
100m Libre	59,01	55,66	54,11	52,69	52,04	51,65
200m Libre	2:09,07	2:01,73	1:58,34	1:55,24	1:53,82	1:52,98
400m Libre	4:37,26	4:21,48	4:14,20	4:07,53	4:04,49	4:02,67
800m Libre	9:40,96	9:07,91	8:52,66	8:38,67	8:32,32	8:28,50
1500m Libre	18:19,13	17:16,59	16:47,73	16:21,28	16:09,25	16:02,04
100m Dos	1:06,62	1:02,83	1:01,08	0:59,47	0:58,74	0:58,31
200m Dos	2:25,94	2:17,64	2:13,81	2:10,29	2:08,70	2:07,74
100m Brasse	1:14,75	1:10,50	1:08,53	1:06,74	1:05,92	1:05,43
200m Brasse	2:44,62	2:35,25	2:30,93	2:26,97	2:25,16	2:24,08
100m Papillon	1:03,62	1:00,00	0:58,33	0:56,80	0:56,11	0:55,69
200m Papillon	2:25,06	2:16,80	2:12,99	2:09,50	2:07,92	2:06,96
200m QNI	2:26,52	2:18,18	2:14,34	2:10,81	2:09,21	2:08,24
400m QNI	5:15,43	4:57,49	4:49,21	4:41,61	4:38,16	4:36,09



GRAND PRIX DU QUÉBEC

HOMMES - 50m

	13 ans -	14 ans	15 ans	16 ans	17 ans	18 ans +
50m Libre	28,06	26,46	25,73	25,05	24,74	24,56
100m Libre	1:00,84	57,38	55,78	54,32	53,65	53,25
200m Libre	2:13,07	2:05,50	2:02,00	1:58,80	1:57,34	1:56,47
400m Libre	4:45,83	4:29,57	4:22,06	4:15,18	4:12,06	4:10,18
800m Libre	9:58,93	9:24,86	9:09,13	8:54,71	8:48,16	8:44,23
1500m Libre	18:53,12	17:48,65	17:18,90	16:51,63	16:39,23	16:31,79
100m Dos	1:08,68	1:04,77	1:02,97	1:01,31	1:00,56	1:00,11
200m Dos	2:30,46	2:21,90	2:17,95	2:14,32	2:12,68	2:11,69
100m Brasse	1:17,06	1:12,68	1:10,65	1:08,80	1:07,96	1:07,45
200m Brasse	2:49,71	2:40,05	2:35,60	2:31,51	2:29,65	2:28,54
100m Papillon	1:05,59	1:01,86	1:00,14	0:58,56	0:57,84	0:57,41
200m Papillon	2:29,54	2:21,03	2:17,11	2:13,51	2:11,87	2:10,89
200m QNI	2:31,05	2:22,46	2:18,49	2:14,85	2:13,20	2:12,21
400m QNI	5:25,19	5:06,69	4:58,15	4:50,32	4:46,76	4:44,63



GRAND PRIX DU QUÉBEC

FEMMES - 25m

	13 ans -	14 ans	15 ans	16 ans	17 ans	18 ans +
50m Libre	28,53	27,67	27,27	26,81	26,61	26,41
100m Libre	1:01,37	59,52	58,67	57,67	57,25	56,82
200m Libre	2:13,25	2:09,24	2:07,39	2:05,23	2:04,31	2:03,38
400m Libre	4:43,30	4:34,78	4:30,84	4:26,25	4:24,28	4:22,32
800m Libre	9:48,15	9:30,45	9:22,29	9:12,76	9:08,67	9:04,59
1500m Libre	18:51,06	18:17,03	18:01,32	17:42,99	17:35,13	17:27,28
100m Dos	1:09,01	1:06,93	1:05,97	1:04,85	1:04,37	1:03,89
200m Dos	2:29,49	2:24,99	2:22,92	2:20,50	2:19,46	2:18,42
100m Brasse	1:18,49	1:16,12	1:15,03	1:13,76	1:13,22	1:12,67
200m Brasse	2:50,55	2:45,42	2:43,05	2:40,28	2:39,10	2:37,92
100m Papillon	1:07,04	1:05,02	1:04,09	1:03,00	1:02,54	1:02,07
200m Papillon	2:30,10	2:25,58	2:23,50	2:21,07	2:20,02	2:18,98
200m QNI	2:31,06	2:26,52	2:24,42	2:21,97	2:20,92	2:19,87
400m QNI	5:23,11	5:13,39	5:08,90	5:03,66	5:01,42	4:59,18



GRAND PRIX DU QUÉBEC

FEMMES - 50m

	13 ans -	14 ans	15 ans	16 ans	17 ans	18 ans +
50m Libre	29,41	28,52	28,11	27,64	27,43	27,23
100m Libre	1:03,27	1:01,36	1:00,48	59,46	59,02	58,58
200m Libre	2:17,38	2:13,24	2:11,33	2:09,11	2:08,15	2:07,20
400m Libre	4:52,06	4:43,28	4:39,22	4:34,49	4:32,46	4:30,43
800m Libre	10:06,34	9:48,10	9:39,68	9:29,85	9:25,64	9:21,43
1500m Libre	19:26,04	18:50,95	18:34,76	18:15,87	18:07,77	17:59,67
100m Dos	1:11,14	1:09,00	1:08,01	1:06,86	1:06,36	1:05,87
200m Dos	2:34,12	2:29,48	2:27,34	2:24,84	2:23,77	2:22,70
100m Brasse	1:20,91	1:18,48	1:17,35	1:16,04	1:15,48	1:14,92
200m Brasse	2:55,82	2:50,53	2:48,09	2:45,24	2:44,02	2:42,80
100m Papillon	1:09,11	1:07,03	1:06,07	1:04,95	1:04,47	1:03,99
200m Papillon	2:34,74	2:30,09	2:27,94	2:25,43	2:24,35	2:23,28
200m QNI	2:35,74	2:31,05	2:28,89	2:26,36	2:25,28	2:24,20
400m QNI	5:33,10	5:23,08	5:18,45	5:13,06	5:10,74	5:08,43