

## LES GRILLES DE QUALIFICATIONS 2018-2019

### 1. Région

#### **GRILLE QUALIFICATION CHAMPIONNATS REGIONAUX HIVER (25m)**

**Performances réalisées sur la base des performances tout bassin saison N et N-1**

DAMES			Epreuves	MESSIEURS		
Tps limites				Tps limites		
14 et 15 ans	16-17 ans	18 ans et plus		19 ans et plus	17-18 ans	15 et 16 ans
00:31.00	00:30.50	00:30.00	50 NL	00:26.00	00:27.00	00:28.00
01:08.50	01:07.00	01:05.00	100 NL	00:56.50	00:59.00	01:02.00
02:31.00	02:27.00	02:23.00	200 NL	02:08.00	02:10.00	02:16.00
05:20.00	05:12.00	05:03.00	400 NL	04:31.00	04:44.00	05:00.00
11:10.00	10:45.00	10:30.00	800 NL	9:15.00	9:40.00	10:00.00
20:30.00	20:00.00	19:30.00	1500 NL	17:45.00	18:15.00	19:00.00
00:37.00	00:35.50	00:35.00	50 Dos	00:31.50	00:33.00	00:34.50
01:21.00	01:19.50	01:15.00	100 Dos	01:08.00	01:11.00	01:15.00
02:53.00	02:48.00	02:45.00	200 Dos	02:25.00	02:31.00	02:45.00
00:41.00	00:40.50	00:40.00	50 Bra	00:34.00	00:35.45	00:37.00
01:31.00	01:30.00	01:27.00	100 Bra	01:15.00	01:21.00	01:25.00
03:15.00	03:10.00	03:07.00	200 Bra	02:47.00	02:52.00	03:00.00
00:34.50	00:33.50	00:33.00	50 Pap	00:28.00	00:29.00	00:30.50
01:18.50	01:17.50	01:16.00	100 Pap	01:03.00	01:08.000	01:10.50
03:00.00	02:50.00	02:40.00	200 Pap	02:23.00	02:30.00	02:41.00
01:30.00	01:24.00	01:15.00	100 4n	01:07.00	01:12.00	01:16.00
02:50.50	02:48.00	02:44.00	200 4n	02:25.00	02:31.00	02:39.00
06:05.00	05:50.00	05:30.00	400 4n	05:23.00	05:42.00	05:55.00

**GRILLE QUALIFICATION**  
**CHAMPIONNATS REGIONAUX ETK (50m)**  
**Performances réalisées sur la base des performances tout bassin saison N et N-1**

**Temps à réaliser en bassin de 50m**

DAMES				Epreuves	MESSIEURS			
Tps limites					Tps limites			
14 ans	15 ans	16 ans	17 ans et plus		18 ans et plus	17 ans	16 ans	15 ans
00:31,00	00:30,70	00:30,40	00:30,10	50 NL	00:26,40	00:27,00	00:28,00	00:29,00
01:08,50	01:07,40	01:06,80	01:05,50	100 NL	00:56,50	00:59,00	01:01,00	01:03,00
02:31,00	02:28,00	02:27,00	02:25,00	200 NL	02:08,00	02:12,00	02:16,00	02:18,00
05:20,00	05:15,00	05:10,00	05:05,00	400 NL	04:31,00	04:50,00	05:00,00	05:07,00
11:00,00	10:50,00	10:40,00	10:30,00	800 NL	09:15,00	09:45,00	10:00,00	10:10,00
20:15,00	20:00,00	19:45,00	19:30,00	1500 NL	17:45,00	18:15,00	18:40,00	19:00,00
00:37,50	00:37,00	00:36,30	00:35,80	50 Dos	00:32,50	00:33,20	00:34,00	00:35,00
01:21,00	01:19,80	01:18,60	01:17,70	100 Dos	01:10,30	01:12,40	01:14,00	01:16,00
02:53,00	02:50,00	02:48,00	02:45,00	200 Dos	02:31,00	02:36,00	02:40,00	02:45,00
00:42,50	00:42,00	00:41,30	00:41,00	50 Bra	00:35,00	00:36,40	00:38,00	00:40,00
01:33,00	01:31,00	01:30,00	01:29,00	100 Bra	01:19,30	01:23,00	01:25,00	01:28,00
03:20,00	03:15,00	03:10,00	03:07,00	200 Bra	02:50,00	02:55,00	03:00,00	03:10,00
00:34,50	00:34,00	00:33,50	00:33,00	50 Pap	00:28,50	00:29,40	00:30,50	00:32,00
01:25,00	01:22,00	01:20,00	01:18,00	100 Pap	01:07,00	01:10,00	01:12,50	01:15,00
03:00,00	02:55,00	02:50,00	02:45,00	200 Pap	02:30,00	02:37,00	02:45,00	02:55,00
02:52,50	02:49,00	02:47,00	02:44,00	200 4n	02:28,00	02:33,00	02:39,00	02:44,00
06:05,00	05:55,00	05:45,00	05:35,00	400 4n	05:25,00	05:35,00	05:40,00	05:55,00

**Temps à réaliser en bassin de 25m**

DAMES				Epreuves	MESSIEURS			
Tps limites					Tps limites			
14 ans	15 ans	16 ans	17 ans et plus		18 ans et plus	17 ans	16 ans	15 ans
00:30,30	00:30,00	00:29,70	00:29,40	50 NL	00:25,70	00:26,30	00:27,30	00:28,30
01:07,30	01:06,20	01:05,60	01:04,30	100 NL	00:55,00	00:57,50	00:59,50	01:01,50
02:28,10	02:25,10	02:24,10	02:22,10	200 NL	02:04,40	02:08,40	02:12,40	02:14,40
05:13,80	05:08,80	05:03,80	04:58,80	400 NL	04:23,30	04:42,30	04:52,30	04:59,30
10:47,10	10:37,10	10:27,10	10:17,10	800 NL	08:59,10	09:29,10	09:44,10	09:54,10
19:50,50	19:35,50	19:20,50	19:05,50	1500 NL	17:14,90	17:44,90	18:09,90	18:29,90
00:36,20	00:35,70	00:35,00	00:34,50	50 Dos	00:31,00	00:31,70	00:32,50	00:33,50
01:18,70	01:17,50	01:16,30	01:15,40	100 Dos	01:07,30	01:09,40	01:11,00	01:13,00
02:47,60	02:44,60	02:42,60	02:39,60	200 Dos	02:24,10	02:29,10	02:33,10	02:38,10
00:41,80	00:41,30	00:40,60	00:40,30	50 Bra	00:33,90	00:35,30	00:36,90	00:38,90
01:31,10	01:29,10	01:28,10	01:27,10	100 Bra	01:16,80	01:20,50	01:22,50	01:25,50
03:15,50	03:10,50	03:05,50	03:02,50	200 Bra	02:44,10	02:49,10	02:54,10	03:04,10
00:33,90	00:33,40	00:32,90	00:32,40	50 Pap	00:27,80	00:28,70	00:29,80	00:31,30
01:23,60	01:20,60	01:18,60	01:16,60	100 Pap	01:05,60	01:08,60	01:11,10	01:13,60
02:56,70	02:51,70	02:46,70	02:41,70	200 Pap	02:26,70	02:33,70	02:41,70	02:51,70
02:49,10	02:45,60	02:43,60	02:40,60	200 4n	02:23,90	02:28,90	02:34,90	02:39,90
05:57,50	05:47,50	05:37,50	05:27,50	400 4n	05:16,00	05:26,00	05:31,00	05:46,00

## 2. N4

GRILLE QUALIFICATION  
CHAMPIONNATS DE LIGUES (50m)

Performances réalisées sur la base des performances tout bassin saison N et N-1

Temps à réaliser en bassin de 50m

DAMES				Epreuves	MESSIEURS			
Tps limites					Tps limites			
14 ans et moins	15 ans	16 ans	17 ans et plus		18 ans et plus	17 ans	16 ans	15 ans et moins
00:32,55	00:32,24	00:31,92	00:31,61	50 NL	00:27,72	00:28,35	00:29,40	00:30,45
01:11,92	01:10,77	01:10,14	01:08,78	100 NL	00:59,33	01:01,95	01:04,05	01:06,15
02:38,55	02:35,40	02:34,35	02:32,25	200 NL	02:14,40	02:18,60	02:22,80	02:24,90
05:36,00	05:30,75	05:25,50	05:20,25	400 NL	04:44,55	05:04,50	05:15,00	05:22,35
11:33,00	11:22,50	11:12,00	11:01,50	800 NL	09:42,75	10:14,25	10:30,00	10:40,50
21:15,75	21:00,00	20:44,25	20:28,50	1500 NL	18:38,25	19:09,75	19:36,00	19:57,00
00:39,38	00:38,85	00:38,12	00:37,59	50 Dos	00:34,12	00:34,86	00:35,70	00:36,75
01:25,05	01:23,79	01:22,53	01:21,59	100 Dos	01:13,81	01:16,02	01:17,70	01:19,80
03:01,65	02:58,50	02:56,40	02:53,25	200 Dos	02:38,55	02:43,80	02:48,00	02:53,25
00:44,63	00:44,10	00:43,37	00:43,05	50 Bra	00:36,75	00:38,22	00:39,90	00:42,00
01:37,65	01:35,55	01:34,50	01:33,45	100 Bra	01:23,27	01:27,15	01:29,25	01:32,40
03:30,00	03:24,75	03:19,50	03:16,35	200 Bra	02:58,50	03:03,75	03:09,00	03:19,50
00:36,22	00:35,70	00:35,18	00:34,65	50 Pap	00:29,92	00:30,87	00:32,02	00:33,60
01:29,25	01:26,10	01:24,00	01:21,90	100 Pap	01:10,35	01:13,50	01:16,12	01:18,75
03:09,00	03:03,75	02:58,50	02:53,25	200 Pap	02:37,50	02:44,85	02:53,25	03:03,75
03:01,13	02:57,45	02:55,35	02:52,20	200 4n	02:35,40	02:40,65	02:46,95	02:52,20
06:23,25	06:12,75	06:02,25	05:51,75	400 4n	05:41,25	05:51,75	05:57,00	06:12,75

Temps à réaliser en bassin de 25m

DAMES				Epreuves	MESSIEURS			
Tps limites					Tps limites			
14 ans et moins	15 ans	16 ans	17 ans et plus		18 ans et plus	17 ans	16 ans	15 ans et moins
00:31,85	00:31,53	00:31,22	00:30,91	50 NL	00:27,02	00:27,65	00:28,70	00:29,75
01:10,72	01:09,57	01:08,94	01:07,58	100 NL	00:57,83	01:00,45	01:02,55	01:04,65
02:35,65	02:32,50	02:31,45	02:29,35	200 NL	02:10,80	02:15,00	02:19,20	02:21,30
05:29,80	05:24,55	05:19,30	05:14,05	400 NL	04:36,85	04:56,80	05:07,30	05:14,65
11:20,10	11:09,60	10:59,10	10:48,60	800 NL	09:26,85	09:58,35	10:14,10	10:24,60
20:51,25	20:35,50	20:19,75	20:04,00	1500 NL	18:08,15	18:39,65	19:05,90	19:26,90
00:38,08	00:37,55	00:36,82	00:36,29	50 Dos	00:32,62	00:33,36	00:34,20	00:35,25
01:22,75	01:21,49	01:20,23	01:19,29	100 Dos	01:10,82	01:13,02	01:14,70	01:16,80
02:56,25	02:53,10	02:51,00	02:47,85	200 Dos	02:31,65	02:36,90	02:41,10	02:46,35
00:43,93	00:43,40	00:42,67	00:42,35	50 Bra	00:35,65	00:37,12	00:38,80	00:40,90
01:35,75	01:33,65	01:32,60	01:31,55	100 Bra	01:20,77	01:24,65	01:26,75	01:29,90
03:25,50	03:20,25	03:15,00	03:11,85	200 Bra	02:52,60	02:57,85	03:03,10	03:13,60
00:35,63	00:35,10	00:34,58	00:34,05	50 Pap	00:29,22	00:30,17	00:31,32	00:32,90
01:27,85	01:24,70	01:22,60	01:20,50	100 Pap	01:08,95	01:12,10	01:14,73	01:17,35
03:05,70	03:00,45	02:55,20	02:49,95	200 Pap	02:34,20	02:41,55	02:49,95	03:00,45
02:57,72	02:54,05	02:51,95	02:48,80	200 4n	02:31,30	02:36,55	02:42,85	02:48,10
06:15,75	06:05,25	05:54,75	05:44,25	400 4n	05:32,25	05:42,75	05:48,00	06:03,75

### 3. N3



#### GRILLE MEETING NATIONAL DE L'OUEST HIVER 20 AU 22 DECEMBRE 2019 TOURS



Epreuves		50 m 14 ans et moins	A réaliser en 25 m	50 m 15 ans	A réaliser en 25 m	50 m 16 ANS	A réaliser en 25 m	50 m 17 ans et plus	A réaliser en 25 m	Conversion 25/50 m FFN	
FILLES	50	NL	00:30,72	00:30,02	00:30,24	00:29,54	00:29,61	00:28,91	00:28,98	00:28,28	00:00,70
	100	NL	01:07,05	01:05,85	01:05,43	01:04,23	01:04,17	01:02,97	01:02,92	01:01,72	00:01,20
	200	NL	02:25,80	02:22,90	02:22,64	02:19,74	02:19,46	02:16,56	02:17,38	02:14,48	00:02,90
	400	NL	05:05,79	04:59,59	04:57,33	04:51,13	04:52,79	04:46,59	04:45,29	04:39,09	00:06,20
	800	NL	10:25,91	10:13,01	10:12,86	09:59,96	09:58,76	09:45,86	09:46,96	09:34,06	00:12,90
	1500	NL	20:28,38	20:03,88	19:55,45	19:30,95	19:18,93	18:54,43	18:41,54	18:17,04	00:24,50
	50	D	00:35,09	00:33,79	00:34,05	00:32,75	00:33,84	00:32,54	00:32,88	00:31,58	00:01,30
	100	D	01:15,76	01:13,46	01:14,12	01:11,82	01:13,49	01:11,19	01:11,54	01:09,24	00:02,30
	200	D	02:45,88	02:40,48	02:39,14	02:33,74	02:37,69	02:32,29	02:34,57	02:29,17	00:05,40
	50	B	00:39,17	00:38,47	00:38,23	00:37,53	00:37,24	00:36,54	00:36,26	00:35,56	00:00,70
	100	B	01:25,79	01:23,89	01:24,28	01:22,38	01:22,32	01:20,42	01:20,09	01:18,19	00:01,90
	200	B	03:05,33	03:00,83	03:00,36	02:55,86	02:57,17	02:52,67	02:53,30	02:48,80	00:04,50
	50	P	00:32,77	00:32,17	00:31,88	00:31,28	00:31,28	00:30,68	00:30,56	00:29,96	00:00,60
	100	P	01:14,09	01:12,69	01:12,35	01:10,95	01:09,87	01:08,47	01:08,33	01:06,93	00:01,40
	200	P	02:47,77	02:44,47	02:43,16	02:39,86	02:38,12	02:34,82	02:34,48	02:31,18	00:03,30
	200	4N	02:46,98	02:43,58	02:42,50	02:39,10	02:39,95	02:36,55	02:35,70	02:32,30	00:03,40
400	4N	05:51,98	05:44,48	05:40,44	05:32,94	05:34,97	05:27,47	05:27,60	05:20,10	00:07,50	
Epreuves		50 m 15 ans et moins	A réaliser en 25 m	50 m 16 ans	A réaliser en 25 m	50 m 17 ANS	A réaliser en 25 m	50 m 18 ans et plus	A réaliser en 25 m	Conversion 25/50 m FFN	
GARÇONS	50	NL	00:27,80	00:27,10	00:26,93	00:26,23	00:26,62	00:25,92	00:25,99	00:25,29	00:00,70
	100	NL	01:00,71	00:59,21	00:58,63	00:57,13	00:58,29	00:56,79	00:56,71	00:55,21	00:01,50
	200	NL	02:12,55	02:08,95	02:07,70	02:04,10	02:06,06	02:02,46	02:04,14	02:00,54	00:03,60
	400	NL	04:41,58	04:33,88	04:31,36	04:23,66	04:26,55	04:18,85	04:22,71	04:15,01	00:07,70
	800	NL	09:46,96	09:31,06	09:23,03	09:07,13	09:13,10	08:57,20	09:05,47	08:49,57	00:15,90
	1500	NL	18:25,96	17:55,86	18:10,84	17:40,74	17:34,75	17:04,65	17:27,42	16:57,32	00:30,10
	50	D	00:32,10	00:30,60	00:30,90	00:29,40	00:30,67	00:29,17	00:29,82	00:28,32	00:01,50
	100	D	01:09,20	01:06,20	01:06,53	01:03,53	01:05,77	01:02,77	01:04,41	01:01,41	00:03,00
	200	D	02:30,64	02:23,74	02:24,77	02:17,87	02:23,32	02:16,42	02:19,98	02:13,08	00:06,90
	50	B	00:35,07	00:33,97	00:34,08	00:32,98	00:33,17	00:32,07	00:32,64	00:31,54	00:01,10
	100	B	01:18,01	01:15,51	01:15,85	01:13,35	01:13,44	01:10,94	01:11,98	01:09,48	00:02,50
	200	B	02:53,42	02:47,52	02:44,38	02:38,48	02:39,14	02:33,24	02:37,17	02:31,27	00:05,90
	50	P	00:29,50	00:28,80	00:28,90	00:28,20	00:28,11	00:27,41	00:27,73	00:27,03	00:00,70
	100	P	01:06,33	01:04,93	01:03,51	01:02,11	01:02,63	01:01,23	01:01,23	00:59,83	00:01,40
	200	P	02:29,00	02:25,70	02:24,86	02:21,56	02:21,35	02:18,05	02:18,40	02:15,10	00:03,30
	200	4N	02:29,28	02:25,18	02:26,50	02:22,40	02:22,57	02:18,47	02:20,90	02:16,80	00:04,10
400	4N	05:18,96	05:09,96	05:10,73	05:01,73	05:06,57	04:57,57	05:01,57	04:52,57	00:09,00	



#### GRILLE MEETING NATIONAL DE L'OUEST PRINTEMPS 22 AU 24 MAI 2020 ROUEN



Epreuves		50 m 14 ans et moins	A réaliser en 25 m	50 m 15 ans	A réaliser en 25 m	50 M 16 ans	A réaliser en 25 m	50 M 17 ans et plus	A réaliser en 25 m	Conversion 25/50 m FFN	
FILLES	50	NL	00:31,03	00:30,33	00:30,54	00:29,84	00:29,91	00:29,21	00:29,27	00:28,57	00:00,70
	100	NL	01:07,72	01:06,52	01:06,08	01:04,88	01:04,81	01:03,61	01:03,55	01:02,35	00:01,20
	200	NL	02:27,26	02:24,36	02:24,07	02:21,17	02:20,85	02:17,95	02:18,75	02:15,85	00:02,90
	400	NL	05:08,85	05:02,65	05:00,30	04:54,10	04:55,72	04:49,52	04:48,14	04:41,94	00:06,20
	800	NL	10:32,17	10:19,27	10:18,99	10:06,09	10:04,75	09:51,85	09:52,83	09:39,93	00:12,90
	1500	NL	20:40,66	20:16,16	20:07,40	19:42,90	19:30,52	19:06,02	18:52,76	18:28,26	00:24,50
	50	D	00:35,44	00:34,14	00:34,39	00:33,09	00:34,18	00:32,88	00:33,21	00:31,91	00:01,30
	100	D	01:16,52	01:14,22	01:14,86	01:12,56	01:14,22	01:11,92	01:12,26	01:09,96	00:02,30
	200	D	02:47,54	02:42,14	02:40,73	02:35,33	02:39,27	02:33,87	02:36,12	02:30,72	00:05,40
	50	B	00:39,56	00:38,86	00:38,61	00:37,91	00:37,61	00:36,91	00:36,62	00:35,92	00:00,70
	100	B	01:26,65	01:24,75	01:25,12	01:23,22	01:23,14	01:21,24	01:20,89	01:18,99	00:01,90
	200	B	03:07,18	03:02,68	03:02,16	02:57,66	02:58,94	02:54,44	02:55,03	02:50,53	00:04,50
	50	P	00:33,10	00:32,50	00:32,20	00:31,60	00:31,59	00:30,99	00:30,87	00:30,27	00:00,60
	100	P	01:14,83	01:13,43	01:13,07	01:11,67	01:10,57	01:09,17	01:09,01	01:07,61	00:01,40
	200	P	02:49,45	02:46,15	02:44,79	02:41,49	02:39,70	02:36,40	02:36,02	02:32,72	00:03,30
	200	4N	02:48,65	02:45,25	02:44,12	02:40,73	02:41,55	02:38,15	02:37,26	02:33,86	00:03,40
400	4N	05:55,50	05:48,00	05:43,84	05:36,34	05:38,32	05:30,82	05:30,88	05:23,38	00:07,50	
Epreuves		50 m 15 ans et moins	A réaliser en 25 m	50 m 16 ans	A réaliser en 25 m	50 m 17 ans	A réaliser en 25 m	50 m 18 ans et plus	A réaliser en 25 m	Conversion 25/50 m FFN	
GARÇONS	50	NL	00:28,08	00:27,38	00:27,20	00:26,50	00:26,89	00:26,19	00:26,25	00:25,55	00:00,70
	100	NL	01:01,32	00:59,82	00:59,22	00:57,72	00:58,87	00:57,37	00:57,28	00:55,78	00:01,50
	200	NL	02:13,88	02:10,28	02:08,98	02:05,38	02:07,32	02:03,72	02:05,38	02:01,78	00:03,60
	400	NL	04:44,40	04:36,70	04:34,07	04:26,37	04:29,22	04:21,52	04:25,34	04:17,64	00:07,70
	800	NL	09:52,83	09:36,93	09:28,66	09:12,76	09:18,63	09:02,73	09:10,92	08:55,02	00:15,90
	1500	NL	18:37,02	18:06,92	18:21,75	17:51,65	17:45,30	17:15,20	17:37,89	17:07,79	00:30,10
	50	D	00:32,42	00:30,92	00:31,21	00:29,71	00:30,98	00:29,48	00:30,12	00:28,62	00:01,50
	100	D	01:09,89	01:06,89	01:07,20	01:04,20	01:06,43	01:03,43	01:05,05	01:02,05	00:03,00
	200	D	02:32,15	02:25,25	02:26,22	02:19,32	02:24,75	02:17,85	02:21,38	02:14,48	00:06,90
	50	B	00:35,42	00:34,32	00:34,42	00:33,32	00:33,50	00:32,40	00:32,97	00:31,87	00:01,10
	100	B	01:18,79	01:16,29	01:16,61	01:14,11	01:14,17	01:11,67	01:12,70	01:10,20	00:02,50
	200	B	02:55,15	02:49,25	02:46,02	02:40,12	02:40,73	02:34,83	02:38,74	02:32,84	00:05,90
	50	P	00:29,79	00:29,09	00:29,19	00:28,49	00:28,39	00:27,69	00:28,01	00:27,31	00:00,70
	100	P	01:06,99	01:05,59	01:04,15	01:02,75	01:03,26	01:01,86	01:01,84	01:00,44	00:01,40
	200	P	02:30,49	02:27,19	02:26,31	02:23,01	02:22,76	02:19,46	02:19,78	02:16,48	00:03,30
	200	4N	02:30,77	02:26,67	02:27,96	02:23,86	02:24,00	02:19,90	02:22,31	02:18,21	00:04,10
400	4N	05:22,15	05:13,15	05:13,84	05:04,84	05:09,64	05:00,64	05:04,59	04:55,59	00:09,00	

#### 4. N2, N1 et autres championnats nationaux

Suivre le lien :

[https://ffn.extranat.fr/webffn/nat\\_perfs.php?idact=nat&go=clt\\_tps&idsai=2020&idclt=13](https://ffn.extranat.fr/webffn/nat_perfs.php?idact=nat&go=clt_tps&idsai=2020&idclt=13)

#### 5. Meetings

##### GRILLE QUALIFICATION CHAMPIONNATS DE LIGUES (50m)

Performances réalisées sur la base des performances tout bassin saison N et N-1

Temps à réaliser en bassin de 50m

DAMES				Epreuves	MESSIEURS			
Tps limites					Tps limites			
14 ans et moins	15 ans	16 ans	17 ans et plus		18 ans et plus	17 ans	16 ans	15 ans et moins
00:32,55	00:32,24	00:31,92	00:31,61	50 NL	00:27,72	00:28,35	00:29,40	00:30,45
01:11,92	01:10,77	01:10,14	01:08,78	100 NL	00:59,33	01:01,95	01:04,05	01:06,15
02:38,55	02:35,40	02:34,35	02:32,25	200 NL	02:14,40	02:18,60	02:22,80	02:24,90
05:36,00	05:30,75	05:25,50	05:20,25	400 NL	04:44,55	05:04,50	05:15,00	05:22,35
11:33,00	11:22,50	11:12,00	11:01,50	800 NL	09:42,75	10:14,25	10:30,00	10:40,50
21:15,75	21:00,00	20:44,25	20:28,50	1500 NL	18:38,25	19:09,75	19:36,00	19:57,00
00:39,38	00:38,85	00:38,12	00:37,59	50 Dos	00:34,12	00:34,86	00:35,70	00:36,75
01:25,05	01:23,79	01:22,53	01:21,59	100 Dos	01:13,81	01:16,02	01:17,70	01:19,80
03:01,65	02:58,50	02:56,40	02:53,25	200 Dos	02:38,55	02:43,80	02:48,00	02:53,25
00:44,63	00:44,10	00:43,37	00:43,05	50 Bra	00:36,75	00:38,22	00:39,90	00:42,00
01:37,65	01:35,55	01:34,50	01:33,45	100 Bra	01:23,27	01:27,15	01:29,25	01:32,40
03:30,00	03:24,75	03:19,50	03:16,35	200 Bra	02:58,50	03:03,75	03:09,00	03:19,50
00:36,22	00:35,70	00:35,18	00:34,65	50 Pap	00:29,92	00:30,87	00:32,02	00:33,60
01:29,25	01:26,10	01:24,00	01:21,90	100 Pap	01:10,35	01:13,50	01:16,12	01:18,75
03:09,00	03:03,75	02:58,50	02:53,25	200 Pap	02:37,50	02:44,85	02:53,25	03:03,75
03:01,13	02:57,45	02:55,35	02:52,20	200 4n	02:35,40	02:40,65	02:46,95	02:52,20
06:23,25	06:12,75	06:02,25	05:51,75	400 4n	05:41,25	05:51,75	05:57,00	06:12,75

Temps à réaliser en bassin de 25m

DAMES				Epreuves	MESSIEURS			
Tps limites					Tps limites			
14 ans et moins	15 ans	16 ans	17 ans et plus		18 ans et plus	17 ans	16 ans	15 ans et moins
00:31,85	00:31,53	00:31,22	00:30,91	50 NL	00:27,02	00:27,65	00:28,70	00:29,75
01:10,72	01:09,57	01:08,94	01:07,58	100 NL	00:57,83	01:00,45	01:02,55	01:04,65
02:35,65	02:32,50	02:31,45	02:29,35	200 NL	02:10,80	02:15,00	02:19,20	02:21,30
05:29,80	05:24,55	05:19,30	05:14,05	400 NL	04:36,85	04:56,80	05:07,30	05:14,65
11:20,10	11:09,60	10:59,10	10:48,60	800 NL	09:26,85	09:58,35	10:14,10	10:24,60
20:51,25	20:35,50	20:19,75	20:04,00	1500 NL	18:08,15	18:39,65	19:05,90	19:26,90
00:38,08	00:37,55	00:36,82	00:36,29	50 Dos	00:32,62	00:33,36	00:34,20	00:35,25
01:22,75	01:21,49	01:20,23	01:19,29	100 Dos	01:10,82	01:13,02	01:14,70	01:16,80
02:56,25	02:53,10	02:51,00	02:47,85	200 Dos	02:31,65	02:36,90	02:41,10	02:46,35
00:43,93	00:43,40	00:42,67	00:42,35	50 Bra	00:35,65	00:37,12	00:38,80	00:40,90
01:35,75	01:33,65	01:32,60	01:31,55	100 Bra	01:20,77	01:24,65	01:26,75	01:29,90
03:25,50	03:20,25	03:15,00	03:11,85	200 Bra	02:52,60	02:57,85	03:03,10	03:13,60
00:35,63	00:35,10	00:34,58	00:34,05	50 Pap	00:29,22	00:30,17	00:31,32	00:32,90
01:27,85	01:24,70	01:22,60	01:20,50	100 Pap	01:08,95	01:12,10	01:14,73	01:17,35
03:05,70	03:00,45	02:55,20	02:49,95	200 Pap	02:34,20	02:41,55	02:49,95	03:00,45
02:57,72	02:54,05	02:51,95	02:48,80	200 4n	02:31,30	02:36,55	02:42,85	02:48,10
06:15,75	06:05,25	05:54,75	05:44,25	400 4n	05:32,25	05:42,75	05:48,00	06:03,75

6.

## 7. Conversion temps 25m vers 50m

### **NOUVELLE** TABLE DE CONVERSION FFN BASSIN DE 25m => BASSIN DE 50m

Veillez trouver ci-après le tableau des majorations, par épreuve, des performances réalisées en bassin de 25m pour obtenir son « équivalent » en bassin de 50m.

ÉPREUVES	MAJORATION	
	Dames	Messieurs
50 nage libre	0"70	0"70
100 nage libre	1"20	1"50
200 nage libre	2"90	3"60
400 nage libre	6"20	7"70
800 nage libre	12"90	15"90
1500 nage libre	24"50	30"10
50 Dos	1"30	1"50
100 Dos	2"30	3"00
200 Dos	5"40	6"90
50 Brasse	0"70	1"10
100 Brasse	1"90	2"50
200 Brasse	4"50	5"90
50 Papillon	0"60	0"70
100 Papillon	1"40	1"40
200 Papillon	3"30	3"30
200 4 Nages	3"40	4"10
400 4 Nages	7"50	9"00