

# REGLEMENT NATATION COURSE OCCITANIE

GRILLES DE QUALIFICATION PAR ANNEE D'AGE DAMES -- Bassin de 50m ou 25m converti					
Années d'âges	2006	2005	2004	2003	2002 et moins
Ages	14 ans	15 ans	16 ans	17 ans	18 ans et +
50 NL	0:31.12	0:30.47	0:29.92	0:29.55	0:28.84
100 NL	1:08.60	1:06.68	1:05.95	1:05.50	1:04.61
200 NL	2:28.50	2:25.17	2:23.32	2:20.68	2:17.15
400 NL	5:20.65	5:00.00	4:52.00	4:48.00	4:43.76
800 NL	10:30.00	10:15.14	9:53.21	9:45.50	09:27.92
1500 NL	20:20.00	19:40.00	19:15.00	19:10.00	18:57.18
50 Dos	36.98	36.61	0:35.55	0:35.22	0:34.75
100 Dos	1:20.50	1:19.00	1:18.10	1:16.57	1:14.69
200 Dos	2:52.00	2:45.50	2:41.29	2:40.81	2:39.49
50 Bra.	0:42.00	41.53	0:40.47	39.82	0:38.57
100 Bra.	1:29.00	1:27.85	1:27.01	1:26.96	1:25.26
200 Bra.	3:16.00	3:07.29	3:06.50	3:05.75	3:02.76
50 Pap.	0:34.50	33.03	0:31.96	31.46	0:30.25
100 Pap.	1:16.00	1:14.02	1:12.46	1:11.02	1:08.92
200 Pap.	2:50.00	2:47.50	2:46.87	2:45.94	2:41.15
200 4 N.	2:50.00	2:44.50	2:43.89	2:41.80	2:39.43
400 4 N.	6:00.00	5:52.56	5:45.02	5:42.45	5:38.18

GRILLES DE QUALIFICATION PAR ANNEE D'AGE MESSIEURS -- Bassin de 50m ou 25m converti					
Années d'âges	2005	2004	2003	2002	2001 et moins
Ages	15 ans	16 ans	17 ans	18 ans	19 ans et +
50 NL	0:28.50	0:27.25	0:26.43	0:26.28	0:25.89
100 NL	1:02.50	0:59.25	0:58.85	0:58.17	0:56.57
200 NL	2:17.50	2:13.84	2:11.85	2:08.03	2:03.95
400 NL	4:42.00	4:35.81	4:28.81	4:25.12	4:20.11
800 NL	9:40.00	9:27.00	09:20.70	9:03.67	8:52.00
1500 NL	18:25.00	17:23.55	16:57.66	16:45.00	16:30.00
50 Dos	32.64	0:32.27	0:32.04	0:31.85	30.63
100 Dos	1:09.77	1:08.36	1:08.17	1:06.66	1:05.21
200 Dos	2:28.85	2:27.47	2:26.44	2:24.35	2:22.69
50 Bra.	36.21	0:34.97	0:34.56	0:33.99	0:33.48
100 Bra.	1:20.75	1:17.86	1:15.63	1:14.73	1:12.46
200 Bra.	2:52.48	2:49.63	2:48.40	2:43.64	2:41.20
50 Pap.	30.42	0:29.47	0:28.80	0:28.38	27.24
100 Pap.	1:09.81	1:07.18	1:05.87	1:05.19	1:03.91
200 Pap.	2:34.33	2:28.00	2:24.63	2:23.42	2:22.15
200 4 N.	2:35.48	2:27.64	2:25.14	2:23.55	2:21.56
400 4 N.	5:22.50	5:11.95	5:03.08	5:02.01	4:51.60