

**TEMPS DE QUALIFICATION PROVINCIAUX 2020-2024****HOMMES - 25m**

Événements	Coupe du Québec Senior	Coupe du Québec Junior / Senior								Championnat Québécois Arena							
		Âges	Ouvert	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans	18 ans et plus	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans
50m Libre	25,36	32,19	29,81	27,99	26,78	26,13	25,62	25,24	24,87	31,87	29,51	27,71	26,52	25,87	25,36	24,99	24,62
100m Libre	55,73	1:10,74	1:05,50	1:01,50	58,85	57,42	56,29	55,46	54,64	1:10,03	1:04,84	1:00,89	58,27	56,84	55,73	54,91	54,09
200m Libre	2:02,05	2:29,85	2:20,04	2:13,38	2:08,25	2:05,12	2:02,66	2:00,85	1:59,65	2:28,35	2:18,64	2:12,04	2:06,96	2:03,87	2:01,44	1:59,64	1:58,46
400m Libre	4:18,77	5:20,83	4:59,84	4:45,56	4:34,58	4:26,58	4:21,35	4:16,23	4:13,69	5:17,62	4:56,84	4:42,71	4:31,83	4:23,91	4:18,74	4:13,67	4:11,15
800m Libre	9:09,27	11:14,38	10:30,26	10:00,25	9:37,16	9:23,09	9:12,05	9:03,89	8:58,50	11:07,64	10:23,96	9:54,25	9:31,39	9:17,46	9:06,52	8:58,45	8:53,12
1500m Libre	17:11,24	20:47,95	19:26,31	18:30,77	17:48,05	17:22,00	17:06,37	16:56,10	16:51,02	20:35,47	19:14,64	18:19,66	17:37,37	17:11,58	16:56,10	16:45,94	16:40,91
50m Dos	29,26	37,14	34,38	32,29	30,90	30,14	29,55	29,11	28,68	36,76	34,04	31,96	30,59	29,84	29,26	28,82	28,40
100m Dos	1:02,46	1:19,28	1:13,41	1:08,93	1:05,96	1:04,35	1:03,09	1:02,15	1:01,24	1:18,49	1:12,67	1:08,24	1:05,30	1:03,71	1:02,46	1:01,53	1:00,62
200m Dos	2:16,92	2:48,11	2:37,11	2:29,63	2:23,88	2:20,37	2:17,62	2:15,58	2:14,24	2:46,43	2:35,54	2:28,14	2:22,44	2:18,96	2:16,24	2:14,23	2:12,90
50m Brasse	31,72	40,26	37,28	35,00	33,50	32,68	32,04	31,56	31,10	39,86	36,91	34,65	33,16	32,35	31,72	31,25	30,79
100m Brasse	1:09,84	1:28,64	1:22,07	1:17,07	1:13,75	1:11,95	1:10,54	1:09,49	1:08,47	1:27,75	1:21,25	1:16,29	1:13,01	1:11,23	1:09,83	1:08,80	1:07,78
200m Brasse	2:33,11	3:14,33	2:59,94	2:48,95	2:41,68	2:37,74	2:34,64	2:32,36	2:30,11	3:12,39	2:58,14	2:47,27	2:40,06	2:36,16	2:33,10	2:30,83	2:28,61
50m Papillon	27,19	34,51	31,95	30,00	28,71	28,01	27,46	27,05	26,65	34,16	31,63	29,70	28,42	27,73	27,18	26,78	26,39
100m Papillon	1:00,74	1:17,09	1:11,38	1:07,03	1:04,14	1:02,58	1:01,35	1:00,44	59,55	1:16,32	1:10,67	1:06,36	1:03,50	1:01,95	1:00,74	59,84	58,95
200m Papillon	2:16,06	2:52,69	2:39,90	2:30,14	2:23,68	2:20,17	2:17,42	2:15,39	2:13,39	2:50,96	2:38,30	2:28,64	2:22,24	2:18,77	2:16,05	2:14,04	2:12,06
200m QNI	2:16,76	2:51,51	2:38,80	2:29,11	2:22,69	2:19,21	2:16,42	2:14,38	2:14,08	2:49,79	2:37,21	2:27,62	2:21,26	2:17,82	2:15,06	2:13,03	2:12,74
400m QNI	4:55,48	6:06,35	5:42,38	5:26,08	5:13,54	5:04,41	4:58,44	4:52,59	4:49,69	6:02,69	5:38,96	5:22,82	5:10,40	5:01,36	4:55,45	4:49,66	4:46,79

**TEMPS DE QUALIFICATION PROVINCIAUX 2020-2024****HOMMES - 50m**

Événements	Coupe du Québec Senior	Coupe du Québec Junior / Senior								Championnat Québécois Arena							
		Âges	Ouvert	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans	18 ans et plus	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans
50m Libre	26,12	33,16	30,70	28,83	27,59	26,91	26,39	26,00	25,61	32,83	30,40	28,54	27,31	26,64	26,12	25,74	25,36
100m Libre	57,41	1:12,86	1:07,46	1:03,35	1:00,62	59,14	57,98	57,12	56,28	1:12,13	1:06,79	1:02,71	1:00,01	58,55	57,40	56,55	55,72
200m Libre	2:05,71	2:34,34	2:24,25	2:17,38	2:12,09	2:08,87	2:06,34	2:04,48	2:03,24	2:32,80	2:22,80	2:16,00	2:10,77	2:07,58	2:05,08	2:03,23	2:02,01
400m Libre	4:26,53	5:30,45	5:08,83	4:54,13	4:42,82	4:34,58	4:29,19	4:23,92	4:21,30	5:27,15	5:05,75	4:51,19	4:39,99	4:31,83	4:26,50	4:21,28	4:18,69
800m Libre	9:25,75	11:34,61	10:49,17	10:18,26	9:54,48	9:39,98	9:28,61	9:20,20	9:14,66	11:27,67	10:42,68	10:12,07	9:48,53	9:34,18	9:22,92	9:14,60	9:09,11
1500m Libre	17:42,18	21:25,39	20:01,30	19:04,09	18:20,09	17:53,26	17:37,16	17:26,59	17:21,35	21:12,53	19:49,28	18:52,65	18:09,09	17:42,52	17:26,59	17:16,12	17:10,94
50m Dos	30,14	38,25	35,42	33,25	31,82	31,05	30,44	29,99	29,54	37,87	35,06	32,92	31,50	30,74	30,13	29,69	29,25
100m Dos	1:04,33	1:21,66	1:15,61	1:10,99	1:07,94	1:06,28	1:04,98	1:04,02	1:03,07	1:20,84	1:14,85	1:10,28	1:07,26	1:05,62	1:04,33	1:03,38	1:02,44
200m Dos	2:21,03	2:53,15	2:41,83	2:34,12	2:28,19	2:24,58	2:21,74	2:19,65	2:18,27	2:51,42	2:40,21	2:32,58	2:26,71	2:23,13	2:20,33	2:18,25	2:16,88
50m Brasse	32,67	41,47	38,40	36,05	34,50	33,66	33,00	32,51	32,03	41,05	38,01	35,69	34,16	33,32	32,67	32,19	31,71
100m Brasse	1:11,93	1:31,30	1:24,54	1:19,38	1:15,96	1:14,11	1:12,65	1:11,58	1:10,52	1:30,39	1:23,69	1:18,58	1:15,20	1:13,37	1:11,93	1:10,86	1:09,82
200m Brasse	2:37,70	3:20,16	3:05,34	2:54,02	2:46,53	2:42,47	2:39,28	2:36,93	2:34,61	3:18,16	3:03,48	2:52,28	2:44,86	2:40,84	2:37,69	2:35,36	2:33,06
50m Papillon	28,00	35,54	32,91	30,90	29,57	28,85	28,28	27,87	27,45	35,19	32,58	30,59	29,27	28,56	28,00	27,59	27,18
100m Papillon	1:02,56	1:19,41	1:13,53	1:09,04	1:06,07	1:04,45	1:03,19	1:02,26	1:01,34	1:18,61	1:12,79	1:08,35	1:05,40	1:03,81	1:02,56	1:01,63	1:00,72
200m Papillon	2:20,14	2:57,87	2:44,70	2:34,64	2:27,99	2:24,38	2:21,55	2:19,45	2:17,39	2:56,09	2:43,05	2:33,10	2:26,51	2:22,93	2:20,13	2:18,06	2:16,02
200m QNI	2:20,86	2:56,65	2:43,57	2:33,58	2:26,97	2:23,38	2:20,52	2:18,41	2:18,10	2:54,88	2:41,93	2:32,05	2:25,50	2:21,95	2:19,11	2:17,03	2:16,72
400m QNI	5:04,35	6:17,34	5:52,65	5:35,86	5:22,94	5:13,54	5:07,39	5:01,36	4:58,38	6:13,57	5:49,13	5:32,50	5:19,71	5:10,40	5:04,32	4:58,35	4:55,40



**TEMPS DE QUALIFICATION PROVINCIAUX 2020-2024**

**FEMMES - 25m**

Événements	Coupe du Québec Senior	Coupe du Québec Junior / Senior								Championnat Québécois Arena							
		Âges	Ouvert	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans	18 ans et plus	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans
50m Libre	27,97	31,71	30,20	29,32	28,68	28,18	27,90	27,63	27,42	31,39	29,90	29,03	28,39	27,90	27,62	27,35	27,15
100m Libre	1:01,62	1:09,86	1:06,53	1:04,59	1:03,17	1:02,08	1:01,47	1:00,86	1:00,41	1:09,16	1:05,86	1:03,95	1:02,54	1:01,46	1:00,86	1:00,25	59,80
200m Libre	2:13,56	2:29,88	2:21,40	2:17,95	2:15,58	2:14,24	2:12,91	2:11,92	2:10,94	2:28,39	2:19,99	2:16,57	2:14,22	2:12,89	2:11,58	2:10,60	2:09,63
400m Libre	4:41,22	5:18,83	5:03,65	4:54,81	4:48,32	4:43,36	4:40,56	4:37,78	4:35,71	5:15,65	5:00,61	4:51,86	4:45,44	4:40,53	4:37,75	4:35,00	4:32,95
800m Libre	9:43,98	10:55,38	10:18,28	10:03,20	9:52,83	9:46,96	9:41,15	9:36,82	9:32,53	10:48,83	10:12,10	9:57,17	9:46,90	9:41,09	9:35,34	9:31,05	9:26,80
1500m Libre	18:59,27	21:18,56	20:06,19	19:36,77	19:16,53	19:05,08	18:53,75	18:45,31	18:36,93	21:05,78	19:54,13	19:25,01	19:04,97	18:53,63	18:42,41	18:34,05	18:25,76
50m Dos	32,31	36,63	34,88	33,87	33,12	32,55	32,23	31,91	31,67	36,26	34,53	33,53	32,79	32,23	31,91	31,59	31,36
100m Dos	1:08,56	1:17,73	1:14,03	1:11,87	1:10,29	1:09,08	1:08,40	1:07,72	1:07,22	1:16,95	1:13,29	1:11,15	1:09,59	1:08,39	1:07,71	1:07,04	1:06,54
200m Dos	2:29,41	2:49,39	2:41,33	2:36,63	2:33,18	2:30,55	2:29,05	2:27,58	2:26,48	2:47,70	2:39,71	2:35,06	2:31,65	2:29,04	2:27,56	2:26,10	2:25,02
50m Brasse	35,81	40,60	38,67	37,54	36,71	36,08	35,72	35,37	35,11	40,19	38,28	37,16	36,35	35,72	35,37	35,02	34,76
100m Brasse	1:18,25	1:28,72	1:24,49	1:22,03	1:20,23	1:18,85	1:18,07	1:17,29	1:16,72	1:27,83	1:23,65	1:21,21	1:19,43	1:18,06	1:17,29	1:16,52	1:15,95
200m Brasse	2:51,06	3:13,94	3:04,71	2:59,33	2:55,38	2:52,36	2:50,66	2:48,97	2:47,71	3:12,00	3:02,86	2:57,53	2:53,63	2:50,64	2:48,95	2:47,28	2:46,03
50m Papillon	30,16	34,20	32,57	31,62	30,93	30,39	30,09	29,79	29,57	33,86	32,24	31,30	30,62	30,09	29,79	29,50	29,28
100m Papillon	1:08,83	1:18,03	1:14,32	1:12,15	1:10,56	1:09,35	1:08,66	1:07,98	1:07,48	1:17,25	1:13,57	1:11,43	1:09,86	1:08,66	1:07,98	1:07,30	1:06,80
200m Papillon	2:30,42	3:00,66	2:48,84	2:40,80	2:36,12	2:32,31	2:30,06	2:28,58	2:27,47	2:58,86	2:47,16	2:39,20	2:34,56	2:30,79	2:28,56	2:27,09	2:26,00
200m QNI	2:30,82	2:49,26	2:39,68	2:35,79	2:33,11	2:31,59	2:30,09	2:28,97	2:27,86	2:47,57	2:38,08	2:34,23	2:31,58	2:30,08	2:28,59	2:27,48	2:26,39
400m QNI	5:21,20	6:04,15	5:46,81	5:36,71	5:29,30	5:23,64	5:20,43	5:17,26	5:14,90	6:00,51	5:43,34	5:33,34	5:26,01	5:20,40	5:17,23	5:14,09	5:11,75



**TEMPS DE QUALIFICATION PROVINCIAUX 2020-2024**

**FEMMES - 50m**

Événements	Coupe du Québec Senior	Coupe du Québec Junior / Senior								Championnat Québécois Arena							
		Âges	Ouvert	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans	17 ans	18 ans et plus	11 ans et moins	12 ans	13 ans	14 ans	15 ans	16 ans
50m Libre	28,81	32,66	31,11	30,20	29,54	29,03	28,74	28,46	28,24	32,34	30,80	29,90	29,24	28,74	28,45	28,17	27,96
100m Libre	1:03,46	1:11,95	1:08,53	1:06,53	1:05,07	1:03,95	1:03,31	1:02,69	1:02,22	1:11,23	1:07,84	1:05,86	1:04,42	1:03,31	1:02,68	1:02,06	1:01,60
200m Libre	2:17,56	2:34,38	2:25,64	2:22,09	2:19,65	2:18,26	2:16,90	2:15,88	2:14,86	2:32,84	2:24,19	2:20,67	2:18,25	2:16,88	2:15,53	2:14,52	2:13,52
400m Libre	4:49,66	5:28,40	5:12,76	5:03,65	4:56,97	4:51,86	4:48,97	4:46,11	4:43,98	5:25,11	5:09,63	5:00,61	4:54,00	4:48,94	4:46,08	4:43,25	4:41,14
800m Libre	10:01,50	11:15,04	10:36,83	10:21,30	10:10,61	10:04,57	9:58,58	9:54,13	9:49,70	11:08,29	10:30,46	10:15,09	10:04,51	9:58,52	9:52,60	9:48,19	9:43,81
1500m Libre	19:33,45	21:56,92	20:42,38	20:12,08	19:51,23	19:39,44	19:27,76	19:19,06	19:10,44	21:43,75	20:29,95	19:59,96	19:39,32	19:27,64	19:16,08	19:07,47	18:58,93
50m Dos	33,28	37,73	35,93	34,88	34,12	33,53	33,20	32,87	32,62	37,35	35,57	34,53	33,77	33,19	32,87	32,54	32,30
100m Dos	1:10,62	1:20,06	1:16,25	1:14,03	1:12,40	1:11,15	1:10,45	1:09,75	1:09,23	1:19,26	1:15,49	1:13,29	1:11,67	1:10,44	1:09,74	1:09,05	1:08,54
200m Dos	2:33,89	2:54,47	2:46,16	2:41,33	2:37,78	2:35,06	2:33,53	2:32,01	2:30,87	2:52,73	2:44,50	2:39,71	2:36,20	2:33,51	2:31,99	2:30,49	2:29,37
50m Brasse	36,88	41,82	39,83	38,67	37,81	37,16	36,80	36,43	36,16	41,40	39,43	38,28	37,44	36,79	36,43	36,07	35,80
100m Brasse	1:20,60	1:31,38	1:27,03	1:24,49	1:22,64	1:21,21	1:20,41	1:19,61	1:19,02	1:30,47	1:26,16	1:23,65	1:21,81	1:20,40	1:19,61	1:18,82	1:18,23
200m Brasse	2:56,20	3:19,76	3:10,25	3:04,71	3:00,64	2:57,54	2:55,78	2:54,04	2:52,74	3:17,76	3:08,35	3:02,86	2:58,84	2:55,76	2:54,02	2:52,30	2:51,01
50m Papillon	31,07	35,22	33,55	32,57	31,85	31,31	31,00	30,69	30,46	34,87	33,21	32,24	31,53	30,99	30,69	30,38	30,16
100m Papillon	1:10,89	1:20,37	1:16,55	1:14,32	1:12,68	1:11,43	1:10,72	1:10,02	1:09,50	1:19,57	1:15,78	1:13,57	1:11,95	1:10,72	1:10,02	1:09,32	1:08,81
200m Papillon	2:34,93	3:06,08	2:53,91	2:45,63	2:40,80	2:36,88	2:34,56	2:33,03	2:31,89	3:04,22	2:52,17	2:43,97	2:39,20	2:35,31	2:33,02	2:31,50	2:30,38
200m QNI	2:35,35	2:54,34	2:44,47	2:40,46	2:37,70	2:36,14	2:34,59	2:33,44	2:32,30	2:52,60	2:42,83	2:38,86	2:36,12	2:34,58	2:33,05	2:31,91	2:30,78
400m QNI	5:30,83	6:15,08	5:57,21	5:46,81	5:39,18	5:33,35	5:30,05	5:26,78	5:24,34	6:11,32	5:53,64	5:43,34	5:35,79	5:30,01	5:26,74	5:23,51	5:21,10