

① GRILLES CHAMPIONNATS DE FRANCE 2018-2019 : CATEGORIE JEUNES

Saison : 2018 / 2019
Championnats de France Jeunes - DAMES

Épreuves	11 ans (2008)	12 ans (2007)	13 ans (2006)
	Temps	Temps	Temps
50 Nage Libre	00:32.19	00:30.63	00:29.24
100 Nage Libre	01:10.99	01:06.32	01:04.02
200 Nage Libre	02:32.42	02:25.32	02:20.22
400 Nage Libre	05:23.87	05:06.93	04:56.42
800 Nage Libre	10:26.13	10:26.13	10:04.69
1500 Nage Libre	19:48.99	19:48.99	19:08.79
50 Dos	00:37.35	00:35.46	00:33.90
100 Dos	01:22.79	01:16.70	01:14.10
200 Dos	02:58.06	02:47.94	02:41.57
50 Brasse	00:42.08	00:40.10	00:38.00
100 Brasse	01:32.19	01:27.28	01:24.79
200 Brasse	03:19.85	03:10.26	03:01.88
50 Papillon	00:35.17	00:33.29	00:31.39
100 Papillon	01:23.81	01:16.18	01:12.22
200 Papillon	03:23.00	03:10.98	02:51.12
200 4 Nages	02:54.30	02:45.18	02:39.58
400 4 Nages	05:59.30	05:59.30	05:42.52

Saison : 2018 / 2019
Championnats de France Jeunes - MESSIEURS

Épreuves	12 ans (2007)	13 ans (2006)	14 ans (2005)
	Temps	Temps	Temps
50 Nage Libre	00:29.07	00:27.67	00:26.70
100 Nage Libre	01:04.13	01:01.11	00:58.41
200 Nage Libre	02:21.32	02:13.70	02:07.94
400 Nage Libre	04:59.14	04:45.48	04:30.60
800 Nage Libre	09:46.19	09:46.19	09:17.26
1500 Nage Libre	18:34.11	18:34.11	17:39.86
50 Dos	00:34.42	00:32.63	00:31.22
100 Dos	01:14.92	01:11.13	01:07.81
200 Dos	02:42.64	02:35.42	02:28.06
50 Brasse	00:38.92	00:36.41	00:33.84
100 Brasse	01:27.23	01:20.39	01:15.46
200 Brasse	03:10.53	02:58.99	02:45.64
50 Papillon	00:31.87	00:30.09	00:28.86
100 Papillon	01:15.54	01:08.70	01:04.98
200 Papillon	03:09.79	02:45.12	02:33.39
200 4 Nages	02:42.54	02:33.43	02:25.08
400 4 Nages	05:32.03	05:32.03	05:16.07

② GRILLES CHAMPIONNATS DE FRANCE 2018-2019 : CATEGORIE ESPOIRS

Saison : 2018 / 2019
Championnats de France d'été - Espoirs - DAMES

Épreuves	11-13 ans (2006 - 2008)	14 ans (2005)	15 ans (2004)
	Temps	Temps	Temps
50 Nage Libre	00:28.00	00:28.32	00:28.00
100 Nage Libre	01:00.88	01:01.82	01:00.88
200 Nage Libre	02:12.73	02:14.43	02:12.73
400 Nage Libre	04:36.70	04:41.95	04:36.70
800 Nage Libre	09:30.32	09:37.13	09:30.32
1500 Nage Libre	18:32.49	18:52.64	18:32.49
50 Dos	00:31.69	00:32.36	00:31.69
100 Dos	01:08.97	01:09.85	01:08.97
200 Dos	02:28.10	02:32.95	02:28.10
50 Brasse	00:35.58	00:36.12	00:35.58
100 Brasse	01:18.44	01:19.11	01:18.44
200 Brasse	02:47.85	02:50.89	02:47.85
50 Papillon	00:29.67	00:30.21	00:29.67
100 Papillon	01:07.33	01:08.32	01:07.33
200 Papillon	02:31.84	02:34.69	02:31.84
200 4 Nages	02:31.22	02:33.97	02:31.22
400 4 Nages	05:16.81	05:24.25	05:16.81

Saison : 2018 / 2019
Championnats de France d'été - Espoirs - MESSIEURS

Épreuves	12-14 ans (2005 - 2007)	15 ans (2004)	16 ans (2003)
	Temps	Temps	Temps
50 Nage Libre	00:24.84	00:25.63	00:24.84
100 Nage Libre	00:54.06	00:55.98	00:54.06
200 Nage Libre	01:57.75	02:02.23	01:57.75
400 Nage Libre	04:10.20	04:19.64	04:10.20
800 Nage Libre	08:39.15	09:01.22	08:39.15
1500 Nage Libre	16:45.83	16:59.77	16:45.83
50 Dos	00:28.50	00:29.60	00:28.50
100 Dos	01:01.35	01:03.81	01:01.35
200 Dos	02:13.49	02:18.90	02:13.49
50 Brasse	00:31.43	00:32.33	00:31.43
100 Brasse	01:09.94	01:11.93	01:09.94
200 Brasse	02:31.57	02:35.53	02:31.57
50 Papillon	00:26.65	00:27.19	00:26.65
100 Papillon	00:58.57	01:01.15	00:58.57
200 Papillon	02:13.57	02:17.39	02:13.57
200 4 Nages	02:15.08	02:17.64	02:15.08
400 4 Nages	04:46.51	04:54.10	04:46.51

③ GRILLES CHAMPIONNATS DE FRANCE 2018-2019 : CATEGORIE JUNIORS

Saison : 2018 / 2019
Championnats de France Juniors - DAMES

Épreuves	14 ans (2005)	15 ans (2004)	16 ans (2003)	17 ans (2002)
	Temps	Temps	Temps	Temps
50 Nage Libre	00:28.32	00:28.00	00:27.56	00:27.21
100 Nage Libre	01:01.82	01:00.88	00:59.72	00:59.09
200 Nage Libre	02:14.43	02:12.73	02:09.78	02:09.04
400 Nage Libre	04:41.95	04:36.70	04:32.47	04:27.97
800 Nage Libre	09:37.13	09:30.32	09:17.21	09:11.33
1500 Nage Libre	18:52.64	18:32.49	17:58.50	17:33.47
50 Dos	00:32.36	00:31.69	00:31.49	00:30.88
100 Dos	01:09.85	01:08.97	01:08.40	01:07.20
200 Dos	02:32.95	02:28.10	02:26.74	02:25.19
50 Brasse	00:36.12	00:35.58	00:34.66	00:34.06
100 Brasse	01:19.11	01:18.44	01:16.61	01:15.23
200 Brasse	02:50.89	02:47.85	02:44.88	02:42.78
50 Papillon	00:30.21	00:29.67	00:29.10	00:28.71
100 Papillon	01:08.32	01:07.33	01:05.01	01:04.18
200 Papillon	02:34.69	02:31.84	02:27.15	02:25.10
200 4 Nages	02:33.97	02:31.22	02:28.85	02:26.25
400 4 Nages	05:24.25	05:16.81	05:11.72	05:07.71

Saison : 2018 / 2019
Championnats de France Juniors - MESSIEURS

Épreuves	15 ans (2004)	16 ans (2003)	17 ans (2002)	18 ans (2001)
	Temps	Temps	Temps	Temps
50 Nage Libre	00:25.63	00:24.84	00:24.55	00:24.01
100 Nage Libre	00:55.98	00:54.06	00:53.75	00:52.39
200 Nage Libre	02:02.23	01:57.75	01:56.24	01:54.08
400 Nage Libre	04:19.64	04:10.20	04:05.77	04:02.68
800 Nage Libre	09:01.22	08:39.15	08:30.00	08:23.88
1500 Nage Libre	16:59.77	16:45.83	16:12.54	16:07.56
50 Dos	00:29.60	00:28.50	00:28.28	00:27.55
100 Dos	01:03.81	01:01.35	01:00.65	00:59.50
200 Dos	02:18.90	02:13.49	02:12.16	02:09.31
50 Brasse	00:32.33	00:31.43	00:30.59	00:30.15
100 Brasse	01:11.93	01:09.94	01:07.72	01:06.50
200 Brasse	02:35.53	02:31.57	02:26.73	02:25.19
50 Papillon	00:27.19	00:26.65	00:25.92	00:25.62
100 Papillon	01:01.15	00:58.57	00:57.75	00:56.57
200 Papillon	02:17.39	02:13.57	02:10.34	02:07.85
200 4 Nages	02:17.64	02:15.08	02:11.46	02:10.16
400 4 Nages	04:54.10	04:46.51	04:42.68	04:38.58

④ GRILLES CHAMPIONNATS DE FRANCE 2018-2019 : CATEGORIE RELEVE

Saison : 2018 / 2019
Championnats de France d'été - Relève - DAMES

Épreuves	16 ans (2003)	17 ans (2002)	18 ans et plus (2001 et avant)
	Temps	Temps	Temps
50 Nage Libre	00:27.56	00:27.21	00:26.81
100 Nage Libre	00:59.72	00:59.09	00:58.38
200 Nage Libre	02:09.78	02:09.04	02:06.76
400 Nage Libre	04:32.47	04:27.97	04:26.04
800 Nage Libre	09:17.21	09:11.33	09:05.42
1500 Nage Libre	17:58.50	17:33.47	17:27.81
50 Dos	00:31.49	00:30.88	00:30.48
100 Dos	01:08.40	01:07.20	01:06.14
200 Dos	02:26.74	02:25.19	02:22.33
50 Brasse	00:34.66	00:34.06	00:33.80
100 Brasse	01:16.61	01:15.23	01:14.69
200 Brasse	02:44.88	02:42.78	02:40.69
50 Papillon	00:29.10	00:28.71	00:28.39
100 Papillon	01:05.01	01:04.18	01:03.79
200 Papillon	02:27.15	02:25.10	02:22.30
200 4 Nages	02:28.85	02:26.25	02:24.52
400 4 Nages	05:11.72	05:07.71	05:04.97

Saison : 2018 / 2019
Championnats de France d'été - Relève - MESSIEURS

Épreuves	17 ans (2002)	18 ans (2001)	19 ans et plus (2000 et avant)
	Temps	Temps	Temps
50 Nage Libre	00:24.55	00:24.01	00:23.67
100 Nage Libre	00:53.75	00:52.39	00:51.84
200 Nage Libre	01:56.24	01:54.08	01:53.70
400 Nage Libre	04:05.77	04:02.68	03:59.96
800 Nage Libre	08:30.00	08:23.88	08:17.67
1500 Nage Libre	16:12.54	16:07.56	15:54.30
50 Dos	00:28.28	00:27.55	00:27.02
100 Dos	01:00.65	00:59.50	00:58.63
200 Dos	02:12.16	02:09.31	02:06.78
50 Brasse	00:30.59	00:30.15	00:29.58
100 Brasse	01:07.72	01:06.50	01:05.77
200 Brasse	02:26.73	02:25.19	02:23.51
50 Papillon	00:25.92	00:25.62	00:25.11
100 Papillon	00:57.75	00:56.57	00:55.80
200 Papillon	02:10.34	02:07.85	02:06.77
200 4 Nages	02:11.46	02:10.16	02:08.99
400 4 Nages	04:42.68	04:38.58	04:35.14

⑤ GRILLES CHAMPIONNATS DE FRANCE 2018-2019 : NATIONALE 2

Saison : 2018 / 2019
Championnats de Nationale 2 (zone sud) - DAMES

Épreuves	Toutes catégories
	Temps
50 Nage Libre	00:27.64
100 Nage Libre	01:00.62
200 Nage Libre	02:11.61
400 Nage Libre	04:38.06
800 Nage Libre	09:28.47
1500 Nage Libre	18:35.17
50 Dos	00:31.79
100 Dos	01:09.52
200 Dos	02:30.32
50 Brasse	00:35.41
100 Brasse	01:18.86
200 Brasse	02:49.83
50 Papillon	00:29.41
100 Papillon	01:07.06
200 Papillon	02:32.98
200 4 Nages	02:30.00
400 4 Nages	05:18.78

Saison : 2018 / 2019
Championnats de Nationale 2 (zone sud) - MESSIEURS

Épreuves	Toutes catégories
	Temps
50 Nage Libre	00:24.43
100 Nage Libre	00:53.65
200 Nage Libre	01:57.69
400 Nage Libre	04:12.24
800 Nage Libre	08:44.46
1500 Nage Libre	16:52.25
50 Dos	00:28.42
100 Dos	01:02.23
200 Dos	02:15.62
50 Brasse	00:31.06
100 Brasse	01:09.77
200 Brasse	02:33.39
50 Papillon	00:25.96
100 Papillon	00:58.47
200 Papillon	02:14.15
200 4 Nages	02:14.54
400 4 Nages	04:51.17

⑥ GRILLES CHAMPIONNATS DE FRANCE 2018-2019 : CATEGORIE MASTERS

TEMPS DE QUALIFICATION - CHAMPIONNATS DE FRANCE - HIVER 2018 (du 7 au 10 mars 2019)

DAMES																		
Cat.	50 NL	100 NL	200 NL	400 NL	800 NL	1500 NL	50 dos	100 dos	200 dos	50 br.	100 br.	200 br.	50 pap.	100 pap.	200 pap.	100 4N	200 4N	400 4N
C1	0.3240	1.1050	2.3350	5.2200	11.0200	21.1000	0.3930	1.2300	2.5700	0.4260	1.3150	3.1700	0.3540	1.1900	2.5550	1.2200	2.5500	6.1200
C2	0.3360	1.1300	2.3900	5.3200	11.2200	21.5000	0.4080	1.2600	3.0350	0.4390	1.3400	3.2200	0.3680	1.2150	3.0100	1.2550	3.0200	6.2500
C3	0.3480	1.1550	2.4300	5.4400	11.5200	22.4800	0.4190	1.2850	3.0800	0.4620	1.3900	3.3150	0.3820	1.2450	3.0550	1.2750	3.0550	6.3200
C4	0.3520	1.1700	2.4650	5.5400	12.1500	23.3500	0.4450	1.3450	3.2050	0.4670	1.4000	3.3500	0.3940	1.2750	3.1250	1.3200	3.1550	6.5400
C5	0.3670	1.2050	2.5500	6.1200	12.5500	24.5000	0.4770	1.4100	3.3400	0.4940	1.4600	3.4800	0.4300	1.3450	3.2650	1.3350	3.1950	7.0300
C6	0.4010	1.2750	3.0850	6.4000	13.4900	26.4000	0.5030	1.4650	3.4500	0.5150	1.5150	3.5850	0.4750	1.4350	3.4400	1.3800	3.2800	7.2100
C7	0.4370	1.3500	3.2300	7.0900	14.4500	28.3000	0.5500	1.5600	4.0400	0.5480	1.5800	4.1250	0.4860	1.4600	3.4800	1.4600	3.4450	7.5300
C8	0.4750	1.4250	3.3800	7.3700	15.4500	30.2000	0.5700	2.0050	4.1250	0.5940	2.0750	4.3100	0.5020	1.5000	3.5500	1.5450	4.0000	8.2300
C9	0.5430	1.5550	4.0500	8.2500	17.1500	33.1000	1.0250	2.1200	4.3500	1.0580	2.2000	4.5500	1.0260	2.1250	4.3700	2.0500	4.2100	9.0400
C10	1.0220	2.1100	4.3000	9.1500	18.4500	36.2000	1.0850	2.2400	4.5500	1.0850	2.2500	5.0500	1.0690	2.2500	5.0000	2.1200	4.5700	10.1000
C11					20.1500	39.3000												
C12					21.4500	42.0000												
Au-delà	Sans limite de temps																	

MESSIEURS																		
Cat.	50 NL	100 NL	200 NL	400 NL	800 NL	1500 NL	50 dos	100 dos	200 dos	50 br.	100 br.	200 br.	50 pap.	100 pap.	200 pap.	100 4N	200 4N	400 4N
C1	0.2640	0.5900	2.1200	4.4100	9.4700	18.4000	0.3240	1.0900	2.3100	0.3530	1.1650	2.4600	0.2940	1.0650	2.3250	1.0900	2.2900	5.1900
C2	0.2740	1.0100	2.1550	4.4800	10.0200	19.1200	0.3360	1.1200	2.3650	0.3630	1.1850	2.5000	0.3060	1.0850	2.3700	1.1200	2.3500	5.3300
C3	0.2790	1.0200	2.1800	4.5700	10.2500	19.4500	0.3500	1.1550	2.4300	0.3670	1.1950	2.5300	0.3140	1.1050	2.4050	1.1300	2.3750	5.3900
C4	0.2820	1.0300	2.2100	5.0600	10.4600	20.1500	0.3630	1.1800	2.4900	0.3730	1.2350	3.0250	0.3250	1.1300	2.4700	1.1450	2.4100	5.4500
C5	0.2900	1.0550	2.2650	5.1900	11.1500	21.3000	0.3820	1.2250	2.5900	0.3910	1.2700	3.1100	0.3370	1.1600	2.5300	1.1800	2.4950	6.0400
C6	0.3100	1.1000	2.3650	5.3900	12.0000	23.0000	0.4000	1.2750	3.0900	0.4120	1.3250	3.2200	0.3720	1.2300	3.0700	1.2350	3.0100	6.2900
C7	0.3430	1.1650	2.4900	6.0200	12.5000	24.3000	0.4290	1.3250	3.1850	0.4580	1.4000	3.3700	0.4000	1.2900	3.2000	1.3050	3.1500	6.5700
C8	0.3640	1.2100	2.5800	6.2100	13.2000	25.3000	0.4600	1.3900	3.3150	0.4810	1.4700	3.5050	0.4220	1.3400	3.3000	1.3500	3.2400	7.1600
C9	0.3900	1.2650	3.0800	6.4200	14.0600	27.1000	0.4750	1.4100	3.3900	0.4950	1.5200	4.0000	0.4680	1.4350	3.4800	1.4500	3.4450	7.5500
C10	0.4120	1.3300	3.2400	7.1800	15.2500	29.2000	0.5290	1.5400	4.0300	0.5200	1.5600	4.1300	0.4940	1.5650	4.1500	1.5400	4.0200	8.2800
C11					16.4000	31.4500												
C12					18.1000	33.3000												
Au-delà	Sans limite de temps																	

TEMPS DE QUALIFICATION - CHAMPIONNATS DE FRANCE – ETÉ 2018 (du 20 au 23 juin 2019)

DAMES

Cat.	50 NL	100 NL	200 NL	400 NL	800 NL	1500 NL	50 dos	100 dos	200 dos	50 br.	100 br.	200 br.	50 pap.	100 pap.	200 pap.	200 4N	400 4N	
C1	0.3310	1.1210	2.3690	5.2950	11.1800	21.4000	0.3990	1.2450	3.0020	0.4340	1.3350	3.2200	0.3600	1.2030	2.5850	2.5850	6.2000	
C2	0.3430	1.1460	2.4240	5.3950	11.3800	22.2000	0.4140	1.2750	3.0670	0.4470	1.3600	3.2700	0.3740	1.2280	3.0400	3.0550	6.3300	
C3	0.3520	1.1710	2.4640	5.5150	12.0800	23.1800	0.4250	1.3000	3.1120	0.4630	1.4000	3.3350	0.3880	1.2580	3.0850	3.0900	6.4000	
C4	0.3610	1.1860	2.4990	6.0150	12.3100	24.0500	0.4510	1.3600	3.2370	0.4800	1.4300	3.4100	0.4000	1.2880	3.1500	3.1800	7.0000	
C5	0.3740	1.2210	2.5840	6.1950	13.1100	25.2000	0.4830	1.4250	3.3720	0.5020	1.4800	3.5300	0.4360	1.3450	3.2400	3.2400	7.1400	
C6	0.4080	1.2910	3.1190	6.4750	14.0500	27.1000	0.5090	1.4800	3.4820	0.5230	1.5350	4.0350	0.4580	1.4000	3.3700	3.3150	7.3100	
C7	0.4440	1.3660	3.2640	7.1650	15.0100	29.0000	0.5470	1.5520	4.0200	0.5560	2.0000	4.1750	0.4920	1.4730	3.5100	3.4800	8.0100	
C8	0.4820	1.4410	3.4140	7.4450	16.0100	30.5000	0.5760	2.0200	4.1570	1.0020	2.0950	4.3400	0.5330	1.5850	4.1000	4.0350	8.3100	
C9	0.5500	1.5710	4.0840	8.3250	17.3100	33.4000	1.0310	2.1350	4.3820	1.0530	2.1750	4.5200	1.0160	2.1200	4.4000	4.2450	9.1200	
C10	1.0290	2.1260	4.3340	9.2250	19.0100	36.5000	1.0910	2.2550	5.0500	1.1100	2.3200	5.2000	1.0960	2.2900	5.1700	5.0050	10.1800	
C11	1.0970	2.2960	5.0840	10.3250	21.2600	42.3000	1.1750	2.4240	5.3700	1.1780	2.4600	5.5000	1.1960	2.5230	7.3500	5.3850	11.4400	
C12	1.1770	2.5160	5.5340	12.0450	24.3100	48.5000	1.2750	3.0440	6.2400	1.2680	3.0300	6.2600	1.3460	3.2530	7.4000	6.2850	13.3400	
C13	1.2870	3.2060	6.5340	14.0750	29.1600	57.3000	1.3950	3.3240	7.2400	1.3780	3.2500	7.1300	1.5660	4.1330	9.3300	7.3350	16.0400	
Au-delà	Sans limite de temps																	

MESSIEURS

Cat.	50 NL	100 NL	200 NL	400 NL	800 NL	1500 NL	50 dos	100 dos	200 dos	50 br.	100 br.	200 br.	50 pap.	100 pap.	200 pap.	200 4N	400 4N	
C1	0.2710	1.0060	2.1540	4.4850	10.0300	19.1000	0.3300	1.1050	2.3420	0.3610	1.1850	2.5100	0.3000	1.0780	2.3550	2.3250	5.2700	
C2	0.2810	1.0260	2.1890	4.5550	10.1800	19.4200	0.3420	1.1350	2.3970	0.3660	1.2050	2.5500	0.3120	1.0980	2.4000	2.3850	5.4100	
C3	0.2850	1.0340	2.2140	5.0450	10.4100	20.1500	0.3560	1.1700	2.4620	0.3750	1.2250	2.5800	0.3200	1.1180	2.4350	2.4100	5.4700	
C4	0.2900	1.0460	2.2440	5.1350	11.0200	20.4500	0.3690	1.1950	2.5220	0.3860	1.2550	3.0750	0.3310	1.1430	2.5000	2.4450	5.5880	
C5	0.2970	1.0710	2.2990	5.2650	11.3100	22.0000	0.3880	1.2400	3.0220	0.3990	1.2900	3.1600	0.3430	1.1730	2.5600	2.5300	6.1200	
C6	0.3170	1.1160	2.3990	5.4650	12.1600	23.3000	0.4060	1.2900	3.1220	0.4200	1.3450	3.2700	0.3780	1.2430	3.1000	3.0450	6.3700	
C7	0.3500	1.1810	2.5240	6.0950	12.5600	24.4500	0.4350	1.3400	3.2170	0.4660	1.4200	3.4200	0.4060	1.2930	3.2300	3.1850	7.0500	
C8	0.3710	1.2260	3.0140	6.2850	13.3600	26.0000	0.4660	1.4050	3.3470	0.4890	1.4900	3.5550	0.4280	1.3530	3.3700	3.2950	7.3100	
C9	0.3970	1.2810	3.1140	6.4950	14.2600	27.4000	0.4970	1.4720	3.4850	0.5240	1.5600	4.1000	0.4630	1.4480	3.5500	3.4800	8.0300	
C10	0.4190	1.3460	3.2740	7.2550	15.4100	29.5000	0.5350	1.5550	4.0620	0.5680	2.0600	4.3100	0.5060	1.5780	4.1900	4.0850	8.4600	
C11	0.4620	1.4560	3.5350	8.0800	16.5600	32.1500	1.0350	2.2000	4.4850	1.0300	2.1800	4.5700	0.5560	2.1530	4.5300	4.3550	9.4100	
C12	0.5270	2.0760	4.2350	8.5300	18.4100	35.3000	1.1350	2.3700	5.2350	1.1100	2.3600	5.3300	1.0400	2.3950	5.4300	5.1050	10.5400	
C13	1.0100	2.2360	4.5850	10.2300	22.1600	42.3000	1.2350	3.0000	6.1350	1.2100	2.5700	6.2000	1.2600	3.4200	7.4800	6.1500	12.4000	
Au-delà	Sans limite de temps																	