



## Standards des Championnats de l'Est et de l'Ouest en paranatation, femmes 2018-2019 – grand bassin

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 libre	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.58	56.93	51.87	45.54	44.28	56.93	49.33	45.54	45.54
100 libre	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.88	2:06.50	1:53.85	1:47.52	1:41.20
200 libre	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50									3:33.90
400 libre						10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	
50 dos	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20									
100 dos						2:44.45	2:31.80	2:19.15	2:06.50	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
50 brasse	4:25.65	3:22.40	2:31.80											
100 brasse				3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:19.15		2:57.10	2:31.80	2:19.15	2:19.15
50 pap	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.88	1:15.90							
100 pap								2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
150 QNI	8:13.35	7:54.38	7:35.40	6:19.50										
200 QNI					7:35.40	6:19.50	5:28.90	5:03.60	4:13.00	4:00.35	5:03.60	4:50.95	4:25.65	4:13.00

\* les nageurs doivent avoir atteint deux standards pour s'inscrire.

## Standards des Championnats de l'Est et de l'Ouest en paranatation, hommes 2018-2019 – grand bassin

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 libre	3:22.40	2:06.50	1:41.20	1:28.55	1:09.58	56.93	45.54	44.28	40.48	39.22	50.60	44.28	40.48	40.48
100 libre	6:19.50	4:25.65	3:47.70	3:09.75	2:31.80	2:00.17	1:47.52	1:41.20	1:28.55	1:23.49	1:41.20	1:34.88	1:28.55	1:28.55
200 libre	12:39.00	8:49.00	6:47.10	6:19.50	5:54.20									3:08.60
400 libre						8:51.30	8:26.00	8:13.35	7:35.40	7:22.75	8:51.30	8:00.70	7:38.85	
50 dos	3:22.40	2:31.80	2:06.50	1:41.20	1:15.90									
100 dos						2:19.15	2:06.50	2:00.17	1:41.20	1:37.75	2:19.15	2:06.50	1:53.85	1:41.20
50 brasse	4:10.70	2:31.80	2:06.50											
100 brasse				2:57.10	2:50.78	2:44.45	2:31.80	2:06.50	1:48.79		2:31.80	2:06.50	1:53.85	1:48.79
50 pap	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:09.58	0:56.93							
100 pap								2:00.17	1:41.20	1:34.30	2:06.50	1:47.52	1:41.20	1:41.20
150 QNI	7:35.40	6:57.45	6:19.50	5:03.60										
200 QNI					6:19.50	5:03.60	4:25.65	4:13.00	3:47.70	3:35.05	4:38.30	4:13.00	3:47.70	3:47.70

\* les nageurs doivent avoir atteint deux standards pour s'inscrire.