

**① GRILLES PACA 2018-2019 : CATEGORIE JEUNES**

**GRILLE QUALIFICATIVE POUR LES CHAMPIONNATS REGIONAUX JEUNES 25M (06+07/04/2019) - à réaliser en bassin de 25m -**

DAMES			Courses	MESSIEURS		
Jeunes 1 (2008)	Jeunes 2 (2007)	Jeunes 3 (2006)		Jeunes 3 (2005)	Jeunes 2 (2006)	Jeunes 1 (2007)
35,02	32,48	31,48	50 NL	28,67	30,64	32,12
01:18,69	01:12,03	01:09,37	100 NL	01:02,76	01:07,47	01:10,86
02:50,96	02:35,59	02:30,46	200 NL	02:15:29	02:23,09	02:31,81
05:51,42	05:35,62	05:25,90	400 NL	04:43,72	05:04,91	05:17,73
11:56,41	11:02,38	10:33,13	800 NL	09:59,12	10:50,13	11:34,81
21:15,36	21:15,36	21:15,36	1500 NL	18:34,72	18:34,72	18:34,72
42,42	38,69	37,72	50 Dos	33,86	35,92	37,88
01:31,40	01:22,42	01:21,01	100 Dos	01:12,08	01:17,59	01:22,07
03:09,75	02:58,17	02:52,66	200 Dos	02:34,81	02:53,87	03:06,96
48,68	45,26	43,31	50 Bra	38,16	42,98	44,64
01:46,66	01:36,81	01:33,63	100 Bra	01:23,78	01:32,40	01:38,43
03:54,40	03:39,94	03:18,02	200 Bra	02:57,86	03:17,37	03:29,53
42,06	37,72	31,12	50 Pap	31,53	34,66	36,46
01:42,39	01:29,47	01:26,75	100 Pap	01:14,05	01:21,47	01:28,91
03:35,36	03:21,92	03:13,96	200 Pap	02:48,56	03:09,12	03:21,64
03:15,81	02:56,11	02:52,74	200 4N	02:33,94	02:47,37	02:58,94
06:47,78	06:20,49	06:02,91	400 4N	05:26,07	06:01,69	06:30,37

**GRILLE QUALIFICATIVE POUR LES CHAMPIONNATS REGIONAUX JEUNES 50M (du 21 au 23/06/2019) - à réaliser en bassin de 25m -**

DAMES			Courses	MESSIEURS		
Jeunes 1 (2008)	Jeunes 2 (2007)	Jeunes 3 (2006)		Jeunes 3 (2005)	Jeunes 2 (2006)	Jeunes 1 (2007)
35,72	32,98	32,08	50 NL	29,32	31,02	32,92
01:19,88	01:13,93	01:11,24	100 NL	01:04,80	01:09,07	01:12,96
02:52,96	02:38,39	02:34,56	200 NL	02:19:26	02:26,19	02:35,89
05:55,26	05:39,42	05:29,87	400 NL	04:53,58	05:09,75	05:20,13
12:05,49	11:12,33	10:41,63	800 NL	10:03,96	10:55,13	11:44,41
21:30,95	21:30,95	21:30,95	1500 NL	18:55,78	18:55,78	18:55,78
42,96	39,29	38,32	50 D	35,26	36,62	38,22
01:33,21	01:24,63	01:24,01	100 D	01:14,38	01:19,67	01:24,37
03:11,75	02:59,85	02:55,36	200 D	02:38,81	02:56,97	03:09,76
49,08	45,96	43,98	50 B	39,06	43,48	45,04
01:48,37	01:38,31	01:35,37	100 B	01:24,38	01:33,70	01:39,96
03:56,08	03:40,98	03:20,86	200 B	03:04,09	03:21,47	03:30,78
42,76	38,32	31,93	50 P	32,12	35,17	36,97
01:43,69	01:30,87	01:28,64	100 P	01:15,95	01:24,14	01:30,81
03:37,24	03:25,02	03:15,96	200 P	02:52,76	03:11,82	03:24,14
03:17,62	02:58,13	02:54,74	200 4N	02:35,36	02:49,97	02:59,91
06:52,38	06:25,56	06:09,01	400 4N	05:31,20	06:08,09	06:35,38

## ② GRILLES PACA 2018-2019 : CATEGORIES JUNIORS/SENIORS

**GRILLE QUALIFICATIVE POUR LES CHAMPIONNATS REGIONAUX JUNIORS/SENIORS 50M**

**HIVER (du 21 au 23/12/2018) + PRINTEMPS (du 29 au 31/03/2019)**

- à réaliser en bassin de 50m - voir table de conversion pour les temps en bassin de 25m -

DAMES					Courses	MESSIEURS				
Juniors 1 (2005)	Juniors 2 (2004)	Juniors 3 (2003)	Juniors 4 (2002)	Seniors		seniors	Juniors 4 (2001)	Juniors 3 (2002)	Juniors 2 (2003)	Juniors 1 (2004)
31,56	30,15	29,76	29,36	28,79	<b>50 NL</b>	25,44	26,19	26,69	27,13	28,18
01:09,07	01:05,35	01:04,77	1,03:31	01:02,14	<b>100 NL</b>	55,09	56,65	57,98	58,63	01:01,40
02:27,92	02:21,64	02:19,01	02:16,76	02:14,42	<b>200 NL</b>	02:00,42	02:03,44	02:06,15	02:08,11	02:12,83
05:12,53	04:58,04	04:52,93	04:48,72	04,44:28	<b>400 NL</b>	04:18,12	04:23,24	04:28,93	04:32,19	04:44,08
10:52,75	10:20,78	10:05,67	09:58,04	09:47,83	<b>800 NL</b>	08:48,34	08:58,34	09:05,86	09:14,90	09:47,05
20:56,18	20:29,98	19:56,86	19:14,81	18:50,51	<b>1500 NL</b>	17:20,02	17:43,82	18:01,35	18:32,12	19:01,34
38,94	35,42	34,67	34,03	33,36	<b>50 Dos</b>	29,84	30,69	31,37	32,23	33,56
01:19,95	01:15,92	01:14,03	01:12,90	01:11,53	<b>100 Dos</b>	01:04,15	01:05,82	01:07,28	01:09,06	01:11,45
02:48,87	02:42,05	02:38,34	02:36,36	02:33,78	<b>200 Dos</b>	02:18,67	02:21,71	02:25,75	02:28,32	02:35,26
41,31	40,25	39,08	38,23	37,29	<b>50 Bra</b>	32,72	34,01	35,14	36,32	37,31
01:29,18	01:26,81	01:24,39	01:23,10	01:21,02	<b>100 Bra</b>	01:11,95	01:14,93	01:16,68	01:20,04	01:22,38
03:15,68	03:06,52	03:02,30	02:58,47	02:54,85	<b>200 Bra</b>	02:37,98	02:40,17	02:42,23	02:44,74	02:48,51
34,47	32,96	32,03	31,62	30,91	<b>50 Pap</b>	27,09	27,97	28,75	29,28	30,85
01:20,37	01:15,98	01:12,36	01:11,58	01:09,66	<b>100 Pap</b>	01:00,35	01:02,51	01:04,24	01:06,23	01:08,71
02:51,30	02:47,35	02:41,98	02:40,35	02:37,11	<b>200 Pap</b>	02:20,26	02:23,80	02:26,69	02:31,75	02:36,65
02:49,60	02:40,99	02:38,40	02:35,86	02:33,24	<b>200 4N</b>	02:17,49	02:20,84	02:22,86	02:26,01	02:35,21
06:02,97	05:47,87	05:40,62	05:33,08	05:26,74	<b>400 4N</b>	04:55,70	05:03,00	05:07,18	05:15,82	05:31,07

### Table de conversion FFN bassin de 25m/bassin de 50 m

Courses	Écarts
50 NL	0,70"
100 NL	1,60"
200 NL	3,40"
400 NL	7,50"
800 NL	16"00
1500 NL	30"00
50 D	1,50"
100 D	2,40"
200 D	4,90"
50 B	0,80"
100 B	2"00
200 B	5"00
50 P	0,60"
100 P	1,30"
200 P	3,10"
200 4N	3,50"
400 4N	8,80"

**GRILLE QUALIFICATIVE POUR LES CHAMPIONNATS REGIONAUX JUNIORS/SENIORS 50M ETE (du 28 au 30/06/2019)**  
 - à réaliser en bassin de 50m - voir table de conversion pour les temps en bassin de 25m -

DAMES					Courses	MESSIEURS				
Juniors 1	Juniors 2	Juniors 3	Juniors 4	seniors		seniors	Juniors 4	Juniors 3	Juniors 2	Juniors 1
32,56	31,15	30,76	30,36	29,79	50 NL	26,44	27,19	27,69	28,13	29,58
01:11,07	01:07,35	01:06,77	1,05:31	01:04,14	100 NL	57,09	58,65	59,98	01:01,63	01:04,40
02:31,92	02:25,64	02:23,01	02:20,76	02:19,42	200 NL	02:04,42	02:07,44	02:10,15	02:12,11	02:20,83
05:16,53	05:02,04	04:56,93	04:52,72	04,50:28	400 NL	04:22,12	04:27,24	04:32,93	04:38,19	04:54,08
11:00,75	10:28,78	10:18,67	10:06,04	09:55,83	800 NL	08:58,34	09:08,34	09:15,86	09:24,90	10:07,05
21:16,18	20:46,98	20:16,86	19:34,81	19:15,51	1500 NL	17:40,02	18:03,82	18:21,35	18:52,12	19:17,34
39,94	36,42	35,67	35,03	34,36	50 D	30,84	31,69	32,37	33,23	34,56
01:21,95	01:17,92	01:16,03	01:14,90	01:13,53	100 D	01:06,15	01:07,82	01:08,28	01:10,06	01:13,45
02:52,87	02:46,05	02:42,34	02:40,36	02:37,78	200 D	02:22,67	02:25,71	02:29,75	02:32,32	02:39,26
42,31	41,25	40,08	39,23	38,29	50 B	33,72	35,01	36,14	37,32	38,31
01:31,18	01:28,81	01:26,39	01:25,10	01:23,02	100 B	01:13,95	01:16,93	01:18,68	01:22,04	01:24,38
03:19,68	03:10,52	03:06,30	03:02,47	02:58,85	200 B	02:41,98	02:44,17	02:46,23	02:48,74	02:52,51
35,47	33,96	33,03	32,62	31,91	50 P	28,09	28,97	29,75	30,28	31,85
01:22,37	01:17,98	01:14,36	01:13,58	01:11,66	100 P	01:02,35	01:04,51	01:06,24	01:08,23	01:10,71
02:56,30	02:51,35	02:45,98	02:43,35	02:41,11	200 P	02:24,26	02:27,80	02:30,69	02:35,75	02:40,65
02:52,60	02:44,99	02:42,40	02:39,86	02:37,24	200 4N	02:21,49	02:24,84	02:26,86	02:30,01	02:39,21
06:12,97	05:57,87	05:50,62	05:43,08	05:36,74	400 4N	05:05,70	05:13,00	05:17,18	05:25,82	05:41,07

**Table de conversion FFN bassin de 25m/bassin de 50 m**

Courses	Écarts
50 NL	0,70"
100 NL	1,60"
200 NL	3,40"
400 NL	7,50"
800 NL	16"00
1500 NL	30"00
50 D	1,50"
100 D	2,40"
200 D	4,90"
50 B	0,80"
100 B	2"00
200 B	5"00
50 P	0,60"
100 P	1,30"
200 P	3,10"
200 4N	3,50"
400 4N	8,80"