



2019-2020 Long Course Standards / Standards Grand Bassin



		Female / Femmes						Male / Hommes								
		11 & Under / 11 ans & moins	12 Years / 12 ans	13 Years / 13 ans	14 Years / 14 ans	15 Years / 15 ans	16 & Over / 16 ans et plus	16 & Over / 16 ans et plus	15 Years / 15 ans	14 Years / 14 ans	13 Years / 13 ans	12 Years / 12 ans	11 & Under / 11 ans & moins			
Free / Libre	50	AA	35.39	34.64	33.94	33.29	32.66	32.09	30.06	30.79	31.58	32.38	33.27	34.22	AA	Free / Libre
		A	37.44	36.24	35.28	34.32	33.60	32.88	30.96	31.68	32.64	33.60	34.80	36.00	A	
		B	40.80	40.00	38.80	37.60	36.00	34.80	32.00	35.20	36.40	38.00	40.00	41.20	B	
	100	AA	1:18.92	1:16.66	1:14.66	1:12.84	1:11.20	1:09.76	1:05.66	1:07.34	1:09.20	1:11.12	1:13.26	1:15.62	AA	
		A	1:22.56	1:19.68	1:17.28	1:14.40	1:13.44	1:11.52	1:07.68	1:09.60	1:11.52	1:13.44	1:16.32	1:19.20	A	
		B	1:29.10	1:25.50	1:22.80	1:21.00	1:18.30	1:15.60	1:12.00	1:16.50	1:20.10	1:22.80	1:26.40	1:30.00	B	
	200	AA	2:51.92	2:46.72	2:42.04	2:37.92	2:34.24	2:31.00	2:23.16	2:26.28	2:29.84	2:33.48	2:37.52	2:42.00	AA	
		A	3:00.48	2:53.76	2:48.00	2:43.20	2:38.40	2:35.52	2:28.80	2:31.68	2:35.52	2:41.28	2:46.08	2:51.84	A	
		B	3:26.00	3:18.00	3:02.00	2:56.00	2:52.00	2:46.00	2:36.00	2:42.00	2:56.00	3:02.00	3:20.00	3:32.00	B	
	400	AA	6:01.76	5:51.76	5:42.88	5:34.88	5:27.76	5:21.52	5:07.92	5:15.28	5:23.68	5:32.48	5:42.56	5:53.76	AA	
		A	6:18.24	6:06.72	5:55.20	5:43.68	5:36.00	5:28.32	5:18.72	5:26.40	5:34.08	5:47.52	5:59.04	6:10.56	A	
		B	7:08.00	6:52.00	6:32.00	6:12.00	5:56.00	5:48.00	5:32.00	5:44.00	6:16.00	6:32.00	6:56.00	7:16.00	B	
	800	AA	12:33.76	12:10.72	11:50.56	11:32.80	11:17.60	11:04.48	10:43.84	10:58.24	11:15.68	11:35.04	11:58.08	12:25.28	AA	
		A	13:07.20	12:40.32	12:17.28	11:54.24	11:38.88	11:23.52	11:08.16	11:23.52	11:38.88	12:05.76	12:32.64	12:59.52	A	
		B	14:24.00	14:00.00	13:36.00	13:12.00	12:24.00	11:44.00	11:36.00	12:00.00	13:04.00	13:36.00	14:24.00	15:04.00	B	
1500	AA	25:13.92	24:15.04	23:24.16	22:40.32	22:03.20	21:31.84	20:42.56	21:14.24	21:51.04	22:29.76	23:14.24	24:04.16	AA		
	A	26:14.40	25:12.96	24:19.20	23:25.44	22:47.04	22:16.32	21:14.88	21:45.60	22:24.00	23:10.08	24:03.84	25:05.28	A		
	B	27:44.00	26:40.00	25:36.00	24:32.00	23:28.00	22:56.00	21:52.00	22:56.00	24:16.00	25:36.00	26:24.00	27:44.00	B		
Back / Dos	50	AA	41.47	40.49	39.60	38.79	38.02	37.35	35.10	35.86	36.68	37.46	38.30	39.16	AA	Back / Dos
		A	43.92	42.48	41.28	39.84	39.12	38.40	36.48	37.44	38.16	39.36	40.56	41.76	A	
		B	48.00	47.20	45.20	43.60	42.00	40.40	38.40	40.80	42.80	44.40	48.00	48.80	B	
	100	AA	1:28.30	1:25.84	1:23.56	1:21.54	1:19.72	1:18.08	1:14.16	1:16.14	1:18.38	1:20.72	1:23.36	1:26.30	AA	
		A	1:33.60	1:30.72	1:27.84	1:24.48	1:23.04	1:21.12	1:17.76	1:19.68	1:21.60	1:24.48	1:27.36	1:30.72	A	
		B	1:48.00	1:42.60	1:38.10	1:32.70	1:29.10	1:27.30	1:21.90	1:27.30	1:30.90	1:35.40	1:42.60	1:48.90	B	
	200	AA	3:17.68	3:10.52	3:04.12	2:58.48	2:53.52	2:49.24	2:41.96	2:45.60	2:49.76	2:54.08	2:58.88	3:04.24	AA	
		A	3:26.40	3:17.76	3:10.08	3:04.32	2:59.52	2:54.72	2:48.96	2:53.76	2:57.60	3:03.36	3:10.08	3:15.84	A	
		B	3:50.00	3:42.00	3:32.00	3:26.00	3:16.00	3:06.00	2:58.00	3:06.00	3:18.00	3:26.00	3:48.00	3:56.00	B	
Breast / Brasse	50	AA	45.59	44.66	43.78	42.96	42.18	41.46	38.11	38.96	39.88	40.77	41.74	42.75	AA	Breast / Brasse
		A	48.48	47.04	45.60	44.40	43.44	42.72	40.08	41.04	42.00	43.20	44.64	45.84	A	
		B	55.60	54.00	50.80	48.40	46.80	46.00	43.60	45.60	46.80	49.60	54.40	57.60	B	
	100	AA	1:41.42	1:38.56	1:35.98	1:33.66	1:31.58	1:29.70	1:24.38	1:27.02	1:30.02	1:33.18	1:36.76	1:40.74	AA	
		A	1:46.56	1:42.72	1:39.84	1:36.48	1:34.08	1:32.64	1:27.84	1:30.24	1:33.12	1:36.48	1:40.80	1:44.64	A	
		B	1:55.20	1:51.60	1:48.00	1:44.40	1:42.60	1:39.90	1:30.90	1:37.20	1:39.90	1:45.30	1:53.40	1:57.90	B	
	200	AA	3:37.60	3:31.56	3:26.08	3:21.12	3:16.68	3:12.68	3:04.20	3:09.92	3:16.52	3:23.56	3:31.52	3:40.52	AA	
		A	3:49.44	3:41.76	3:34.08	3:28.32	3:22.56	3:18.72	3:11.04	3:17.76	3:22.56	3:31.20	3:38.88	3:48.48	A	
		B	4:24.00	4:10.00	4:00.00	3:52.00	3:46.00	3:40.00	3:18.00	3:28.00	3:40.00	3:48.00	4:04.00	4:26.00	B	
Fly / Papillon	50	AA	38.26	37.49	36.76	36.08	35.43	34.83	32.67	33.44	34.27	35.11	36.03	37.01	AA	Fly / Papillon
		A	40.80	39.60	38.40	37.44	36.72	35.76	33.84	34.56	35.52	36.72	37.92	39.12	A	
		B	50.00	47.20	45.20	41.60	39.60	38.80	36.80	38.00	39.60	44.40	47.20	50.00	B	
	100	AA	1:26.66	1:24.12	1:21.80	1:19.70	1:17.84	1:16.16	1:11.84	1:14.06	1:16.58	1:19.30	1:22.36	1:25.80	AA	
		A	1:32.16	1:29.28	1:25.92	1:23.04	1:21.12	1:19.68	1:15.36	1:17.28	1:19.68	1:22.56	1:25.92	1:29.28	A	
		B	1:49.80	1:44.40	1:39.00	1:34.50	1:28.20	1:26.40	1:20.10	1:25.50	1:29.10	1:36.30	1:43.50	1:49.80	B	
	200	AA	3:16.56	3:10.04	3:04.28	2:59.20	2:54.76	2:50.92	2:41.96	2:47.00	2:52.88	2:59.32	3:06.72	3:15.16	AA	
		A	3:28.32	3:21.60	3:13.92	3:08.16	3:03.36	2:59.52	2:49.92	2:54.72	2:59.52	3:07.20	3:14.88	3:23.52	A	
		B	4:02.00	3:52.00	3:40.00	3:30.00	3:18.00	3:12.00	3:02.00	3:12.00	3:22.00	3:36.00	3:52.00	4:04.00	B	
IM / QNI	100														IM / QNI	
		AA	3:14.60	3:08.88	3:03.72	2:59.16	2:55.08	2:51.52	2:42.84	2:46.80	2:51.36	2:56.12	3:01.48	3:07.48		AA
		A	3:24.48	3:17.76	3:11.04	3:05.28	3:00.48	2:56.64	2:48.96	2:52.80	2:57.60	3:03.36	3:11.04	3:17.76		A
	200	B	4:08.00	3:58.00	3:34.00	3:22.00	3:10.00	3:08.00	3:04.00	3:12.00	3:24.00	3:40.00	4:06.00	4:16.00		B
		AA	6:54.16	6:41.92	6:30.96	6:21.20	6:12.64	6:05.04	5:51.52	6:01.60	6:13.52	6:26.48	6:41.60	6:58.96		AA
		A	7:13.92	7:00.48	6:47.04	6:33.60	6:24.00	6:16.32	6:02.88	6:12.48	6:24.00	6:37.44	6:54.72	7:12.00		A
400	B	8:20.00	7:56.00	7:32.00	7:08.00	6:52.00	6:40.00	6:32.00	6:48.00	7:12.00	7:44.00	8:16.00	8:48.00	B		