

## 2019-2020 Swim NB NexGen Standards / NexGen Standards Natation NB



### Short Course Standards / Standards Petit Bassin



		Female / Femmes				Male / Hommes					
		13 Years / 13 ans	14 Years / 14 ans	15 Years / 15 ans	16 & Over / 16 ans et plus	17 & Over / 17 ans et plus	16 Years / 16 ans	15 Years / 15 ans	14 Years / 14 ans		
<b>Free / Libre</b>	50	29.12	28.55	28.37	27.84	25.05	25.70	26.06	26.72	50	<b>Free / Libre</b>
	100	1:03.52	1:01.90	1:01.37	1:00.12	54.32	55.89	56.63	58.26	100	
	200	2:18.13	2:14.59	2:12.99	2:10.12	1:58.80	2:02.42	2:04.13	2:07.94	200	
	400	4:52.52	4:46.04	4:42.91	4:37.06	4:15.18	4:21.81	4:25.87	4:33.68	400	
	800	10:02.37	9:53.36	9:44.07	9:32.66	8:55.04	9:10.79	9:14.80	9:28.28	800	
	1500	19:33.96	19:06.47	18:57.31	18:33.38	17:08.48	17:32.60	17:43.22	18:06.16	1500	
<b>Back / Dos</b>	50	34.70	33.71	33.30	32.40	29.29	30.27	30.77	31.65	50	<b>Back / Dos</b>
	100	1:12.06	1:10.02	1:09.15	1:07.29	1:01.31	1:03.37	1:04.40	1:06.25	100	
	200	2:35.42	2:31.43	2:29.57	2:25.83	2:14.32	2:18.24	2:20.34	2:24.12	200	
<b>Breast / Brasse</b>	50	38.14	37.07	36.81	35.97	31.80	32.60	33.21	34.28	50	<b>Breast / Brasse</b>
	100	1:21.97	1:19.67	1:19.11	1:17.30	1:09.46	1:11.21	1:12.53	1:14.87	100	
	200	2:57.09	2:52.10	2:51.13	2:46.06	2:31.71	2:36.06	2:38.71	2:43.57	200	
<b>Fly / Papillon</b>	50	32.27	31.35	30.94	30.22	27.24	28.00	28.44	29.42	50	<b>Fly / Papillon</b>
	100	1:10.10	1:08.09	1:07.21	1:05.64	59.18	1:00.84	1:01.78	1:03.92	100	
	200	2:39.79	2:33.71	2:32.45	2:27.29	2:13.51	2:17.90	2:20.85	2:26.27	200	
<b>IM / QNI</b>	100									100	<b>IM / QNI</b>
	200	2:36.78	2:32.84	2:31.19	2:27.80	2:14.85	2:18.78	2:20.76	2:24.63	200	
	400	5:33.78	5:25.67	5:21.35	5:14.60	4:50.32	4:58.51	5:01.96	5:10.80	400	



### Long Course Standards / Standards Grand Bassin



		Female / Femmes				Male / Hommes					
		13 Years / 13 ans	14 Years / 14 ans	15 Years / 15 ans	16 & Over / 16 ans et plus	17 & Over / 17 ans et plus	16 Years / 16 ans	15 Years / 15 ans	14 Years / 14 ans		
<b>Free / Libre</b>	50	29.72	29.13	28.95	28.40	25.55	26.22	26.59	27.27	50	<b>Free / Libre</b>
	100	1:04.81	1:03.15	1:02.63	1:01.33	55.41	57.02	57.77	59.44	100	
	200	2:20.96	2:17.35	2:15.70	2:12.74	2:01.19	2:04.87	2:06.66	2:10.55	200	
	400	4:58.42	4:51.80	4:48.69	4:42.63	4:20.31	4:27.10	4:31.27	4:39.30	400	
	800	10:14.41	10:05.47	9:55.96	9:44.18	9:05.80	9:21.89	9:26.02	9:39.82	800	
	1500	19:57.77	19:29.71	19:20.04	18:55.78	17:29.17	17:54.04	18:04.97	18:28.06	1500	
<b>Back / Dos</b>	50	35.41	34.39	33.97	33.05	29.88	30.89	31.39	32.30	50	<b>Back / Dos</b>
	100	1:13.53	1:11.44	1:10.55	1:08.64	1:02.54	1:04.67	1:05.71	1:07.60	100	
	200	2:38.55	2:34.49	2:32.63	2:28.76	2:17.02	2:21.05	2:23.18	2:27.04	200	
<b>Breast / Brasse</b>	50	38.92	37.83	37.55	36.69	32.44	33.26	33.87	34.97	50	<b>Breast / Brasse</b>
	100	1:23.61	1:21.27	1:20.69	1:18.85	1:10.86	1:12.67	1:14.00	1:16.39	100	
	200	3:00.69	2:55.58	2:54.58	2:49.40	2:34.76	2:39.22	2:41.93	2:46.90	200	
<b>Fly / Papillon</b>	50	32.93	31.99	31.57	30.83	27.79	28.56	29.02	30.01	50	<b>Fly / Papillon</b>
	100	1:11.53	1:09.48	1:08.58	1:06.96	1:00.37	1:02.08	1:03.03	1:05.21	100	
	200	2:43.04	2:36.87	2:35.58	2:30.25	2:16.20	2:20.67	2:23.70	2:29.24	200	
<b>IM / QNI</b>	100									100	<b>IM / QNI</b>
	200	2:39.92	2:35.94	2:34.27	2:30.77	2:17.56	2:21.61	2:23.64	2:27.54	200	
	400	5:40.53	5:32.30	5:27.84	5:20.93	4:56.16	5:04.59	5:08.07	5:17.11	400	