



2022-2023 High Performance Long Course Standards / Standards Haute performance Grand Bassin

Female / Femmes														Male / Homme														
13 years 13 ans	14 years 14 ans	15 years 15 ans	16 years 16 ans	17 years 17 ans	18 years 18 ans	19 years 19 ans	20 years 20 ans	21 years 21 ans	22 years 22 ans	23 years 23 ans	24 years 24 ans			25 years 25 ans	24 years 24 ans	23 years 23 ans	22 years 22 ans	21 years 21 ans	20 years 20 ans	19 years 19 ans	18 years 18 ans	17 years 17 ans	16 years 16 ans	15 years 15 ans	14 years 14 ans			
29.16	29.00	28.83	28.67	28.50	28.36	28.17	28.00	27.83	27.71	27.61	27.54	50	Free / Libre	50	24.33	24.35	24.40	24.50	24.65	24.86	25.17	25.29	25.48	25.67	25.86	26.05		
1:03.14	1:02.74	1:02.34	1:01.94	1:01.59	1:01.11	1:00.68	1:00.30	59.98	59.77	59.68		100		100			53.36	53.56	53.86	54.29	54.88	55.70	56.87	57.35	58.10	58.84		
2:17.34	2:16.39	2:15.44	2:14.82	2:13.32	2:12.32	2:11.54	2:10.96	2:10.65	2:10.53			200		200			1:57.77	1:58.02	1:58.49	1:59.22	2:00.30	2:01.86	2:04.08	2:04.93	2:06.32	2:07.70		
4:46.58	4:44.99	4:43.40	4:42.70	4:39.63	4:37.86	4:36.85	4:36.16	4:35.70	4:35.63			400		400			4:10.97	4:11.12	4:11.72	4:12.89	4:14.84	4:17.83	4:22.22	4:23.68	4:26.27	4:28.86		
9:50.38	9:47.37	9:44.36	9:42.91	9:37.37	9:33.89	9:31.81	9:30.64	9:30.01	9:29.69			800		800			8:40.42	8:40.71	8:41.63	8:43.35	8:46.46	8:51.54	8:59.51	9:01.68	9:06.08	9:10.47		
18:48.07	18:42.31	18:36.56	18:33.81	18:23.20	18:16.55	18:12.59	18:10.34	18:09.14	18:08.53			1500	1500			16:35.10	16:35.64	16:37.41	16:40.70	16:46.64	16:56.38	17:11.59	17:15.75	17:24.16	17:32.56			
												50	Back/ Dos	50														
1:11.44	1:10.69	1:10.29	1:08.97	1:08.12	1:07.61	1:07.23	1:06.91	1:06.65				100		100		59.43	59.48	59.61	59.84	1:00.23	1:00.78	1:01.57	1:01.86	1:02.34	1:02.83	1:03.31		
2:33.95	2:32.37	2:31.50	2:28.76	2:27.03	2:25.86	2:25.08	2:24.54	2:24.19				200		200			2:09.88	2:09.94	2:10.20	2:10.65	2:11.37	2:12.57	2:14.57	2:15.08	2:16.14	2:17.21		
												50	Breast/brasse	50														
1:17.74	1:17.35	1:16.96	1:16.56	1:16.23	1:15.72	1:15.36	1:15.00	1:14.64	1:14.29	1:14.09		100		100		1:05.73	1:05.91	1:06.19	1:06.59	1:07.13	1:07.87	1:08.88	1:09.33	1:10.00	1:10.67	1:11.33		
2:46.98	2:46.24	2:45.50	2:44.76	2:44.15	2:43.20	2:42.44	2:41.73	2:41.18	2:40.78	2:40.50		200		200			2:23.35	2:23.81	2:24.54	2:25.64	2:27.32	2:29.61	2:32.65	2:34.01	2:36.03	2:38.04		
												50	Fly / Papillon	50														
1:07.98	1:07.51	1:07.05	1:06.58	1:06.25	1:05.57	1:05.04	1:04.65	1:04.38	1:04.22	1:04.16		100		100		57.16	57.17	57.30	57.54	57.89	58.38	59.08	59.36	59.80	1:00.24	1:00.68		
2:29.48	2:28.44	2:27.41	2:26.81	2:25.06	2:23.91	2:23.12	2:22.59	2:22.29	2:22.13			200		200			2:08.38	2:08.50	2:08.88	2:09.56	2:10.66	2:12.31	2:14.72	2:15.55	2:17.00	2:18.44		
												100	IM/QNI	100														
2:32.31	2:31.56	2:30.80	2:30.05	2:29.59	2:28.36	2:27.51	2:26.93	2:26.53	2:26.30	2:26.28		200		200		2:11.48	2:11.47	2:11.68	2:12.13	2:12.85	2:13.96	2:15.63	2:16.17	2:17.14	2:18.11	2:19.08		
5:24.40	5:22.45	5:20.49	5:19.76	5:15.82	5:13.54	5:12.29	5:11.76	5:11.53	5:11.37			400		400			4:43.23	4:43.41	4:44.17	4:45.65	4:48.15	4:51.69	4:56.42	4:58.37	5:01.42	5:04.48		

2022-2023 High Performance Short Course Standards / Standards Haute performance Petit Bassin

Female / Femmes													Male / Homme															
13 years 13 ans	14 years 14 ans	15 years 15 ans	16 years 16 ans	17 years 17 ans	18 years 18 ans	19 years 19 ans	20 years 20 ans	21 years 21 ans	22 years 22 ans	23 years 23 ans	24 years 24 ans		25 years 25 ans	24 years 24 ans	23 years 23 ans	22 years 22 ans	21 years 21 ans	20 years 20 ans	19 years 19 ans	18 years 18 ans	17 years 17 ans	16 years 16 ans	15 years 15 ans	14 years 14 ans				
27.83	27.68	27.52	27.37	27.21	27.07	26.89	26.72	26.57	26.45	26.35	26.29	50	Free / Libre	50	23.23	23.25	23.29	23.38	23.53	23.73	24.02	24.14	24.32	24.50	24.68	24.86		
1:00.27	59.89	59.50	59.12	58.79	58.33	57.92	57.56	57.26	57.06	56.96		100		100			50.94	51.12	51.41	51.82	52.38	53.17	54.29	54.75	55.46	56.17		
2:11.10	2:10.19	2:09.28	2:08.69	2:07.26	2:06.30	2:05.56	2:05.00	2:04.71	2:04.59			200		200			1:52.41	1:52.65	1:53.11	1:53.80	1:54.83	1:56.32	1:58.44	1:59.25	2:00.57	2:01.89		
4:33.55	4:32.03	4:30.52	4:29.85	4:26.92	4:25.23	4:24.26	4:23.60	4:23.17	4:23.10			400		400			3:59.56	3:59.70	4:00.28	4:01.39	4:03.25	4:06.11	4:10.30	4:11.69	4:14.17	4:16.64		
9:23.54	9:20.67	9:17.79	9:16.42	9:11.12	9:07.81	9:05.82	9:04.70	9:04.10	9:03.79			800		800			8:16.77	8:17.04	8:17.92	8:19.56	8:22.53	8:27.38	8:34.98	8:37.06	8:41.25	8:45.45		
17:56.79	17:51.30	17:45.81	17:43.18	17:33.06	17:26.70	17:22.92	17:20.78	17:19.64	17:19.05			1500		1500			15:49.87	15:50.39	15:52.08	15:55.22	16:00.89	16:10.18	16:24.70	16:28.67	16:36.70	16:44.72		
												50	Back / Dos	50														
1:08.19	1:07.48	1:07.10	1:05.84	1:05.03	1:04.53	1:04.18	1:03.87	1:03.62				100		100		56.73	56.77	56.90	57.12	57.49	58.01	58.77	59.05	59.51	59.97	1:00.44		
2:26.95	2:25.45	2:24.62	2:22.00	2:20.34	2:19.23	2:18.48	2:17.97	2:17.63				200		200			2:03.97	2:04.04	2:04.28	2:04.71	2:05.40	2:06.55	2:08.46	2:08.94	2:09.96	2:10.98		
												50	Breast/brasse	50														
1:14.21	1:13.83	1:13.46	1:13.08	1:12.77	1:12.28	1:11.94	1:11.59	1:11.24	1:10.92	1:10.72		100		100		1:02.74	1:02.92	1:03.18	1:03.57	1:04.08	1:04.79	1:05.75	1:06.18	1:06.82	1:07.45	1:08.09		
2:39.39	2:38.69	2:37.98	2:37.27	2:36.69	2:35.78	2:35.05	2:34.38	2:33.86	2:33.47	2:33.21		200		200			2:16.84	2:17.28	2:17.97	2:19.02	2:20.63	2:22.81	2:25.71	2:27.01	2:28.93	2:30.86		
												50	Fly / Papillon	50														
1:04.89	1:04.44	1:04.00	1:03.55	1:03.24	1:02.59	1:02.09	1:01.71	1:01.46	1:01.30	1:01.25		100		100		54.56	54.57	54.69	54.93	55.26	55.72	56.40	56.66	57.08	57.50	57.92		
2:22.68	2:21.70	2:20.71	2:20.13	2:18.46	2:17.37	2:16.62	2:16.11	2:15.82	2:15.67			200		200			2:02.55	2:02.66	2:03.02	2:03.67	2:04.72	2:06.29	2:08.59	2:09.39	2:10.77	2:12.15		
												100	IM/ONI	100														
2:25.39	2:24.67	2:23.95	2:23.23	2:22.79	2:21.61	2:20.81	2:20.25	2:19.87	2:19.65	2:19.63		200		200		2:05.51	2:05.50	2:05.70	2:06.13	2:06.81	2:07.87	2:09.47	2:09.98	2:10.91	2:11.83	2:12.76		
5:09.65	5:07.79	5:05.92	5:05.22	5:01.47	4:59.29	4:58.09	4:57.59	4:57.37	4:57.21			400		400			4:30.35	4:30.53	4:31.26	4:32.66	4:35.05	4:38.43	4:42.94	4:44.81	4:47.72	4:50.64		