



GRILLES DE QUALIFICATION

NATATION COURSE - SAISON 2026

Départemental • Régional • Ouest • National • Masters

CERCLE DES NAGEURS DE QUIMPERLÉ

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Repères d'âge utilisés dans ce livret

Les catégories sont harmonisées sous forme U (U12, U13, U14, etc.) dès que possible. **Senior = 19 ans et plus**. Pour les Masters, les qualifications individuelles sont accessibles à partir de **l'année des 25 ans** (C1 = 25-29 ans). Les intitulés "Toutes catégories" restent conservés lorsque le règlement les utilise.

Ce livret est un outil pratique de consultation. En cas d'évolution ou de contradiction, les règlements publiés par la FFN, la Ligue de Bretagne, la FFN Ouest et le Comité départemental font foi.

1. Grille départementale - Finistère

Grille fournie par le club - catégories harmonisées en U.

DAMES					
Épreuve	Seniors 19 ans +	U18	U15	U13	U11 et -
50 NL	0:35.00	0:37.00	0:38.00	0:40.00	0:47.40
100 NL	1:17.00	1:19.00	1:22.00	1:30.00	1:41.00
200 NL	2:48.00	2:52.00	2:56.00	3:05.00	3:23.00
400 NL	5:54.00	6:00.00	6:06.00	6:20.00	6:46.00
800 NL	12:05.00	12:20.00	12:44.00	13:30.00	—
1500 NL	23:00.00	23:30.00	24:00.00	24:00.00	—
50 DOS	0:42.00	0:45.00	0:47.00	0:49.00	0:55.00
100 DOS	1:28.00	1:31.00	1:34.00	1:38.00	1:55.00
200 DOS	3:09.00	3:14.00	3:18.00	3:24.00	3:55.00
50 BRASSE	0:46.00	0:48.00	0:50.00	0:53.00	0:55.00
100 BRASSE	1:38.00	1:41.00	1:45.00	1:50.00	1:55.00
200 BRASSE	3:32.00	3:36.00	3:40.00	3:50.00	3:55.00
50 PAP	0:40.00	0:42.00	0:44.00	0:50.00	0:55.00
100 PAP	1:27.00	1:29.00	1:31.00	1:45.00	1:55.00
200 PAP	3:10.00	3:14.00	3:18.00	3:40.00	3:55.00
100 4N	1:30.00	1:32.00	1:34.00	1:42.00	1:55.00
200 4N	3:12.00	3:16.00	3:20.00	3:35.00	3:55.00
400 4N	6:34.00	6:45.00	7:00.00	7:15.00	—

U11 et - : grille réservée aux plus jeunes sur les compétitions U13 et moins.

1. Grille départementale - Finistère • Messieurs

MESSIEURS					
Épreuve	Seniors 19 ans +	U18	U15	U13	U11 et -
50 NL	0:30.50	0:32.00	0:34.00	0:40.00	0:47.40
100 NL	1:08.00	1:11.00	1:14.00	1:30.00	1:41.00
200 NL	2:30.28	2:35.34	2:42.00	3:05.00	3:23.00
400 NL	5:22.00	5:30.00	5:46.00	6:20.00	6:46.00
800 NL	11:00.00	11:30.00	12:00.00	13:30.00	—
1500 NL	22:00.00	22:30.00	23:00.00	24:00.00	—
50 DOS	0:38.40	0:40.00	0:42.00	0:49.00	0:55.00
100 DOS	1:19.00	1:23.00	1:26.00	1:38.00	1:55.00
200 DOS	2:47.00	2:53.00	3:00.00	3:24.00	3:55.00
50 BRASSE	0:41.00	0:43.00	0:46.00	0:53.00	0:55.00
100 BRASSE	1:28.00	1:31.00	1:36.00	1:50.00	1:55.00
200 BRASSE	3:09.00	3:16.00	3:25.00	3:50.00	3:55.00
50 PAP	0:35.73	0:38.00	0:40.00	0:50.00	0:55.00
100 PAP	1:19.00	1:23.00	1:26.00	1:45.00	1:55.00
200 PAP	2:50.00	3:02.00	3:12.00	3:40.00	3:55.00
100 4N	1:22.00	1:25.00	1:30.00	1:42.00	1:55.00
200 4N	2:50.00	2:56.00	3:04.00	3:35.00	3:55.00
400 4N	6:00.00	6:10.00	6:32.00	7:15.00	—

2. Grille régionale - Bretagne

Championnats de Ligue 2026 - catégories F14/G14 harmonisées en U14, etc.

Bassin 25 m

F U14	F U15	F U16	F U17	F U18	Épreuve	G U14	G U15	G U16	G U17	G U18
0:31.40	0:30.60	0:30.10	0:29.40	0:29.30	50 NL	0:31.10	0:29.40	0:27.30	0:26.50	0:25.70
01:09.10	01:07.10	01:06.00	01:04.30	01:03.30	100 NL	01:09.00	01:04.70	0:59.80	0:57.80	0:55.90
02:32.20	02:25.70	02:23.10	02:22.00	02:21.00	200 NL	02:23.40	02:14.40	02:12.40	02:08.40	02:04.40
05:23.80	05:08.80	05:03.80	04:58.80	04:57.60	400 NL	05:12.30	04:59.30	04:52.30	04:42.30	04:23.30
10:47.10	10:37.10	10:27.10	10:17.10	10:14.00	800 NL	10:24.10	09:54.10	09:44.10	09:29.10	08:59.10
19:50.50	19:35.50	19:20.50	19:05.50	19:02.20	1500 NL	19:34.90	18:29.90	18:09.90	17:44.90	17:14.90
0:36.80	0:35.70	0:35.00	0:34.50	0:33.75	50 DOS	0:36.00	0:33.50	0:32.50	0:31.70	0:31.00
01:23.90	01:17.50	01:16.30	01:15.40	01:14.60	100 DOS	01:22.00	01:13.00	01:11.00	01:09.40	01:07.30
02:52.60	02:44.60	02:42.60	02:39.60	02:38.40	200 DOS	02:50.10	02:38.10	02:33.10	02:29.10	02:24.10
0:42.50	0:41.30	0:40.60	0:40.30	0:39.50	50 BRASSE	0:41.90	0:38.90	0:36.90	0:35.30	0:33.90
01:32.60	01:29.10	01:28.10	01:27.10	01:27.00	100 BRASSE	01:31.50	01:25.50	01:22.50	01:20.50	01:16.80
03:18.60	03:10.50	03:05.50	03:02.50	03:01.20	200 BRASSE	03:17.00	03:04.10	02:54.10	02:49.10	02:44.10
0:34.90	0:33.40	0:32.90	0:32.40	0:31.65	50 PAP	0:34.30	0:31.30	0:29.80	0:28.70	0:27.80
01:23.60	01:20.60	01:18.60	01:16.60	01:15.70	100 PAP	01:23.10	01:13.60	01:11.10	01:08.60	01:05.60
03:09.20	02:51.70	02:46.70	02:41.70	02:40.60	200 PAP	03:08.70	02:51.70	02:41.70	02:33.70	02:26.70
02:50.00	02:45.60	02:43.60	02:40.60	02:39.50	200 4N	02:48.80	02:39.90	02:39.90	02:34.90	02:23.90
06:04.80	05:47.50	05:37.50	05:27.50	05:25.40	400 4N	06:02.50	05:46.00	05:31.00	05:26.00	05:16.00

2. Grille régionale - Bretagne • Bassin 50 m

F U14	F U15	F U16	F U17	F U18	Épreuve	G U14	G U15	G U16	G U17	G U18
0:32.10	0:31.30	0:30.80	0:30.10	0:30.00	50 NL	0:31.80	0:30.10	0:28.00	0:27.20	0:26.40
01:10.30	01:08.30	01:07.20	01:05.50	01:04.50	100 NL	01:10.50	01:06.20	01:01.30	0:59.30	0:57.40
02:35.10	02:28.60	02:26.00	02:24.90	02:23.90	200 NL	02:27.00	02:18.00	02:16.00	02:12.00	02:08.00
05:30.00	05:15.00	05:10.00	05:05.00	05:03.80	400 NL	05:20.00	05:07.00	05:00.00	04:50.00	04:31.00
11:00.00	10:50.00	10:40.00	10:30.00	10:26.90	800 NL	10:40.00	10:10.00	10:00.00	09:45.00	09:15.00
20:15.00	20:00.00	19:45.00	19:30.00	19:26.70	1500 NL	20:05.00	19:00.00	18:40.00	18:15.00	17:45.00
0:38.10	0:37.00	0:36.30	0:35.80	0:35.05	50 DOS	0:37.50	0:35.00	0:34.00	0:33.20	0:32.50
01:26.20	01:19.80	01:18.60	01:17.70	01:16.90	100 DOS	01:25.00	01:16.00	01:14.00	01:12.40	01:10.30
02:58.00	02:50.00	02:48.00	02:45.00	02:43.80	200 DOS	02:57.00	02:45.00	02:40.00	02:36.00	02:31.00
0:43.20	0:42.00	0:41.30	0:41.00	0:40.20	50 BRASSE	0:43.00	0:40.00	0:38.00	0:36.40	0:35.00
01:34.50	01:31.00	01:30.00	01:29.00	01:28.90	100 BRASSE	01:34.00	01:28.00	01:25.00	01:23.00	01:19.30
03:23.10	03:15.00	03:10.00	03:07.00	03:05.70	200 BRASSE	03:22.90	03:10.00	03:00.00	02:55.00	02:50.00
0:35.50	0:34.00	0:33.50	0:33.00	0:32.25	50 PAP	0:35.00	0:32.00	0:30.50	0:29.40	0:28.50
01:25.00	01:22.00	01:20.00	01:18.00	01:17.10	100 PAP	01:24.50	01:15.00	01:12.50	01:10.00	01:07.00
03:12.50	02:55.00	02:50.00	02:45.00	02:43.90	200 PAP	03:12.00	02:55.00	02:45.00	02:37.00	02:30.00
02:53.40	02:49.00	02:47.00	02:44.00	02:42.90	200 4N	02:52.90	02:44.00	02:44.00	02:39.00	02:28.00
06:12.30	05:55.00	05:45.00	05:35.00	05:32.90	400 4N	06:11.50	05:55.00	05:40.00	05:35.00	05:25.00

3. Grille Interrégions Ouest U13

Web-Confront@tion U13 de l'Ouest - performances à réaliser tous bassins.

Filles U12 et -	Filles U13	Épreuve	Garçons U12 et -	Garçons U13
0:34.60	0:32.70	50 NL	0:34.39	0:31.98
1:16.90	1:12.17	100 NL	1:16.36	1:10.98
2:48.66	2:36.84	200 NL	2:45.60	2:34.46
5:49.57	5:28.02	400 NL	5:40.11	5:18.94
—	11:06.83	800 NL	—	10:48.80
0:40.78	0:38.01	50 DOS	0:40.04	0:37.40
1:29.78	1:23.17	100 DOS	1:27.86	1:22.53
3:15.19	2:54.14	200 DOS	3:13.22	2:54.51
0:44.76	0:42.23	50 BRASSE	0:45.88	0:42.34
1:38.31	1:32.59	100 BRASSE	1:40.75	1:33.24
3:26.02	3:17.44	200 BRASSE	3:46.25	3:17.29
0:39.86	0:36.24	50 PAP	0:39.76	0:35.54
1:37.49	1:28.04	100 PAP	1:36.67	1:24.83
—	3:25.51	200 PAP	—	3:14.20
3:11.27	2:57.83	200 4N	3:09.43	2:58.49
—	6:08.81	400 4N	—	6:02.88

Les épreuves de 800 NL, 200 papillon et 400 4N sont limitées aux U13 dans le programme interrégional 2026.

4. Grille Interrégions Ouest U18 / Toutes catégories

Championnats de l'Ouest - performances à réaliser en bassin de 50 m.

F U14	F U16	F U18	F TC	Épreuve	G TC	G U18	G U16	G U14
0:30.83	0:29.00	0:28.49	0:27.79	50 NL	0:24.86	0:25.74	0:26.70	0:28.29
1:07.39	1:03.25	1:02.53	1:01.33	100 NL	0:55.22	0:56.25	0:58.22	1:03.42
2:26.70	2:17.33	2:16.71	2:14.81	200 NL	2:01.84	2:03.34	2:06.98	2:19.17
5:07.88	4:48.42	4:44.05	4:39.85	400 NL	4:18.72	4:21.23	4:30.07	4:55.81
10:32.36	9:51.77	9:46.64	9:37.74	800 NL	9:01.96	9:05.72	9:22.66	10:00.50
20:44.82	19:11.48	18:45.40	18:27.90	1500 NL	17:28.31	17:31.49	18:15.75	18:54.00
0:35.28	0:32.71	0:32.60	0:31.70	50 DOS	0:28.85	0:29.60	0:30.71	0:33.03
1:16.26	1:11.64	1:11.22	1:09.92	100 DOS	1:03.16	1:04.01	1:06.20	1:13.34
2:47.16	2:33.41	2:33.04	2:29.64	200 DOS	2:17.28	2:19.30	2:24.22	2:35.81
0:39.45	0:36.78	0:36.12	0:35.72	50 BRASSE	0:31.54	0:32.46	0:33.92	0:37.18
1:26.50	1:21.05	1:19.86	1:18.26	100 BRASSE	1:10.02	1:11.66	1:15.61	1:22.90
3:07.01	2:54.18	2:52.97	2:49.47	200 BRASSE	2:33.18	2:36.66	2:44.02	2:58.50
0:32.93	0:30.80	0:30.36	0:29.76	50 PAP	0:26.49	0:27.50	0:28.69	0:31.66
1:14.56	1:08.86	1:07.99	1:06.59	100 PAP	0:59.06	1:00.82	1:03.15	1:12.29
2:49.11	2:35.96	2:33.97	2:31.67	200 PAP	2:15.27	2:17.74	2:24.31	2:36.69
2:47.30	2:37.73	2:35.20	2:32.80	200 4N	2:14.26	2:20.26	2:25.96	2:37.22
5:54.98	5:41.63	5:29.77	5:25.12	400 4N	4:57.413	5:00.47	5:08.84	5:30.90

5. Challenge National

Challenge National #1 et #2 - grille grand bassin 2026.

DAMES					
Épreuve	U14	U15	U16	U17	U18 et Seniors
50 NL	30.00	29.27	28.81	28.28	27.78
100 NL	1:05.44	1:03.25	1:02.30	1:01.26	1:00.14
200 NL	2:23.06	2:17.79	2:16.07	2:13.10	2:10.93
400 NL	4:59.08	4:49.32	4:43.52	4:37.78	4:35.88
800 NL	10:13.83	9:51.04	9:44.04	9:29.18	9:28.20
1500 NL	19:49.92	18:56.48	18:38.79	18:20.28	18:13.35
50 DOS	34.44	33.41	32.70	32.18	31.68
100 DOS	1:14.41	1:12.35	1:10.77	1:09.28	1:08.42
200 DOS	2:40.03	2:35.79	2:32.68	2:30.73	2:28.96
50 BRASSE	38.22	36.94	36.10	35.53	35.12
100 BRASSE	1:23.64	1:20.54	1:19.48	1:18.70	1:17.17
200 BRASSE	3:00.55	2:54.23	2:52.23	2:49.39	2:47.30
50 PAP	31.99	30.91	30.33	29.79	29.36
100 PAP	1:12.36	1:09.53	1:07.97	1:06.85	1:05.70
200 PAP	2:46.72	2:37.96	2:34.34	2:29.24	2:28.29
200 4N	2:41.83	2:37.68	2:34.07	2:32.09	2:29.02
400 4N	5:43.70	5:29.19	5:25.26	5:19.52	5:16.00

MESSIEURS						
Épreuve	U14	U15	U16	U17	U18	Seniors 19+
50 NL	28.02	27.00	26.12	25.48	24.84	24.44
100 NL	1:01.26	58.93	56.93	55.45	54.42	53.25
200 NL	2:14.21	2:08.86	2:03.93	2:01.26	1:58.94	1:57.39
400 NL	4:44.19	4:30.83	4:23.22	4:14.73	4:09.85	4:08.94
800 NL	9:48.60	9:20.25	9:04.18	8:48.92	8:40.26	8:37.19
1500 NL	18:51.63	17:53.12	17:17.49	16:47.06	16:30.90	16:29.77
50 DOS	32.56	31.08	29.97	29.06	28.52	27.96
100 DOS	1:10.88	1:06.67	1:04.64	1:02.82	1:01.49	1:00.34
200 DOS	2:34.72	2:25.31	2:20.52	2:16.29	2:14.55	2:12.77
50 BRASSE	36.08	33.90	32.72	31.86	31.00	30.69
100 BRASSE	1:19.26	1:15.06	1:11.75	1:09.62	1:08.33	1:07.56
200 BRASSE	2:53.67	2:43.48	2:35.66	2:32.48	2:31.01	2:29.28
50 PAP	30.12	28.81	27.78	26.96	26.31	25.96
100 PAP	1:07.77	1:04.45	1:01.83	1:00.22	58.85	57.75
200 PAP	2:34.90	2:24.15	2:20.16	2:16.24	2:13.32	2:11.88
200 4N	2:33.78	2:25.89	2:21.36	2:17.25	2:14.41	2:13.15
400 4N	5:25.29	5:10.49	4:59.63	4:52.58	4:47.44	4:44.33

6. Championnats de France U13

Cholet - bassin 25 m - grille qualificative via les championnats départementaux d'automne (Id338).

FILLES		
Épreuve	U12 et -	U13
50 NL	30.54	29.05
100 NL	1:07.22	1:04.18
200 NL	2:27.99	2:21.42
400 NL	5:06.06	4:55.76
800 NL	—	10:21.29
50 DOS	35.56	33.66
100 DOS	1:18.11	1:14.34
200 DOS	2:44.48	2:39.60
50 BRASSE	39.78	38.29
100 BRASSE	1:27.49	1:24.63
200 BRASSE	3:06.75	2:58.78
50 PAP	33.49	31.38
100 PAP	1:17.77	1:13.61
200 PAP	—	2:53.49
200 4N	2:48.12	2:42.21
400 4N	—	5:42.55

GARÇONS		
Épreuve	U12	U13
50 NL	29.36	27.75
100 NL	1:04.94	1:01.79
200 NL	2:23.69	2:17.05
400 NL	4:54.42	4:44.83
800 NL	—	9:54.39
50 DOS	34.10	32.07
100 DOS	1:14.26	1:09.72
200 DOS	2:39.84	2:29.82
50 BRASSE	39.35	35.86
100 BRASSE	1:26.28	1:20.80
200 BRASSE	3:04.48	2:52.94
50 PAP	32.14	30.48
100 PAP	1:16.55	1:10.84
200 PAP	—	2:47.58
200 4N	2:42.39	2:33.51
400 4N	—	5:25.72

Les vêtements techniques homologués World Aquatics ne sont pas autorisés sur ce dispositif U13.

7. Championnats de France U18

Chalon-sur-Saône - bassin 50 m - temps de qualification et rankings par épreuve.

DAMES						
Épreuve	Rk	U14	U15	U16	U17	U18
50 NL	12	28.58	28.01	27.71	27.33	27.09
100 NL	14	1:02.33	1:00.53	59.91	59.19	58.65
200 NL	16	2:16.25	2:11.86	2:10.84	2:08.60	2:07.55
400 NL	12	4:44.84	4:36.87	4:32.62	4:28.39	4:27.47
800 NL	8	9:44.60	9:25.59	9:21.58	9:09.94	9:09.46
1500 NL	8	18:53.26	18:07.55	17:55.76	17:43.08	17:39.73
50 DOS	12	32.80	31.98	31.45	31.10	30.86
100 DOS	14	1:10.87	1:09.24	1:08.05	1:06.94	1:06.53
200 DOS	16	2:32.41	2:29.09	2:26.81	2:25.64	2:24.78
50 BRASSE	12	36.40	35.35	34.72	34.33	34.14
100 BRASSE	14	1:19.66	1:17.08	1:16.43	1:16.04	1:15.30
200 BRASSE	16	2:51.96	2:46.73	2:45.61	2:43.67	2:42.66
50 PAP	12	30.47	29.58	29.17	28.79	28.58
100 PAP	14	1:08.92	1:06.54	1:05.36	1:04.59	1:04.04
200 PAP	16	2:38.79	2:31.16	2:28.41	2:24.20	2:23.74
200 4N	16	2:34.13	2:30.89	2:28.15	2:26.95	2:25.47
400 4N	12	5:27.34	5:15.02	5:12.75	5:08.72	5:07.02

MESSIEURS						
Épreuve	Rk	U14	U15	U16	U17	U18
50 NL	12	26.69	25.84	25.12	24.62	24.12
100 NL	14	58.35	56.40	54.74	53.58	52.84
200 NL	16	2:07.82	2:03.32	1:59.17	1:57.16	1:55.48
400 NL	12	4:30.66	4:19.17	4:13.10	4:06.12	4:02.58
800 NL	8	9:20.58	8:56.13	8:43.25	8:31.04	8:25.11
1500 NL	8	17:57.75	17:06.91	16:37.59	16:13.01	16:02.04
50 DOS	12	31.01	29.75	28.82	28.08	27.69
100 DOS	14	1:07.51	1:03.80	1:02.16	1:00.70	59.70
200 DOS	16	2:27.36	2:19.06	2:15.12	2:11.69	2:10.64
50 BRASSE	12	34.37	32.44	31.47	30.79	30.10
100 BRASSE	14	1:15.49	1:11.83	1:08.99	1:07.27	1:06.34
200 BRASSE	16	2:45.40	2:36.44	2:29.68	2:27.33	2:26.62
50 PAP	12	28.69	27.57	26.72	26.05	25.55
100 PAP	14	1:04.55	1:01.68	59.46	58.19	57.14
200 PAP	16	2:27.53	2:17.95	2:14.77	2:11.64	2:09.44
200 4N	16	2:26.46	2:19.61	2:15.93	2:12.61	2:10.50
400 4N	12	5:09.80	4:57.12	4:48.11	4:42.69	4:39.07

8. Championnats de France Élite

Saint-Étienne - bassin 50 m - temps de qualification 2026.

Dames	Épreuve	Messieurs
26.84	50 NL	23.62
58.10	100 NL	51.45
2:06.50	200 NL	1:53.42
4:26.55	400 NL	4:00.52
9:08.98	800 NL	8:19.70
17:36.38	1500 NL	15:59.20
30.61	50 DOS	27.01
1:06.11	100 DOS	58.30
2:23.92	200 DOS	2:08.28
33.94	50 BRASSE	29.65
1:14.56	100 BRASSE	1:05.27
2:41.64	200 BRASSE	2:24.24
28.36	50 PAP	25.09
1:03.48	100 PAP	55.79
2:23.28	200 PAP	2:07.42
2:23.98	200 4N	2:08.65
5:05.32	400 4N	4:34.71

La grille Élite est toutes catégories. Les autres voies de qualification prévues au règlement (France U18, Challenge National, etc.) restent applicables.

9. Masters N2 - bassin 25 m

Grilles FFN Maîtres 2026 - performances réalisées en bassin de 25 m. C1 = année des 25 ans jusqu'à 29 ans.

DAMES

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:39.11	0:40.67	0:41.70	0:42.44	0:43.56	0:44.59	0:47.11	0:48.94	0:51.90	0:57.98	01:02.57	01:09.13	01:10.25	01:25.77
100 NL	01:23.19	01:25.87	01:28.53	01:29.96	01:33.07	01:36.54	01:42.93	01:46.24	01:54.57	02:07.66	02:16.32	02:29.86	02:39.41	03:10.11
200 NL	03:03.77	03:10.49	03:13.41	03:20.21	03:26.40	03:38.01	03:45.37	04:02.11	04:23.94	04:43.68	05:15.61	05:27.86	05:52.66	07:15.08
400 NL	06:21.59	06:27.32	06:43.71	06:54.57	07:05.28	07:21.92	07:41.42	08:18.79	09:05.06	09:35.19	10:45.65	11:39.38	12:28.99	16:01.94
800 NL	12:55.65	13:18.91	13:46.65	13:59.00	14:28.67	14:54.97	15:31.89	16:56.72	18:28.79	19:24.60	21:58.58	22:27.18	27:36.51	32:19.47
1500 NL	25:03.50	25:21.31	25:39.53	26:23.06	27:02.90	27:45.35	29:47.64	32:53.17	35:17.28	37:06.87	41:44.99	45:15.56	49:54.76	60:49.75
50 DOS	0:46.13	0:47.50	0:48.91	0:49.87	0:52.62	0:55.67	0:58.61	01:01.79	01:07.92	01:11.59	01:18.91	01:25.90	01:35.75	02:07.63
100 DOS	01:37.03	01:40.48	01:42.02	01:44.91	01:51.03	01:57.84	02:01.79	02:13.16	02:25.07	02:33.51	02:48.73	02:56.24	03:12.42	04:00.13
200 DOS	03:22.76	03:32.30	03:35.01	03:43.04	03:55.09	04:05.94	04:10.76	04:33.58	05:02.16	05:33.79	06:05.17	06:52.15	07:08.92	09:36.38
50 BRASSE	0:50.02	0:50.92	0:52.51	0:54.61	0:57.18	0:59.46	01:02.15	01:05.91	01:10.61	01:17.50	01:24.68	01:29.34	01:40.13	01:53.77
100 BRASSE	01:50.83	01:52.42	01:56.56	02:02.07	02:06.44	02:11.97	02:19.94	02:28.74	02:43.31	02:58.68	03:08.83	03:17.75	03:49.66	04:18.62
200 BRASSE	03:50.93	03:54.12	04:03.29	04:14.59	04:24.74	04:37.82	04:51.01	05:09.84	05:36.05	06:10.50	06:37.03	07:14.99	08:06.25	09:05.72
50 PAP	0:42.34	0:43.91	0:45.66	0:46.21	0:49.04	0:50.83	0:52.84	0:55.83	01:00.77	01:05.91	01:10.62	01:17.71	01:37.53	03:02.86
100 PAP	01:35.08	01:38.64	01:41.59	01:45.80	01:52.51	01:56.86	01:59.69	02:08.52	02:19.07	02:34.71	02:48.11	03:35.32	03:53.08	06:32.07
200 PAP	03:20.19	03:28.91	03:36.81	03:43.44	03:57.77	04:07.58	04:17.84	04:35.98	05:05.15	06:01.15	07:00.71	09:36.33	10:55.94	12:46.66
100 4N	01:37.38	01:38.91	01:41.87	01:45.02	01:51.70	01:56.17	02:03.49	02:08.45	02:18.82	02:30.23	02:41.75	03:09.72	03:20.94	04:06.75
200 4N	03:22.76	03:25.44	03:34.41	03:42.74	03:54.47	04:04.97	04:18.36	04:34.50	05:00.42	05:34.94	06:09.27	06:42.25	07:12.74	11:18.78
400 4N	07:00.57	07:06.42	07:26.58	07:37.64	08:01.27	08:22.81	08:58.81	09:35.27	10:36.16	11:39.56	13:09.23	14:17.45	22:13.61	23:21.40

9. Masters N2 - bassin 25 m • Messieurs

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:35.44	0:35.98	0:37.35	0:38.01	0:38.79	0:39.95	0:41.78	0:43.15	0:45.28	0:48.72	0:51.49	0:54.13	0:57.03	01:16.90
100 NL	01:16.24	01:17.84	01:20.53	01:22.57	01:23.30	01:25.14	01:28.97	01:32.61	01:39.56	01:48.22	01:54.64	02:04.88	02:08.86	02:45.31
200 NL	02:42.44	02:45.46	02:49.51	02:54.25	02:56.07	03:02.40	03:09.31	03:19.69	03:34.09	03:55.99	04:13.02	04:32.30	04:50.60	05:45.35
400 NL	05:39.44	05:42.96	05:51.31	06:00.46	06:07.97	06:17.64	06:37.59	06:56.35	07:24.90	08:10.52	09:12.42	09:35.37	10:33.05	12:49.78
800 NL	11:45.30	11:49.70	11:54.85	12:19.39	12:34.11	12:49.72	13:28.80	14:06.82	14:59.99	16:35.92	18:44.90	20:05.19	22:46.12	29:57.44
1500 NL	22:35.26	22:43.85	22:53.90	23:30.21	23:55.85	24:51.00	25:48.16	27:30.99	29:19.19	32:28.33	36:26.81	39:29.01	43:21.07	58:57.47
50 DOS	0:40.47	0:41.26	0:42.71	0:44.10	0:44.37	0:46.50	0:48.69	0:51.09	0:52.99	0:57.93	01:04.32	01:09.78	01:19.61	01:33.41
100 DOS	01:25.84	01:26.97	01:30.30	01:33.41	01:35.93	01:39.29	01:45.26	01:51.77	01:56.72	02:07.48	02:19.46	02:25.53	02:58.07	03:29.18
200 DOS	03:01.20	03:05.73	03:11.78	03:16.99	03:22.81	03:29.26	03:42.36	03:54.30	04:08.46	04:32.57	05:00.24	05:08.50	06:26.84	07:33.99
50 BRASSE	0:44.58	0:45.35	0:46.46	0:47.58	0:48.58	0:49.67	0:51.44	0:52.75	0:57.84	01:03.42	01:06.47	01:16.96	01:22.55	01:35.35
100 BRASSE	01:35.86	01:38.17	01:40.60	01:43.36	01:44.97	01:47.29	01:47.94	01:51.60	02:09.10	02:20.94	02:29.36	02:47.93	02:59.12	03:24.65
200 BRASSE	03:21.04	03:24.62	03:28.65	03:33.74	03:39.51	03:46.59	03:53.75	04:01.21	04:31.29	04:58.76	05:24.22	06:06.08	06:39.82	07:26.12
50 PAP	0:37.64	0:37.94	0:38.97	0:39.97	0:41.21	0:42.05	0:44.34	0:45.79	0:48.40	0:53.72	0:57.05	01:00.95	01:11.76	01:35.10
100 PAP	01:24.98	01:26.61	01:28.18	01:31.41	01:33.20	01:35.79	01:41.33	01:45.61	01:50.57	02:05.58	02:19.13	02:33.87	03:18.13	04:16.15
200 PAP	03:00.70	03:04.64	03:08.45	03:12.85	03:21.18	03:25.33	03:42.45	03:47.71	03:56.45	04:49.67	05:19.76	05:54.08	06:59.28	11:46.14
100 4N	01:25.68	01:27.48	01:29.39	01:32.01	01:33.70	01:35.32	01:41.49	01:44.87	01:51.36	02:05.16	02:16.48	02:31.79	02:43.72	03:17.57
200 4N	03:01.05	03:08.07	03:11.15	03:17.01	03:18.50	03:22.43	03:36.14	03:45.68	04:08.21	04:28.15	04:57.13	05:34.75	06:22.33	07:12.65
400 4N	06:17.53	06:26.77	06:33.44	06:39.42	06:51.64	06:57.00	07:29.34	07:57.33	08:35.89	09:15.28	10:33.42	12:02.89	13:16.03	21:29.23

10. Masters N2 - bassin 50 m

Grilles FFN Maîtres 2026 - performances réalisées en bassin de 50 m. C1 = année des 25 ans jusqu'à 29 ans.

DAMES

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:39.81	0:41.37	0:42.40	0:43.14	0:44.26	0:45.29	0:47.81	0:49.64	0:52.60	0:58.68	01:03.27	01:09.83	01:10.95	01:26.47
100 NL	01:24.39	01:27.07	01:29.73	01:31.16	01:34.27	01:37.74	01:44.13	01:47.44	01:55.77	02:08.86	02:17.52	02:31.06	02:40.61	03:11.31
200 NL	03:06.67	03:13.39	03:16.31	03:23.11	03:29.30	03:40.91	03:48.27	04:05.01	04:26.84	04:46.58	05:18.51	05:30.76	05:55.56	07:17.98
400 NL	06:27.79	06:33.52	06:49.91	07:00.77	07:11.48	07:28.12	07:47.62	08:24.99	09:11.26	09:41.39	10:51.84	11:45.58	12:35.19	16:08.14
800 NL	13:08.55	13:31.81	13:59.55	14:11.90	14:41.57	15:07.87	15:44.79	17:09.62	18:41.69	19:37.50	22:11.48	22:40.08	27:49.41	32:32.37
1500 NL	25:28.00	25:45.81	26:04.03	26:47.56	27:27.40	28:09.85	30:12.14	33:17.67	35:41.78	37:31.37	42:09.49	45:40.06	50:19.26	61:14.25
50 DOS	0:47.43	0:48.80	0:50.21	0:51.17	0:53.92	0:56.97	0:59.91	01:03.09	01:09.22	01:12.89	01:20.21	01:27.20	01:37.05	02:08.93
100 DOS	01:39.33	01:42.78	01:44.32	01:47.21	01:53.33	02:00.14	02:04.09	02:15.46	02:27.37	02:35.81	02:51.03	02:58.54	03:14.72	04:02.43
200 DOS	03:28.16	03:37.70	03:40.41	03:48.44	04:00.49	04:11.34	04:16.16	04:38.98	05:07.56	05:39.19	06:10.57	06:57.55	07:14.32	09:41.78
50 BRASSE	0:50.72	0:51.62	0:53.21	0:55.31	0:57.88	01:00.16	01:02.85	01:06.61	01:11.31	01:18.20	01:25.38	01:30.04	01:40.83	01:54.47
100 BRASSE	01:52.73	01:54.32	01:58.46	02:03.97	02:08.34	02:13.87	02:21.84	02:30.64	02:45.21	03:00.58	03:10.73	03:19.65	03:51.56	04:20.52
200 BRASSE	03:55.43	03:58.62	04:07.79	04:19.09	04:29.24	04:42.32	04:55.51	05:14.34	05:40.55	06:15.00	06:41.53	07:19.49	08:10.75	09:10.22
50 PAP	0:42.94	0:44.51	0:46.26	0:46.81	0:49.64	0:51.43	0:53.44	0:56.43	01:01.37	01:06.51	01:11.22	01:18.31	01:38.13	03:03.46
100 PAP	01:36.48	01:40.04	01:42.99	01:47.20	01:53.91	01:58.26	02:01.09	02:09.92	02:20.47	02:36.11	02:49.51	03:36.72	03:54.48	06:33.47
200 PAP	03:23.49	03:32.21	03:40.11	03:46.74	04:01.07	04:10.88	04:21.14	04:39.28	05:08.45	06:04.45	07:04.01	09:39.63	10:59.24	12:49.96
200 4N	03:26.16	03:28.84	03:37.81	03:46.14	03:57.87	04:08.37	04:21.76	04:37.90	05:03.82	05:38.34	06:12.67	06:45.65	07:16.14	11:22.18
400 4N	07:08.07	07:13.92	07:34.08	07:45.14	08:08.77	08:30.31	09:06.31	09:42.77	10:43.66	11:47.06	13:16.73	14:24.95	22:21.11	23:28.90

10. Masters N2 - bassin 50 m • Messieurs

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:36.14	0:36.68	0:38.05	0:38.71	0:39.49	0:40.65	0:42.48	0:43.85	0:45.98	0:49.42	0:52.19	0:54.83	0:57.73	01:17.60
100 NL	01:17.74	01:19.34	01:22.03	01:24.07	01:24.80	01:26.64	01:30.47	01:34.11	01:41.06	01:49.72	01:56.14	02:06.38	02:10.36	02:46.81
200 NL	02:46.04	02:49.06	02:53.11	02:57.85	02:59.67	03:05.99	03:12.91	03:23.29	03:37.69	03:59.60	04:16.62	04:35.90	04:54.20	05:48.95
400 NL	05:47.14	05:50.66	05:59.01	06:08.16	06:15.67	06:25.34	06:45.29	07:04.05	07:32.60	08:18.22	09:20.12	09:43.07	10:40.75	12:57.48
800 NL	12:01.20	12:05.60	12:10.75	12:35.29	12:50.01	13:05.62	13:44.70	14:22.72	15:15.89	16:51.82	19:00.80	20:21.09	23:02.02	30:13.34
1500 NL	23:05.36	23:13.95	23:23.99	24:00.31	24:25.95	25:21.10	26:18.26	28:01.09	29:49.29	32:58.43	36:56.91	39:59.11	43:51.17	59:27.57
50 DOS	0:41.97	0:42.76	0:44.21	0:45.60	0:45.87	0:48.00	0:50.19	0:52.59	0:54.49	0:59.43	01:05.82	01:11.28	01:21.11	01:34.91
100 DOS	01:28.84	01:29.97	01:33.30	01:36.41	01:38.93	01:42.29	01:48.26	01:54.77	01:59.72	02:10.48	02:22.46	02:28.53	03:01.07	03:32.18
200 DOS	03:08.10	03:12.63	03:18.68	03:23.89	03:29.71	03:36.16	03:49.26	04:01.20	04:15.36	04:39.47	05:07.14	05:15.40	06:33.74	07:40.89
50 BRASSE	0:45.68	0:46.45	0:47.56	0:48.68	0:49.68	0:50.77	0:52.54	0:53.85	0:58.94	01:04.52	01:07.57	01:18.06	01:23.65	01:36.45
100 BRASSE	01:38.36	01:40.67	01:43.10	01:45.86	01:47.47	01:49.79	01:50.44	01:54.10	02:11.60	02:23.44	02:31.86	02:50.43	03:01.62	03:27.15
200 BRASSE	03:26.94	03:30.52	03:34.55	03:39.64	03:45.41	03:52.49	03:59.65	04:07.11	04:37.19	05:04.66	05:30.12	06:11.98	06:45.72	07:32.02
50 PAP	0:38.34	0:38.64	0:39.67	0:40.67	0:41.91	0:42.75	0:45.04	0:46.49	0:49.10	0:54.42	0:57.75	01:01.65	01:12.46	01:35.80
100 PAP	01:26.38	01:28.01	01:29.58	01:32.81	01:34.60	01:37.19	01:42.73	01:47.01	01:51.97	02:06.98	02:20.53	02:35.27	03:19.53	04:17.55
200 PAP	03:04.00	03:07.94	03:11.75	03:16.15	03:24.48	03:28.63	03:45.75	03:51.01	03:59.75	04:52.97	05:23.06	05:57.38	07:02.58	11:49.44
200 4N	03:05.15	03:12.17	03:15.25	03:21.11	03:22.60	03:26.53	03:40.24	03:49.78	04:12.31	04:32.25	05:01.24	05:38.85	06:26.43	07:16.75
400 4N	06:26.53	06:35.77	06:42.44	06:48.42	07:00.64	07:06.00	07:38.34	08:06.33	08:44.89	09:24.28	10:42.42	12:11.89	13:25.03	21:38.23

11. Masters N1 - bassin 25 m

Grilles FFN Maîtres 2026 - performances réalisées en bassin de 25 m. C1 = année des 25 ans jusqu'à 29 ans.

DAMES

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:30.80	0:31.81	0:32.30	0:32.81	0:33.31	0:34.30	0:35.80	0:37.82	0:39.80	0:44.31	0:50.81	0:55.82	0:58.32	01:14.32
100 NL	01:06.32	01:07.81	01:09.81	01:10.82	01:12.80	01:15.81	01:19.81	01:23.82	01:29.82	01:41.81	01:52.83	02:10.81	02:21.88	02:47.88
200 NL	02:26.11	02:30.66	02:32.61	02:37.67	02:42.68	02:51.17	02:56.15	03:11.13	03:26.19	03:46.64	04:25.22	04:48.14	05:16.15	06:27.19
400 NL	05:08.88	05:12.82	05:23.88	05:30.80	05:37.80	05:53.47	06:09.96	06:37.90	07:11.87	07:45.98	09:10.98	10:23.12	11:17.84	14:24.88
800 NL	10:35.19	10:52.18	11:09.12	11:17.12	11:42.25	12:10.21	12:41.44	13:43.44	14:49.45	16:05.33	18:58.14	20:07.75	25:20.35	29:25.83
1500 NL	20:26.89	20:41.04	20:45.84	21:18.52	21:56.73	22:40.53	24:29.77	26:59.00	29:41.28	30:59.82	36:03.98	40:49.32	45:27.13	59:57.16
50 DOS	0:35.20	0:36.21	0:37.21	0:37.71	0:39.72	0:41.71	0:43.71	0:46.71	0:51.22	0:53.73	01:02.74	01:08.70	01:18.72	01:48.71
100 DOS	01:15.73	01:18.73	01:19.75	01:21.71	01:25.74	01:30.73	01:33.70	01:42.75	01:51.74	02:02.77	02:16.76	02:27.77	02:45.79	03:30.81
200 DOS	02:44.68	02:51.60	02:52.66	02:58.11	03:06.66	03:14.12	03:16.60	03:35.62	03:57.60	04:38.66	05:13.71	05:54.78	06:18.66	08:35.80
50 BRASSE	0:38.81	0:39.30	0:40.30	0:41.80	0:43.82	0:45.31	0:47.30	0:50.30	0:53.81	0:59.32	01:08.32	01:12.32	01:27.35	01:37.33
100 BRASSE	01:26.14	01:28.13	01:31.15	01:35.12	01:37.65	01:41.13	01:47.16	01:54.17	02:05.14	02:19.16	02:33.14	02:50.18	03:18.17	03:47.19
200 BRASSE	03:07.52	03:08.59	03:14.59	03:22.60	03:29.56	03:38.61	03:47.58	04:03.60	04:23.60	05:05.54	05:40.60	06:18.72	07:05.73	08:05.77
50 PAP	0:33.40	0:34.42	0:35.41	0:36.41	0:38.42	0:39.40	0:41.40	0:46.42	0:50.40	0:55.42	01:03.43	01:10.42	01:33.42	02:55.42
100 PAP	01:15.63	01:17.60	01:19.61	01:23.65	01:28.63	01:32.65	01:39.65	01:47.63	01:59.65	02:12.68	02:32.66	03:17.64	03:31.61	05:31.60
200 PAP	02:48.71	02:55.77	03:02.74	03:06.75	03:17.74	03:25.77	03:38.79	03:55.82	04:26.77	05:13.76	06:25.76	08:36.70	09:49.77	10:39.74
100 4N	01:16.00	01:17.02	01:19.02	01:21.03	01:25.52	01:29.01	01:34.03	01:37.54	01:46.05	02:01.04	02:19.56	02:48.07	03:05.09	04:00.02
200 4N	02:42.62	02:43.67	02:49.65	02:56.68	03:04.67	03:11.63	03:20.69	03:35.65	03:55.70	04:21.70	05:16.77	05:55.74	06:20.65	09:00.84
400 4N	05:52.66	05:58.51	06:14.62	06:22.63	06:38.66	06:52.57	07:18.71	07:44.68	08:27.70	09:20.70	10:36.75	11:26.60	17:26.87	18:12.52

11. Masters N1 - bassin 25 m • Messieurs

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:26.30	0:26.62	0:27.41	0:27.81	0:28.30	0:29.02	0:30.81	0:32.31	0:33.82	0:36.32	0:39.31	0:42.31	0:46.81	01:06.30
100 NL	0:58.00	0:59.00	01:00.52	01:02.02	01:03.02	01:05.01	01:08.01	01:11.02	01:17.03	01:24.55	01:30.52	01:41.53	01:59.50	02:34.51
200 NL	02:06.90	02:09.40	02:12.43	02:15.93	02:18.45	02:23.42	02:29.45	02:39.46	02:52.42	03:10.43	03:26.42	03:51.46	04:34.46	05:44.52
400 NL	04:30.39	04:34.38	04:41.32	04:48.35	04:55.32	05:06.30	05:25.45	05:42.42	06:05.31	06:42.49	07:35.41	08:17.38	09:57.43	12:12.50
800 NL	09:31.20	09:38.26	09:41.33	10:02.37	10:19.26	10:37.11	11:12.23	11:45.42	12:34.25	13:54.49	15:49.20	17:44.47	20:17.34	26:44.73
1500 NL	18:16.27	18:33.37	18:49.18	19:22.92	19:50.91	20:40.18	21:34.53	23:11.24	24:48.09	27:31.10	30:58.43	34:53.17	39:36.03	53:51.46
50 DOS	0:30.50	0:31.01	0:32.52	0:33.50	0:34.00	0:35.52	0:37.51	0:39.52	0:41.51	0:45.52	0:52.51	0:58.51	01:11.53	01:33.54
100 DOS	01:05.51	01:07.02	01:09.51	01:12.51	01:14.52	01:18.04	01:23.04	01:29.00	01:33.51	01:45.03	02:07.03	02:21.01	02:52.08	03:35.04
200 DOS	02:24.11	02:27.65	02:33.16	02:37.67	02:44.14	02:50.11	03:01.16	03:12.16	03:29.16	03:49.20	04:41.17	05:16.21	06:00.32	07:55.13
50 BRASSE	0:33.40	0:33.91	0:34.91	0:35.91	0:36.90	0:37.91	0:39.42	0:40.93	0:44.91	0:49.43	0:53.91	01:03.93	01:14.92	01:34.90
100 BRASSE	01:14.00	01:16.01	01:18.03	01:21.03	01:22.54	01:25.02	01:26.02	01:31.01	01:45.04	01:55.51	02:03.03	02:23.08	02:44.05	03:20.06
200 BRASSE	02:40.18	02:43.65	02:47.15	02:52.15	02:59.16	03:05.14	03:11.70	03:19.18	03:45.21	04:09.19	04:40.23	05:22.15	06:09.15	07:30.27
50 PAP	0:28.81	0:29.01	0:29.82	0:30.81	0:31.81	0:32.80	0:35.32	0:36.82	0:38.81	0:43.83	0:47.83	01:06.33	01:16.35	01:43.33
100 PAP	01:05.12	01:06.61	01:08.11	01:11.10	01:12.63	01:15.61	01:20.13	01:25.62	01:34.62	01:51.65	02:13.62	02:39.65	03:30.64	04:40.73
200 PAP	02:28.70	02:32.78	02:36.76	02:42.76	02:48.73	03:01.73	03:13.71	03:28.79	03:39.76	04:15.74	04:49.76	05:39.88	07:44.77	12:51.90
100 4N	01:05.50	01:07.03	01:09.03	01:11.01	01:13.04	01:15.01	01:20.03	01:24.02	01:29.02	01:44.04	01:55.02	02:19.02	02:49.01	03:40.11
200 4N	02:26.44	02:31.43	02:32.97	02:36.94	02:42.90	02:46.98	02:57.91	03:08.96	03:30.98	03:53.98	04:28.01	05:02.95	05:52.91	08:01.09
400 4N	05:11.14	05:18.14	05:23.16	05:31.13	05:44.11	05:57.15	06:25.02	07:05.16	07:41.16	08:26.20	09:50.02	10:54.25	12:31.30	22:00.74

12. Masters N1 - bassin 50 m

Grilles FFN Maîtres 2026 - performances réalisées en bassin de 50 m. C1 = année des 25 ans jusqu'à 29 ans.

DAMES

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:31.50	0:32.51	0:33.00	0:33.51	0:34.01	0:35.00	0:36.50	0:38.52	0:40.50	0:45.01	0:51.51	0:56.52	0:59.02	01:15.02
100 NL	01:07.52	01:09.01	01:11.01	01:12.02	01:14.00	01:17.01	01:21.01	01:25.02	01:31.02	01:43.01	01:54.03	02:12.01	02:23.08	02:49.08
200 NL	02:29.01	02:33.56	02:35.51	02:40.57	02:45.58	02:54.07	02:59.05	03:14.03	03:29.09	03:49.54	04:28.12	04:51.04	05:19.05	06:30.09
400 NL	05:15.08	05:19.02	05:30.08	05:37.00	05:44.00	05:59.67	06:16.16	06:44.10	07:18.07	07:52.18	09:17.18	10:29.32	11:24.04	14:31.08
800 NL	10:48.09	11:05.08	11:22.02	11:30.02	11:55.15	12:23.11	12:54.34	13:56.34	15:02.35	16:18.23	19:11.04	20:20.65	25:33.25	29:38.73
1500 NL	20:51.39	21:05.54	21:10.34	21:43.02	22:21.23	23:05.03	24:54.27	27:23.50	30:05.78	31:24.32	36:28.48	41:13.82	45:51.63	60:21.66
50 DOS	0:36.50	0:37.51	0:38.51	0:39.01	0:41.02	0:43.01	0:45.01	0:48.01	0:52.52	0:55.03	01:04.04	01:10.00	01:20.02	01:50.01
100 DOS	01:18.03	01:21.03	01:22.05	01:24.01	01:28.04	01:33.03	01:36.00	01:45.05	01:54.04	02:05.07	02:19.06	02:30.07	02:48.09	03:33.11
200 DOS	02:50.08	02:57.00	02:58.06	03:03.51	03:12.06	03:19.52	03:22.00	03:41.02	04:03.00	04:44.06	05:19.11	06:00.18	06:24.06	08:41.20
50 BRASSE	0:39.51	0:40.00	0:41.00	0:42.50	0:44.52	0:46.01	0:48.00	0:51.00	0:54.51	01:00.02	01:09.02	01:13.02	01:28.05	01:38.03
100 BRASSE	01:28.04	01:30.03	01:33.05	01:37.02	01:39.55	01:43.03	01:49.06	01:56.07	02:07.04	02:21.06	02:35.03	02:52.08	03:20.07	03:49.09
200 BRASSE	03:12.02	03:13.09	03:19.09	03:27.10	03:34.06	03:43.11	03:52.08	04:08.10	04:28.10	05:10.04	05:45.10	06:23.22	07:10.23	08:10.27
50 PAP	0:34.00	0:35.02	0:36.01	0:37.01	0:39.02	0:40.00	0:42.00	0:47.02	0:51.00	0:56.02	01:04.03	01:11.02	01:34.02	02:56.02
100 PAP	01:17.03	01:19.00	01:21.01	01:25.05	01:30.03	01:34.05	01:41.05	01:49.03	02:01.05	02:14.08	02:34.06	03:19.04	03:33.01	05:33.00
200 PAP	02:52.01	02:59.07	03:06.04	03:10.05	03:21.04	03:29.07	03:42.09	03:59.12	04:30.07	05:17.06	06:29.06	08:40.00	09:53.07	10:43.04
200 4N	02:46.02	02:47.07	02:53.05	03:00.08	03:08.07	03:15.03	03:24.09	03:39.05	03:59.10	04:25.10	05:20.17	05:59.14	06:24.05	09:04.24
400 4N	06:00.16	06:06.01	06:22.12	06:30.13	06:46.16	07:00.07	07:26.21	07:52.18	08:35.20	09:28.20	10:44.25	11:34.10	17:34.37	18:20.02

12. Masters N1 - bassin 50 m • Messieurs

Épreuve	C1 25-29	C2 30-34	C3 35-39	C4 40-44	C5 45-49	C6 50-54	C7 55-59	C8 60-64	C9 65-69	C10 70-74	C11 75-79	C12 80-84	C13 85-89	C14 90+
50 NL	0:27.00	0:27.32	0:28.11	0:28.51	0:29.00	0:29.72	0:31.51	0:33.01	0:34.52	0:37.02	0:40.01	0:43.01	0:47.51	01:07.00
100 NL	0:59.50	01:00.50	01:02.02	01:03.52	01:04.52	01:06.51	01:09.51	01:12.52	01:18.53	01:26.05	01:32.02	01:43.03	02:01.00	02:36.01
200 NL	02:10.50	02:13.00	02:16.03	02:19.53	02:22.05	02:27.02	02:33.05	02:43.06	02:56.02	03:14.03	03:30.02	03:55.06	04:38.06	05:48.12
400 NL	04:38.09	04:42.08	04:49.02	04:56.05	05:03.02	05:14.00	05:33.15	05:50.12	06:13.01	06:50.19	07:43.11	08:25.08	10:05.13	12:20.20
800 NL	09:47.10	09:54.16	09:57.23	10:18.27	10:35.16	10:53.01	11:28.13	12:01.32	12:50.15	14:10.39	16:05.10	18:00.37	20:33.24	27:00.63
1500 NL	18:46.37	19:03.47	19:19.28	19:53.02	20:21.01	21:10.28	22:04.63	23:41.34	25:18.19	28:01.20	31:28.53	35:23.27	40:06.13	54:21.56
50 DOS	0:32.00	0:32.51	0:34.02	0:35.00	0:35.50	0:37.02	0:39.01	0:41.02	0:43.01	0:47.02	0:54.01	01:00.01	01:13.03	01:35.04
100 DOS	01:08.51	01:10.02	01:12.51	01:15.51	01:17.52	01:21.04	01:26.04	01:32.00	01:36.51	01:48.03	02:10.03	02:24.01	02:55.08	03:38.04
200 DOS	02:31.01	02:34.55	02:40.06	02:44.57	02:51.04	02:57.01	03:08.06	03:19.06	03:36.06	03:56.10	04:48.07	05:23.11	06:07.22	08:02.03
50 BRASSE	0:34.50	0:35.01	0:36.01	0:37.01	0:38.00	0:39.01	0:40.52	0:42.03	0:46.01	0:50.53	0:55.01	01:05.03	01:16.02	01:36.00
100 BRASSE	01:16.50	01:18.51	01:20.53	01:23.53	01:25.04	01:27.52	01:28.52	01:33.51	01:47.54	01:58.01	02:05.53	02:25.58	02:46.55	03:22.56
200 BRASSE	02:46.08	02:49.55	02:53.05	02:58.05	03:05.06	03:11.04	03:17.60	03:25.08	03:51.11	04:15.09	04:46.13	05:28.05	06:15.05	07:36.17
50 PAP	0:29.51	0:29.71	0:30.52	0:31.51	0:32.51	0:33.50	0:36.02	0:37.52	0:39.51	0:44.53	0:48.53	01:07.03	01:17.05	01:44.03
100 PAP	01:06.52	01:08.01	01:09.51	01:12.50	01:14.03	01:17.01	01:21.53	01:27.02	01:36.02	01:53.05	02:15.02	02:41.05	03:32.04	04:42.13
200 PAP	02:32.00	02:36.08	02:40.06	02:46.06	02:52.03	03:05.03	03:17.01	03:32.09	03:43.06	04:19.04	04:53.06	05:43.18	07:48.07	12:55.20
200 4N	02:30.54	02:35.53	02:37.07	02:41.04	02:47.00	02:51.08	03:02.01	03:13.06	03:35.08	03:58.08	04:32.11	05:07.05	05:57.01	08:05.19
400 4N	05:20.14	05:27.14	05:32.16	05:40.13	05:53.11	06:06.15	06:34.02	07:14.16	07:50.16	08:35.20	09:59.02	11:03.25	12:40.30	22:09.74

Sources et repères réglementaires

- **Règlement Natation Course FFN 2026 - version mise à jour au 7 septembre 2026**

https://www.ffnatation.fr/sites/default/files/2026-09/26_VPUB_260907_0.pdf

- **Règlement Maîtres FFN 2026**

https://www.ffnatation.fr/sites/default/files/2026-04/AR_Ma%C3%A9tres_2026_0.pdf

- **Programme sportif FFN Ouest 2025-2026**

https://www.haguenatation.com/document-download/691d92efa3ba9_FFNNORDOUEST.Programmesportif20252026version07Octobre2025.pdf

- **Règlement sportif Bretagne 2026 - grille de Ligue**

https://vannesagglonatation.com/document-download/699344023a17b_ReglementSportifBZH2026.pdf

La grille départementale Finistère a été intégrée à partir du document transmis par le CN Quimperlé. Les intitulés de catégories ont été harmonisés conformément à la demande du club, sans modifier les temps.