



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

HOMMES - 25m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	24,84	28,11	34,54	32,40	30,49	29,54	28,83	28,35	29,78	27,87	26,44	25,49	24,84	24,54
100m Libre	53,85	00,95	1:14,90	1:10,25	1:06,12	1:04,05	1:02,50	1:01,47	1:04,57	1:00,43	57,33	55,27	53,85	53,20
200m Libre	1:57,78	2:13,31	2:43,82	2:33,65	2:24,61	2:20,09	2:16,70	2:14,44	2:21,22	2:12,18	2:05,40	2:00,88	1:57,78	1:56,37
400m Libre	4:12,99	4:46,36	5:51,88	5:30,04	5:10,62	5:00,92	4:53,64	4:48,78	5:03,34	4:43,93	4:29,37	4:19,66	4:12,99	4:09,95
800m Libre	8:50,11	10:00,03	12:17,33	11:31,56	10:50,88	10:30,54	10:15,29	10:05,12	10:35,63	9:54,95	9:24,44	9:04,10	8:50,11	8:43,76
1500m Libre	16:42,92	18:55,20	23:14,95	21:48,37	20:31,41	19:52,93	19:24,06	19:04,82	20:02,55	18:45,58	17:47,86	17:09,38	16:42,92	16:30,90
50m Dos	28,55	32,31	39,71	37,24	35,05	33,96	33,13	32,59	34,23	32,04	30,40	29,30	28,55	28,20
100m Dos	1:00,78	1:08,80	1:24,54	1:19,30	1:14,63	1:12,30	1:10,55	1:09,38	1:12,88	1:08,22	1:04,72	1:02,39	1:00,78	1:00,06
200m Dos	2:13,17	2:30,73	3:05,22	2:53,73	2:43,51	2:38,40	2:34,56	2:32,01	2:39,67	2:29,45	2:21,79	2:16,68	2:13,17	2:11,57
50m Brasse	31,39	35,53	43,66	40,95	38,54	37,33	36,43	35,83	37,64	35,23	33,42	32,22	31,39	31,01
100m Brasse	1:08,21	1:17,20	1:34,87	1:28,98	1:23,75	1:21,13	1:19,17	1:17,86	1:21,78	1:16,55	1:12,62	1:10,01	1:08,21	1:07,39
200m Brasse	2:30,21	2:50,02	3:28,92	3:15,95	3:04,43	2:58,66	2:54,34	2:51,46	3:00,10	2:48,58	2:39,93	2:34,17	2:30,21	2:28,41
50m Papillon	26,48	29,98	36,84	34,55	32,52	31,50	30,74	30,23	31,76	29,72	28,20	27,18	26,48	26,17
100m Papillon	0:58,05	1:05,71	1:20,75	1:15,74	1:11,28	1:09,05	1:07,38	1:06,27	1:09,61	1:05,15	1:01,81	0:59,59	0:58,05	0:57,36
200m Papillon	2:12,36	2:29,82	3:04,10	2:52,67	2:42,51	2:37,43	2:33,63	2:31,09	2:38,70	2:28,55	2:20,93	2:15,85	2:12,36	2:10,77
200m QNI	2:13,69	2:31,33	3:05,95	2:54,41	2:44,15	2:39,02	2:35,17	2:32,61	2:40,30	2:30,05	2:22,35	2:17,22	2:13,69	2:12,09
400m QNI	4:47,82	5:25,79	6:40,33	6:15,48	5:53,40	5:42,35	5:34,07	5:28,55	5:45,11	5:23,03	5:06,46	4:55,42	4:47,82	4:44,37



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

HOMMES - 50m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	25,60	28,98	35,61	33,40	31,44	30,45	29,72	29,23	30,70	28,74	27,26	26,28	25,60	25,30
100m Libre	55,51	1:02,84	1:17,21	1:12,42	1:08,16	1:06,03	1:04,43	1:03,37	1:06,56	1:02,30	59,11	56,98	55,51	54,85
200m Libre	2:01,42	2:17,43	2:48,88	2:38,40	2:29,08	2:24,42	2:20,93	2:18,60	2:25,59	2:16,27	2:09,28	2:04,62	2:01,42	1:59,96
400m Libre	4:20,81	4:55,21	6:02,76	5:40,24	5:20,23	5:10,22	5:02,72	4:57,71	5:12,72	4:52,71	4:37,70	4:27,69	4:20,81	4:17,69
800m Libre	9:06,51	10:18,59	12:40,13	11:52,95	11:11,01	10:50,05	10:34,32	10:23,83	10:55,29	10:13,35	9:41,90	9:20,93	9:06,51	8:59,96
1500m Libre	17:13,94	19:30,31	23:58,10	22:28,83	21:09,49	20:29,82	20:00,07	19:40,23	20:39,74	19:20,39	18:20,89	17:41,22	17:13,94	17:01,54
50m Dos	29,43	33,31	40,93	38,39	36,13	35,01	34,16	33,59	35,29	33,03	31,34	30,21	29,43	29,08
100m Dos	1:02,66	1:10,93	1:27,16	1:21,75	1:16,94	1:14,54	1:12,73	1:11,53	1:15,14	1:10,33	1:06,72	1:04,32	1:02,66	1:01,91
200m Dos	2:17,29	2:35,39	3:10,95	2:59,10	2:48,56	2:43,30	2:39,34	2:36,71	2:44,61	2:34,08	2:26,18	2:20,91	2:17,29	2:15,64
50m Brasse	32,36	36,63	45,01	42,21	39,73	38,49	37,56	36,94	38,80	36,32	34,45	33,21	32,36	31,97
100m Brasse	1:10,32	1:19,59	1:37,80	1:31,73	1:26,34	1:23,64	1:21,61	1:20,27	1:24,31	1:18,92	1:14,87	1:12,17	1:10,32	1:09,47
200m Brasse	2:34,85	2:55,28	3:35,38	3:22,01	3:10,13	3:04,19	2:59,73	2:56,76	3:05,68	2:53,79	2:44,88	2:38,94	2:34,85	2:33,00
50m Papillon	27,30	30,90	37,98	35,62	33,52	32,48	31,69	31,17	32,74	30,64	29,07	28,02	27,30	26,98
100m Papillon	0:59,85	1:07,74	1:23,24	1:18,08	1:13,48	1:11,19	1:09,47	1:08,32	1:11,76	1:07,17	1:03,73	1:01,43	0:59,85	0:59,13
200m Papillon	2:16,45	2:34,45	3:09,79	2:58,01	2:47,54	2:42,30	2:38,38	2:35,76	2:43,61	2:33,14	2:25,29	2:20,05	2:16,45	2:14,82
200m QNI	2:17,83	2:36,01	3:11,70	2:59,81	2:49,23	2:43,94	2:39,97	2:37,33	2:45,26	2:34,69	2:26,75	2:21,46	2:17,83	2:16,18
400m QNI	4:56,73	5:35,86	6:52,71	6:27,10	6:04,33	5:52,94	5:44,40	5:38,71	5:55,79	5:33,02	5:15,94	5:04,55	4:56,73	4:53,17



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

FEMMES - 25m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	27,34	31,17	36,45	34,34	33,02	32,49	31,96	31,43	30,64	29,05	28,20	27,80	27,34	27,14
100m Libre	58,81	1:07,05	1:18,42	1:13,87	1:11,03	1:09,89	1:08,76	1:07,62	1:05,91	1:02,50	1:00,66	0:59,81	0:58,81	0:58,39
200m Libre	2:07,70	2:25,59	2:50,27	2:40,40	2:34,23	2:31,76	2:29,29	2:26,83	2:23,13	2:15,72	2:11,71	2:09,86	2:07,70	2:06,78
400m Libre	4:31,50	5:09,53	6:02,00	5:41,01	5:27,90	5:22,65	5:17,40	5:12,16	5:04,29	4:48,55	4:40,02	4:36,09	4:31,50	4:29,53
800m Libre	9:23,65	10:42,61	12:31,53	11:47,96	11:20,73	11:09,84	10:58,95	10:48,06	10:31,72	9:59,05	9:41,35	9:33,18	9:23,65	9:19,56
1500m Libre	18:03,93	20:35,79	24:05,25	22:41,46	21:49,10	21:28,15	21:07,21	20:46,26	20:14,84	19:12,01	18:37,97	18:22,26	18:03,93	17:56,08
50m Dos	31,16	35,53	41,55	39,14	37,64	37,03	36,43	35,83	34,93	33,12	32,14	31,69	31,16	30,94
100m Dos	1:06,13	1:15,39	1:28,17	1:23,06	1:19,87	1:18,59	1:17,31	1:16,03	1:14,12	1:10,28	1:08,21	1:07,25	1:06,13	1:05,65
200m Dos	2:23,26	2:43,33	3:11,02	2:59,94	2:53,02	2:50,26	2:47,49	2:44,72	2:40,57	2:32,26	2:27,76	2:25,69	2:23,26	2:22,23
50m Brasse	34,70	39,56	46,26	43,58	41,90	41,23	40,56	39,89	38,89	36,88	35,79	35,28	34,70	34,45
100m Brasse	1:15,22	1:25,75	1:40,29	1:34,47	1:30,84	1:29,39	1:27,93	1:26,48	1:24,30	1:19,94	1:17,58	1:16,49	1:15,22	1:14,67
200m Brasse	2:43,44	3:06,34	3:37,92	3:25,29	3:17,40	3:14,24	3:11,08	3:07,92	3:03,18	2:53,71	2:48,58	2:46,21	2:43,44	2:42,26
50m Papillon	29,20	33,30	38,94	36,68	35,27	34,71	34,14	33,58	32,73	31,04	30,12	29,70	29,20	28,99
100m Papillon	1:04,24	1:13,24	1:25,66	1:20,69	1:17,59	1:16,35	1:15,11	1:13,86	1:12,00	1:08,28	1:06,26	1:05,33	1:04,24	1:03,78
200m Papillon	2:23,85	2:44,00	3:11,79	3:00,68	2:53,73	2:50,95	2:48,17	2:45,39	2:41,22	2:32,88	2:28,36	2:26,28	2:23,85	2:22,80
200m QNI	2:24,77	2:45,05	3:13,03	3:01,84	2:54,84	2:52,05	2:49,25	2:46,45	2:42,25	2:33,86	2:29,32	2:27,22	2:24,77	2:23,72
400m QNI	5:09,65	5:53,03	6:52,86	6:28,93	6:13,97	6:07,99	6:02,00	5:56,02	5:47,05	5:29,09	5:19,37	5:14,88	5:09,65	5:07,40



TEMPS DE QUALIFICATION PROVINCIAUX 2024-2025

FEMMES - 50m

Événements	Coupe du Québec Senior		Coupe du Québec Junior						Championnat Québécois					
	Âges	Ouvert	18 +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans
50m Libre	28,18	32,13	37,58	35,40	34,04	33,49	32,95	32,40	31,59	29,95	29,07	28,66	28,18	27,98
100m Libre	1:00,63	1:09,12	1:20,84	1:16,15	1:13,23	1:12,05	1:10,88	1:09,71	1:07,95	1:04,44	1:02,53	1:01,66	1:00,63	1:00,19
200m Libre	2:11,65	2:30,10	2:55,54	2:45,36	2:39,00	2:36,46	2:33,91	2:31,37	2:27,55	2:19,92	2:15,79	2:13,88	2:11,65	2:10,70
400m Libre	4:39,90	5:19,11	6:13,19	5:51,56	5:38,04	5:32,63	5:27,22	5:21,81	5:13,70	4:57,47	4:48,68	4:44,63	4:39,90	4:37,87
800m Libre	9:41,08	11:02,49	12:54,77	12:09,86	11:41,79	11:30,56	11:19,33	11:08,10	10:51,26	10:17,57	9:59,33	9:50,91	9:41,08	9:36,87
1500m Libre	18:37,46	21:14,01	24:49,94	23:23,57	22:29,59	22:07,99	21:46,40	21:24,81	20:52,42	19:47,64	19:12,55	18:56,35	18:37,46	18:29,36
50m Dos	32,13	36,63	42,84	40,35	38,80	38,18	37,56	36,94	36,01	34,14	33,14	32,67	32,13	31,89
100m Dos	1:08,18	1:17,73	1:30,90	1:25,63	1:22,34	1:21,02	1:19,70	1:18,39	1:16,41	1:12,46	1:10,32	1:09,33	1:08,18	1:07,68
200m Dos	2:27,69	2:48,39	3:16,93	3:05,51	2:58,37	2:55,52	2:52,67	2:49,81	2:45,53	2:36,97	2:32,33	2:30,19	2:27,69	2:26,62
50m Brasse	35,77	40,78	47,69	44,93	43,20	42,51	41,82	41,13	40,09	38,02	36,89	36,37	35,77	35,51
100m Brasse	1:17,54	1:28,41	1:43,39	1:37,40	1:33,65	1:32,15	1:30,65	1:29,15	1:26,91	1:22,41	1:19,98	1:18,85	1:17,54	1:16,98
200m Brasse	2:48,50	3:12,10	3:44,66	3:31,64	3:23,50	3:20,24	3:16,99	3:13,73	3:08,85	2:59,08	2:53,79	2:51,35	2:48,50	2:47,28
50m Papillon	30,11	34,33	40,14	37,82	36,36	35,78	35,20	34,62	33,74	32,00	31,05	30,62	30,11	29,89
100m Papillon	1:06,23	1:15,51	1:28,31	1:23,19	1:19,99	1:18,71	1:17,43	1:16,15	1:14,23	1:10,39	1:08,31	1:07,35	1:06,23	1:05,75
200m Papillon	2:28,29	2:49,07	3:17,73	3:06,26	2:59,10	2:56,23	2:53,37	2:50,50	2:46,20	2:37,61	2:32,95	2:30,80	2:28,29	2:27,22
200m QNI	2:29,25	2:50,16	3:19,00	3:07,46	3:00,25	2:57,37	2:54,48	2:51,60	2:47,27	2:38,62	2:33,93	2:31,77	2:29,25	2:28,17
400m QNI	5:19,23	6:03,95	7:05,63	6:40,96	6:25,54	6:19,37	6:13,20	6:07,03	5:57,78	5:39,27	5:29,25	5:24,62	5:19,23	5:16,91