

# GRILLES D'ACCES AUX CHAMPIONNATS

<b>EPREUVES DAMES</b>	<b>BENJAMINS</b>	<b>JUNIORS 1-2</b>	<b>JUNIORS 3-4</b>	<b>JUNIORS 5 - SENIORS</b>
50 m NAGE LIBRE DAMES	00:38,00	00:37,00	00:36,00	00:35,00
100 m NAGE LIBRE DAMES	01:25,00	01:22,50	01:20,00	01:17,50
200 m NAGE LIBRE DAMES	03:00,00	02:55,00	02:50,00	02:45,00
400 m NAGE LIBRE DAMES	06:15,00	06:05,00	05:55,00	05:45,00
800 m NAGE LIBRE DAMES	13:00,00	12:45,00	12:30,00	12:15,00
1500 m NAGE LIBRE DAMES	23:00,00	22:45,00	22:30,00	22:15,00
50 m DOS DAMES	00:43,00	00:42,00	00:41,00	00:40,00
100 m DOS DAMES	01:37,00	01:34,50	01:32,00	01:29,50
200 m DOS DAMES	03:20,00	03:15,00	03:10,00	03:05,00
50 m BRASSE DAMES	00:47,00	00:46,00	00:45,00	00:44,00
100 m BRASSE DAMES	01:45,00	01:42,50	01:40,00	01:37,50
200 m BRASSE DAMES	03:40,00	03:35,00	03:30,00	03:25,00
50 m PAPILLON DAMES	00:45,00	00:44,00	00:43,00	00:42,00
100 m PAPILLON DAMES	01:40,00	01:37,50	01:35,00	01:32,50
200 m PAPILLON DAMES	04:00,00	03:55,00	03:50,00	03:45,00
200 m 4 NAGES DAMES	03:20,00	03:15,00	03:10,00	03:05,00
400 m 4 NAGES DAMES	07:00,00	06:50,00	06:45,00	06:40,00
<b>EPREUVES MESSIEURS</b>	<b>BENJAMINS</b>	<b>JUNIORS 1-2</b>	<b>JUNIORS 3-4</b>	<b>JUNIORS 5 - SENIORS</b>
50 m NAGE LIBRE MESSIEURS	00:35,00	00:34,00	00:33,00	00:32,00
100 m NAGE LIBRE MESSIEURS	01:20,00	01:17,50	01:15,00	01:12,50
200 m NAGE LIBRE MESSIEURS	02:45,00	02:40,00	02:35,00	02:30,00
400 m NAGE LIBRE MESSIEURS	05:45,00	05:35,00	05:25,00	05:15,00
800 m NAGE LIBRE MESSIEURS	12:45,00	12:30,00	12:15,00	12:00,00
1500 m NAGE LIBRE MESSIEURS	22:45,00	22:30,00	22:15,00	22:00,00
50 m DOS MESSIEURS	00:40,00	00:39,00	00:38,00	00:37,00
100 m DOS MESSIEURS	01:30,00	01:27,50	01:25,00	01:22,50
200 m DOS MESSIEURS	03:10,00	03:05,00	03:00,00	02:55,00
50 m BRASSE MESSIEURS	00:43,00	00:42,00	00:41,00	00:40,00
100 m BRASSE MESSIEURS	01:37,00	01:34,50	01:32,00	01:29,50
200 m BRASSE MESSIEURS	03:30,00	03:25,00	03:20,00	03:15,00
50 m PAPILLON MESSIEURS	00:41,00	00:40,00	00:39,00	00:38,00
100 m PAPILLON MESSIEURS	01:35,00	01:32,50	01:30,00	01:27,50
200 m PAPILLON MESSIEURS	03:45,00	03:40,00	03:35,00	03:30,00
200 m 4 NAGES MESSIEURS	03:10,00	03:05,00	03:00,00	02:55,00
400 m 4 NAGES MESSIEURS	06:35,00	06:25,00	06:15,00	06:05,00

COMITE DE SEINE MARITIME  
 6 chemin des hauts sapins – 76190  
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