

Standards RSEQ & USPORTS 2024-2025

<i>féminin</i>			<i>masculin</i>	
25m RSEQ	25m USPORTS	Épreuves	25m RSEQ	25m USPORTS
28,43	26,32	50 libre	22,99	24,83
1:01,61	57,05	100 libre	50,21	54,23
2:12,59	2:02,77	200 libre	1:50,07	1:58,88
4:43,44	4:22,44	400 libre	3:55,28	4:14,10
9:45,78	9:02,39	800 libre		
		1500 libre	15:59,22	17:15,96
31,72	29,37	50 dos	25,85	27,92
1:08,49	1:03,42	100 dos	55,59	1:00,04
2:28,04	2:17,07	200 dos	2:02,45	2:12,25
35,56	32,93	50 brasse	28,66	30,95
1:17,38	1:11,65	100 brasse	1:02,43	1:07,42
2:48,89	2:36,38	200 brasse	2:17,13	2:28,10
30,29	28,05	50 papillon	24,77	26,75
1:07,93	1:02,90	100 papillon	55,00	59,40
2:32,07	2:20,81	200 papillon	2:02,90	2:12,73
2:31,65	2:20,42	200 quatre nages	2:03,87	2:13,78
5:21,95	4:58,10	400 quatre nages	4:25,82	4:47,09
		Relais 4x100 libre		
		Relais 4x200 libre		
		Relais 4x100 quatre nages		