

Les GRILLES des SERIES 2009

Grille des séries Nationales - Dames (bassin : 50 m.)				
Épreuves/Séries	SN	JN	CN	MN
50 Nage Libre	27.53	28.14	28.76	29.44
100 Nage Libre	59.16	01:00.5	01:01.8	01:03.3
200 Nage Libre	02:08.25	02:11.13	02:14.01	02:17.16
400 Nage Libre	04:30.29	04:36.37	04:42.43	04:49.08
800 Nage Libre	09:13.24	09:25.68	09:38.10	09:51.70
1500 Nage Libre	17:35.52	17:59.26	18:22.94	18:48.89
50 Dos	31.15	31.85	32.55	33.32
100 Dos	01:06.55	01:08.05	01:09.54	01:12.54
200 Dos	02:22.51	02:25.72	02:28.92	02:35.02
50 Brasse	34.35	35.12	35.89	36.73
100 Brasse	01:14.90	01:16.59	01:18.27	01:20.98
200 Brasse	02:40.87	02:44.49	02:48.10	02:54.96
50 Papillon	28.73	29.37	30.02	30.73
100 Papillon	01:04.17	01:05.61	01:07.05	01:10.18
200 Papillon	02:22.13	02:25.33	02:30.82	02:33.92
200 4 Nages	02:25.28	02:28.55	02:31.81	02:35.38
400 4 Nages	05:02.37	05:09.17	05:19.94	05:32.64

Grille des séries Nationales - Messieurs (bassin : 50 m.)				
Épreuves/Séries	SN	JN	CN	MN
50 Nage Libre	23.73	24.27	25.17	26.22
100 Nage Libre	52.24	53.42	55.4	57.73
200 Nage Libre	01:54.09	01:56.66	02:00.99	02:06.07
400 Nage Libre	04:05.45	04:10.97	04:20.29	04:31.22
800 Nage Libre	08:30.71	08:42.20	09:01.58	09:24.33
1500 Nage Libre	16:10.47	16:32.31	17:09.14	17:52.35
50 Dos	27.72	28.34	29.39	30.63
100 Dos	02:24.00	01:00.29	01:02.53	01:06.38
200 Dos	02:09.61	02:12.52	02:17.44	02:24.20
50 Brasse	29.97	30.65	31.79	33.12
100 Brasse	01:05.35	01:06.82	01:09.30	01:13.41
200 Brasse	02:23.13	02:26.24	02:31.59	02:38.28
50 Papillon	25.58	26.15	27.13	28.26
100 Papillon	21:36.00	50:24.00	01:00.06	01:03.81
200 Papillon	02:07.28	02:10.14	02:14.97	02:22.54
200 4 Nages	02:10.60	02:13.53	02:18.49	02:24.31
400 4 Nages	04:35.71	04:41.91	04:52.38	05:08.58

Grille des séries Interrégionales - Dames (bassin : 50 m.)

Épreuves/Séries	SI	JI	CI	MI
50 Nage Libre	28.58	29.82	30.02	30.52
100 Nage Libre	01:01.44	01:04.10	01:04.52	01:05.59
200 Nage Libre	02:13.17	02:18.95	02:19.86	02:22.18
400 Nage Libre	04:40.67	04:52.83	04:54.75	04:59.65
800 Nage Libre	09:34.49	09:59.39	10:03.31	10:13.35
1500 Nage Libre	18:16.07	19:03.57	19:11.05	19:30.19
50 Dos	32.35	33.75	33.97	34.54
100 Dos	01:09.11	01:12.10	01:12.57	01:15.21
200 Dos	02:27.99	02:34.40	02:35.41	02:40.73
50 Brasse	35.67	37.21	37.46	38.08
100 Brasse	01:17.78	01:21.15	01:21.68	01:23.97
200 Brasse	02:47.05	02:54.29	02:55.43	03:01.41
50 Papillon	29.83	31.13	31.33	31.85
100 Papillon	01:06.63	01:09.52	01:09.97	01:12.77
200 Papillon	02:27.59	02:33.99	02:34.99	02:39.59
200 4 Nages	02:30.86	02:37.40	02:38.43	02:41.07
400 4 Nages	05:13.99	05:27.60	05:38.76	05:44.90

Grille des séries Interrégionales - Messieurs (bassin : 50 m.)

Épreuves/Séries	SI	JI	CI	MI
50 Nage Libre	24.57	25.41	26.02	27.22
100 Nage Libre	55:12.00	19:12.00	43:12.00	50:24.00
200 Nage Libre	01:58.11	02:02.15	02:05.10	02:10.84
400 Nage Libre	04:14.09	04:22.80	04:29.14	04:41.48
800 Nage Libre	08:48.69	09:06.80	09:19.99	09:45.68
1500 Nage Libre	16:44.63	17:19.05	17:44.12	18:32.93
50 Dos	28.69	29.68	30.39	31.79
100 Dos	01:01.04	01:03.13	01:04.65	01:08.84
200 Dos	02:14.17	02:18.77	02:22.11	02:29.33
50 Brasse	31.03	32.09	32.87	34.37
100 Brasse	01:07.65	01:09.96	01:11.65	01:16.13
200 Brasse	02:28.32	02:33.12	02:36.72	02:44.14
50 Papillon	26.48	27.39	28.05	29.33
100 Papillon	07:12.00	01:00.64	01:02.11	01:06.18
200 Papillon	02:11.76	02:16.27	02:19.56	02:27.80
200 4 Nages	02:15.19	02:19.83	02:23.20	02:29.77
400 4 Nages	04:45.42	04:55.19	05:02.32	05:20.00

Grille des séries Régionales - Dames (bassin : 50 m.)				
Épreuves/Séries	SR	JR	CR	MR
50 Nage Libre	30.58	31.17	31.35	32.16
100 Nage Libre	01:05.74	01:07.00	01:07.39	01:09.12
200 Nage Libre	02:22.50	02:25.24	02:26.07	02:29.82
400 Nage Libre	05:00.32	05:06.10	05:07.84	05:15.76
800 Nage Libre	10:14.71	10:26.54	10:30.11	10:46.31
1500 Nage Libre	19:32.79	19:55.37	20:02.18	20:33.08
50 Dos	34.61	35.28	35.48	36.39
100 Dos	01:13.95	01:15.37	01:15.80	01:19.29
200 Dos	02:38.35	02:41.40	02:42.32	02:49.47
50 Brasse	38.16	38.9	39.12	40.12
100 Brasse	01:23.22	01:24.82	01:25.31	01:28.53
200 Brasse	02:58.75	03:02.19	03:03.22	03:11.27
50 Papillon	31.92	32.53	32.72	33.56
100 Papillon	01:11.30	01:12.67	01:13.08	01:16.73
200 Papillon	02:37.92	02:40.96	02:41.88	02:48.26
200 4 Nages	02:41.42	02:44.53	02:45.47	02:49.72
400 4 Nages	05:35.97	05:42.44	05:53.49	06:03.64

Grille des séries Régionales - Messieurs (bassin : 50 m.)				
Épreuves/Séries	SR	JR	CR	MR
50 Nage Libre	26.4	26.66	27.47	28.7
100 Nage Libre	38:24.00	48:00.00	01:00.47	01:03.17
200 Nage Libre	02:06.91	02:08.19	02:12.05	02:17.96
400 Nage Libre	04:33.03	04:35.79	04:44.09	04:56.80
800 Nage Libre	09:28.09	09:33.84	09:51.10	10:17.55
1500 Nage Libre	17:59.50	18:10.42	18:43.23	19:33.49
50 Dos	30.83	31.14	32.08	33.51
100 Dos	01:05.59	01:06.25	01:08.24	01:12.58
200 Dos	02:24.17	02:25.63	02:30.01	02:37.45
50 Brasse	33.34	33.68	34.69	36.24
100 Brasse	01:12.69	01:13.42	01:15.63	01:20.27
200 Brasse	02:39.03	02:40.70	02:46.18	02:53.07
50 Papillon	28.45	28.74	29.61	30.32
100 Papillon	01:03.00	01:03.64	01:05.56	01:09.77
200 Papillon	02:21.58	02:23.01	02:27.31	02:35.84
200 4 Nages	02:25.27	02:26.74	02:31.15	02:37.92
400 4 Nages	05:06.69	05:09.79	05:19.11	05:37.39

Grille des séries Départementales - Dames (bassin : 50 m.)

Épreuves/Séries	SD	JD	CD	MD
50 Nage Libre	32.38	33	33.9	34.71
100 Nage Libre	01:09.61	01:10.94	01:12.86	01:14.61
200 Nage Libre	02:30.88	02:33.77	02:37.94	02:41.72
400 Nage Libre	05:17.98	05:24.08	05:32.87	05:40.84
800 Nage Libre	10:50.87	11:03.35	11:21.33	11:37.65
1500 Nage Libre	20:41.78	21:05.61	21:39.90	22:11.04
50 Dos	36.65	37.35	38.36	39.28
100 Dos	01:18.30	01:19.80	01:21.96	01:25.34
200 Dos	02:47.66	02:50.88	02:55.51	03:02.38
50 Brasse	40.41	41.18	42.3	43.31
100 Brasse	01:28.12	01:29.81	01:32.24	01:35.27
200 Brasse	03:09.26	03:12.89	03:18.12	03:25.84
50 Papillon	33.8	34.45	35.38	36.23
100 Papillon	01:15.49	01:16.94	01:19.02	01:22.56
200 Papillon	02:47.21	02:50.42	02:55.04	03:01.08
200 4 Nages	02:50.92	02:54.20	02:58.92	03:03.21
400 4 Nages	05:55.73	06:02.55	06:22.60	06:33.59

Grille des séries Départementales - Messieurs (bassin : 50

Épreuves/Séries	SD	JD	CD	MD
50 Nage Libre	27.92	28.52	29.7	31.06
100 Nage Libre	01:01.46	01:02.79	01:05.38	01:08.38
200 Nage Libre	02:14.22	02:17.13	02:22.79	02:29.33
400 Nage Libre	04:48.77	04:55.01	05:07.20	05:21.27
800 Nage Libre	10:00.84	10:13.84	10:39.19	11:08.47
1500 Nage Libre	19:01.73	19:26.44	20:14.61	21:10.25
50 Dos	32.61	33.31	34.69	36.28
100 Dos	01:09.37	01:10.87	01:13.80	01:18.55
200 Dos	02:32.48	02:35.78	02:42.21	02:50.41
50 Brasse	35.26	36.03	37.51	39.23
100 Brasse	01:16.88	01:18.54	01:21.79	01:26.88
200 Brasse	02:48.39	02:52.05	02:59.87	03:07.32
50 Papillon	30.09	30.74	32.01	33.48
100 Papillon	01:06.64	01:08.08	01:10.89	01:15.52
200 Papillon	02:29.74	02:32.98	02:39.30	02:48.67
200 4 Nages	02:33.64	02:36.97	02:43.45	02:50.94
400 4 Nages	05:24.37	05:31.38	05:45.07	06:05.18

Grille des séries Départementales - Dames (bassin : 25 m.)

Épreuves/Séries	SD	JD	CD	MD
50 Nage Libre	31.68	32.3	33.2	34.01
100 Nage Libre	01:08.01	01:09.34	01:11.26	01:13.01
200 Nage Libre	02:27.48	02:30.37	02:34.54	02:38.32
400 Nage Libre	05:10.48	05:16.58	05:25.37	05:33.34
800 Nage Libre	10:34.87	10:47.35	11:05.33	11:21.65
1500 Nage Libre	20:11.78	20:35.61	21:09.90	21:41.04
50 Dos	36.05	36.75	37.76	38.68
100 Dos	01:16.80	01:18.30	01:20.46	01:23.84
200 Dos	02:44.46	02:47.68	02:52.31	02:59.18
50 Brasse	39.61	40.38	41.5	42.51
100 Brasse	01:26.12	01:27.81	01:30.24	01:33.27
200 Brasse	03:04.26	03:07.89	03:13.12	03:20.84
50 Papillon	33.2	33.85	34.78	35.63
100 Papillon	01:14.19	01:15.64	01:17.72	01:21.26
200 Papillon	02:44.31	02:47.52	02:52.14	02:58.18
200 4 Nages	02:47.42	02:50.70	02:55.42	02:59.71
400 4 Nages	05:47.73	05:54.55	06:14.60	06:25.59

Grille des séries Départementales - Messieurs (bassin : 25

Épreuves/Séries	SD	JD	CD	MD
50 Nage Libre	27.22	27.82	29	30.36
100 Nage Libre	38:24.00	01:01.19	01:03.78	01:06.78
200 Nage Libre	02:10.82	02:13.73	02:19.39	02:25.93
400 Nage Libre	04:41.27	04:47.51	04:59.70	05:13.77
800 Nage Libre	09:44.84	09:57.84	10:23.19	10:52.47
1500 Nage Libre	18:31.73	18:56.44	19:44.61	20:40.25
50 Dos	32.01	32.71	34.09	35.68
100 Dos	01:07.87	01:09.37	01:12.30	01:17.05
200 Dos	02:29.28	02:32.58	02:39.01	02:47.21
50 Brasse	34.46	35.23	36.71	38.43
100 Brasse	01:14.88	01:16.54	01:19.79	01:24.88
200 Brasse	02:43.39	02:47.05	02:54.87	03:02.32
50 Papillon	29.49	30.14	31.41	32.88
100 Papillon	01:05.34	01:06.78	01:09.59	01:14.22
200 Papillon	02:26.84	02:30.08	02:36.40	02:45.77
200 4 Nages	02:30.14	02:33.47	02:39.95	02:47.44
400 4 Nages	05:16.37	05:23.38	05:37.07	05:57.18