

## LIMITES RSR 2020 - 2024

Garçons										RSR	Filles									
Critérium Romand Hiver					Championnat Romand Eté						Championnat Romand Eté					Critérium Romand Hiver				
J17 (+)	J16	J15	J14	J13(-)	J17 (+)	J16	J15	J14	J13(-)	Disciplines	J12(-)	J13	J14	J15	J16 (+)	J12(-)	J13	J14	J15	J16 (+)
0:28.10	29.00	29.70	31.00	32.50	26.60	28.50	29.10	30.40	31.30	50m libre	34.30	32.60	31.90	31.40	30.00	35.00	33.30	32.50	32.00	31.50
59.60	1:03.00	1:04.40	1:07.00	1:10.00	58.70	1:01.80	1:03.10	1:05.70	1:08.40	100m libre	1:13.50	1:10.10	1:08.60	1:07.70	1:06.40	1:15.00	1:11.50	1:10.00	1:09.00	1:07.60
2:10.20	2:18.00	2:20.50	2:25.00	2:31.00	2:11.60	2:15.70	2:17.90	2:22.10	2:29.50	200m libre	2:38.00	2:31.60	2:27.50	2:26.50	2:24.80	2:41.00	2:33.50	2:30.50	2:28.50	2:26.40
4:43.80	4:53.00	5:00.00	5:10.00	5:22.00	4:40.80	4:49.20	4:54.60	5:07.80	5:15.90	400m libre	5:50.00	5:20.50	5:12.60	5:08.70	5:01.20	6:00.00	5:24.00	5:17.00	5:13.00	5:09.20
9:45.00	10:06.00	10:20.00	10:40.00	10:54.00	9:30.40	9:38.20	9:47.60	10:14.50	--	800m libre	--	10:48.00	10:40.00	10:36.00	10:15.00	11:30.50	11:04.00	10:51.00	10:47.00	10:27.50
18:45.00	19:00.00	19:30.00	20:00.00	20:30.00	18:10.70	18:42.70	19:16.50	19:40.20	--	1500m libre	--	--	20:40.00	20:20.00	20:00.00	--	--	21:00.00	20:45.00	20:10.00
31.70	32.90	34.30	35.40	37.10	31.20	32.40	33.80	34.80	36.50	50m Dos	40.00	37.10	36.40	35.90	34.70	40.80	37.80	37.00	36.50	36.10
1:09.20	1:12.50	1:13.70	1:15.00	1:20.00	1:06.60	1:10.50	1:12.50	1:14.60	1:18.40	100m dos	1:23.20	1:20.50	1:19.00	1:18.00	1:15.60	1:25.00	1:22.50	1:21.10	1:19.90	1:17.20
2:32.60	2:34.50	2:37.00	2:42.00	2:52.00	2:26.20	2:32.50	2:35.90	2:40.80	2:50.20	200m dos	2:58.20	2:51.80	2:49.00	2:47.00	2:41.60	3:02.00	2:53.00	2:51.20	2:48.60	2:44.40
36.00	37.30	38.60	40.10	41.70	34.30	36.80	38.00	39.50	41.10	50m Brasse	44.40	42.70	41.60	40.70	38.90	44.90	43.30	42.20	41.30	40.80
1:18.80	1:20.10	1:22.30	1:25.80	1:28.00	1:15.50	1:18.40	1:20.30	1:24.00	1:26.30	100m brasse	1:34.70	1:29.70	1:28.20	1:26.80	1:24.00	1:36.00	1:32.40	1:29.00	1:27.50	1:25.30
2:47.10	2:52.50	2:57.00	03:02.00	3:08.00	2:45.10	2:50.50	2:55.00	3:00.00	3:05.70	200m brasse	3:16.60	3:13.10	3:10.50	3:07.50	3:01.20	3:22.00	3:15.00	3:13.40	3:10.10	3:08.60
29.80	31.40	32.40	33.50	34.60	28.80	30.90	31.80	32.90	34.00	50m Dauphin	37.30	35.60	34.80	33.90	32.20	37.90	36.20	35.30	34.50	34.10
1:07.10	1:09.60	1:11.80	1:14.30	1:17.00	1:05.10	1:07.60	1:09.80	1:11.60	1:15.80	100m dauphin	1:26.90	1:17.50	1:16.00	1:15.00	1:13.20	1:28.00	1:24.90	1:20.20	1:17.30	1:15.40
2:38.50	2:44.20	2:47.90	2:54.40	3:06.70	2:35.60	2:40.90	2:44.60	2:52.90	3:03.60	200m dauphin	3:10.70	3:03.60	2:57.30	2:54.20	2:51.20	3:20.00	3:12.00	3:06.70	2:59.40	2:54.90
1:11.00	1:13.00	1:15.00	1:18.00	1:21.00						100m 4-nages						1:28.00	1:25.00	1:23.00	1:21.00	1:18.90
2:31.40	2:35.60	2:38.50	2:47.80	2:53.40	2:29.20	2:33.40	2:35.40	2:45.00	2:51.00	200m 4-nages	3:03.60	2:51.50	2:49.10	2:47.80	2:42.90	3:05.00	2:55.00	2:53.40	2:51.20	2:49.00
5:25.80	5:30.00	5:35.00	5:50.00	6:00.00	5:19.20	5:23.40	5:30.60	5:43.00	--	400m 4-nages	--	6:06.70	5:59.20	5:56.40	5:46.60	6:27.00	6:15.00	6:04.50	5:58.60	5:50.30

**swiss aquatics**   
suisse romande

**Association des clubs de la Région Suisse Romande**