

Minima Equipe nationale

Hommes							Dames					
13 ans	14 ans	15 ans	16-17ans	18-19ans	TC	CATEGORIE	13 ans	14 ans	15 ans	16-17ans	18-19ans	TC
*****	26.34	25.15	24.14	23.55	23.28	50 NL	*****	29.75	29.27	28.39	27.61	27.26
1:01.71	59.46	56.20	53.56	52.26	51.65	100 NL	1:06.27	1:05.15	1:04.10	1:02.18	1:00.59	59.69
2:15.67	2:08.51	2:04.66	1:57.75	1:55.88	1:53.54	200 NL	2:23.84	2:21.40	2:19.12	2:14.96	2:11.27	2:09.56
4:52.71	4:37.27	4:24.65	4:14.05	4:07.85	4:02.97	400 NL	5:01.67	4:56.56	4:51.78	4:43.06	4:35.30	4:31.73
10:01.35	9:29.64	9:03.71	8:41.93	8:29.20	8:23.28	800 NL	10:21.33	10:10.80	10:00.94	9:42.99	9:27.01	9:19.65
19:18.08	18:16.98	17:27.04	16:45.12	16:20.59	16:09.19	1500 NL	19:39.73	19:19.73	19:01.02	18:26.94	17:56.60	17:42.62
*****	30.89	29.67	28.32	27.19	26.52	50 DOS	*****	34.88	34.19	33.34	32.80	31.97
1:12.60	1:08.63	1:05.78	1:02.05	59.57	58.11	100 DOS	1:17.34	1:15.22	1:13.84	1:10.82	1:08.70	1:06.82
2:32.90	2:28.86	2:24.01	2:16.59	2:09.20	2:06.05	200 DOS	2:45.73	2:42.82	2:37.83	2:33.64	2:29.08	2:26.67
*****	34.24	32.69	31.21	29.96	28.56	50 BR	*****	37.89	36.54	35.89	35.07	33.87
1:22.34	1:19.88	1:15.66	1:10.40	1:07.66	1:04.06	100 BR	1:25.50	1:22.22	1:20.44	1:18.50	1:16.65	1:13.88
2:52.30	2:48.90	2:44.80	2:30.90	2:26.86	2:21.31	200 BR	2:58.29	2:54.55	2:52.30	2:48.51	2:45.41	2:40.99
*****	29.62	28.06	26.78	25.71	25.08	50 PAP	*****	31.25	30.78	30.12	29.38	28.79
1:07.11	1:04.90	1:02.30	59.47	57.09	55.19	100 PAP	1:15.69	1:12.88	1:10.45	1:09.82	1:07.36	1:04.54
2:32.75	2:24.76	2:19.02	2:14.69	2:09.38	2:04.27	200 PAP	2:46.12	2:38.45	2:35.47	2:33.60	2:28.49	2:24.47
2:36.72	2:28.55	2:22.66	2:16.09	2:12.45	2:08.39	200 4N	2:44.24	2:40.77	2:38.90	2:35.34	2:31.67	2:27.51
5:33.34	5:22.54	5:08.53	4:56.62	4:44.95	4:33.12	400 4N	5:42.84	5:35.23	5:31.10	5:24.56	5:17.94	5:09.22

J.O LA 28

Hommes		Epreuves	Dames	
J.O A	J.O B		J.O A	J.O B
21.69	21.91	50 NL	24.56	24.81
47.86	48.34	100 NL	53.60	54.14
1:45.83	1:46.89	200 NL	1:56.43	1:57.59
3:45.46	3:47.71	400 NL	4:06.27	4:08.73
7:47.04	7:51.71	800 NL	8:26.71	8:31.78
14:51.62	15:00.54	1500 NL	16:08.65	16:18.34
53.00	53.53	100 DOS	59.49	1:00.08
1:56.05	1:57.21	200 DOS	2:08.95	2:10.24
59.27	59.86	100 BR	1:06.10	1:06.76
2:09.35	2:10.64	200 BR	2:23.49	2:24.92
51.06	51.57	100 PAP	57.38	57.95
1:54.69	1:55.84	200 PAP	2:08.15	2:09.43
1:57.54	1:58.72	200 4N	2:09.90	2:11.20
4:11.52	4:14.04	400 4N	4:37.33	4:40.10

Hommes	Epreuves	Dames
25.35	50 DOS	28.59
27.71	50 BR	31.33
23.55	50 PAP	26.57

Minima Monde 2026

Bassin 25m				
Epreuves	Dames B	Dames A	Hommes A	Hommes B
50 NL	25.18	24.33	21.19	21.93
100 NL	54.88	53.02	46.89	48.53
200 NL	1:59.65	1:55.60	1:43.48	1:47.10
400 NL	4:14.89	4:06.27	3:42.18	3:49.96
800 NL	8:44.98	8:27.23	7:42.39	7:58.57
1500 NL	16:37.32	16:03.59	14:49.29	15:20.42
50 DOS	27.47	26.54	23.37	24.19
100 DOS	59.53	57.52	50.81	52.59
200 DOS	2:09.93	2:05.54	1:52.11	1:56.03
50 BR	31.27	30.21	26.25	27.17
100 BR	1:07.24	1:04.97	57.38	59.39
200 BR	2:26.88	2:21.91	2:06.23	2:10.65
50 PAP	26.62	25.72	22.43	23.22
100 PAP	59.41	57.40	50.15	51.91
200 PAP	2:13.36	2:08.85	1:53.19	1:57.15
100 4N	1:01.74	59.65	52.98	54.83
200 4N	2:13.90	2:09.37	1:55.25	1:59.28
400 4N	4:47.17	4:37.46	4:08.87	4:17.58

Bassin 50m				
Epreuves	Dames B	Dames A	Hommes A	Hommes B
50 NL	25.73	24.86	22.05	22.82
100 NL	56.15	54.25	48.34	50.03
200 NL	2:02.37	1:58.23	1:46.70	1:50.43
400 NL	4:18.99	4:10.23	3:48.15	3:56.14
800 NL	8:52.63	8:34.62	7:48.66	8:05.06
1500 NL	16:59.02	16:24.56	15:01.89	15:33.46
50 DOS	29.21	28.22	25.11	25.99
100 DOS	1:02.58	1:00.46	53.94	55.83
200 DOS	2:15.67	2:11.08	1:58.07	2:02.20
50 BR	31.83	30.75	27.33	28.29
100 BR	1:09.21	1:06.87	59.75	1:01.84
200 BR	2:31.02	2:25.91	2:10.32	2:14.88
50 PAP	27.15	26.23	23.36	24.18
100 PAP	1:00.37	58.33	51.77	53.58
200 PAP	2:13.73	2:09.21	1:56.51	2:00.59
200 4N	2:17.48	2:12.83	1:59.05	2:03.22
400 4N	4:52.97	4:43.06	4:17.48	4:26.49

Minima JOJ

Hommes			Dames	
J.O.J (A)	J.O.J (B)	Epreuves	J.O.J (A)	J.O.J (B)
23"56	24"38	50 NL	26"46	27"39
51"40	53"20	100 NL	57"30	59"31
1'52"42	1'56"35	200 NL	2'03"35	2'07"67
3'56"89	4'05"16	400 NL	4'18"93	4'27"67
8'16"91	8'34"30	800 NL	9'00"16	9'19"07
-	-	1500 NL	-	-
26"73	26"73	50 DOS	29"84	31"88
56"96	56"96	100 DOS	1'03"43	1'05"65
2'05"50	2'05"50	200 DOS	2'17"83	2'22"65
29"03	29"03	50 BR	32"69	33"83
1'03"70	1'03"70	100 BR	1'11"98	1'14"50
2'18"10	2'18"10	200 BR	2'35"43	2'40"87
25"07	25"07	50 PAP	28"09	29"07
55"59	55"59	100 PAP	1'02"04	1'04"21
2'05"73	2'05"73	200 PAP	2'16"34	2'21"11
2'07"68	2'07"68	200 4N	2'20"41	2'25"32
-	-	400 4N	-	-

Minima Jeux Med.		
Hommes	Epreuves	Dames
22.68	50 NL	25.77
49.82	100 NL	56.26
1:51.10	200 NL	2:02.20
3:56.12	400 NL	4:21.09
7:56.89	800 NL	8:56.97
15:35.90	1500 NL	16:48.90
25.69	50 DOS	29.21
55.52	100 DOS	1:03.21
2:00.85	200 DOS	2:15.87
28.33	50 BR	31.96
1:02.26	100 BR	1:09.88
2:15.90	200 BR	2:36.79
24.15	50 PAP	27.20
53.27	100 PAP	1:01.03
2:00.92	200 PAP	2:14.83
2:04.10	200 4N	2:22.71
4:20.41	400 4N	4:54.80

		<b>Afrique TC</b>			
		<b>Hommes</b>	<b>Epreuves</b>	<b>Dames</b>	
		23.00	50 NL	26.28	
		51.42	100 NL	58.89	
		1:52.56	200 NL	2:08.25	
		3:58.89	400 NL	4:28.67	
		8:18.89	800 NL	9:13.66	
		15:57.57	1500 NL	17:40.99	
		26.78	50 DOS	30.27	
		57.27	100 DOS	1:04.98	
		2:03.76	200 DOS	2:21.04	
		28.30	50 BR	33.55	
		1:03.05	100 BR	1:13.35	
		2:17.56	200 BR	2:37.56	
		24.48	50 PAP	28.10	
		54.50	100 PAP	1:03.09	
		2:02.89	200 PAP	2:22.95	
		2:06.92	200 4N	2:24.36	
		4:29.50	400 4N	5:07.77	

Afrique Junior		
Hommes (14-18)	Epreuves	Dames (14-18)
23.45	50 NL	26.70
52.22	100 NL	59.14
1:53.65	200 NL	2:09.39
4:01.52	400 NL	4:30.68
8:22.35	800 NL	9:15.38
16:08.43	1500 NL	17:45.14
27.05	50 DOS	30.58
58.78	100 DOS	1:06.34
2:07.89	200 DOS	2:24.68
29.45	50 BR	34.96
1:05.03	100 BR	1:14.63
2:22.89	200 BR	2:40.79
25.11	50 PAP	28.82
55.24	100 PAP	1:04.93
2:06.75	200 PAP	2:24.76
2:08.17	200 4N	2:25.67
4:35.92	400 4N	5:11.21

		<b>Arabe TC</b>		
		<b>Hommes</b>	<b>Epreuves</b>	<b>Dames</b>
		22.57	50 NL	26.25
		49.52	100 NL	58.27
		1:50.94	200 NL	2:08.99
		3:53.56	400 NL	4:28.57
		8:09.03	800 NL	9:12.76
		15:47.42	1500 NL	17:43.33
		26.17	50 DOS	28.88
		56.38	100 DOS	1:04.41
		2:03.14	200 DOS	2:25.31
		28.23	50 BR	33.37
		1:02.99	100 BR	1:12.69
		2:16.66	200 BR	2:39.83
		24.11	50 PAP	27.46
		53.54	100 PAP	1:03.20
		2:01.64	200 PAP	2:24.47
		2:03.72	200 4N	2:20.56
		4:24.91	400 4N	5:05.29



Coupe COMEN		
Garçons (14-16)	Epreuves	Filles (13-15)
24.33	50 NL	27.99
52.95	100 NL	59.77
1:56.66	200 NL	2:10.94
4:08.27	400 NL	4:31.92
—	800 NL	9:18.89
16:34.36	1500 NL	—
—	50 DOS	—
1:01.33	100 DOS	1:07.80
2:13.47	200 DOS	2:29.57
—	50 BR	—
1:06.55	100 BR	1:15.13
2:24.70	200 BR	2:45.24
—	50 PAP	—
57.43	100 PAP	1:05.12
2:11.49	200 PAP	2:27.02
2:10.67	200 4N	2:26.26
4:44.23	400 4N	5:19.52