



Natation Course 2026

Challenge National #1

Grand bassin

A définir

17 au 19 avril

Qualifications du 01/01/2025 au 22/03/2026

6 réunions

Format classement au temps avec 2 séries finales par épreuve

Temps de qualification par épreuve

Epreuves ♀	U 14	U 15	U 16	U 17	18 ans et +
50 nage libre	30.00	29.27	28.81	28.28	27.78
100 nage libre	1:05.44	1:03.25	1:02.30	1:01.26	1:00.14
200 nage libre	2:23.06	2:17.79	2:16.07	2:13.10	2:10.93
400 nage libre	4:59.08	4:49.32	4:43.52	4:37.78	4:35.88
800 nage libre	10:13.83	09:51.04	09:44.04	09:29.18	9:28.20
1500 nage libre	19:49.92	18:56.48	18:38.79	18:20.28	18:13.35
50 dos	34.44	33.41	32.70	32.18	31.68
100 dos	1:14.41	1:12.35	1:10.77	1:09.28	1:08.42
200 dos	2:40.03	2:35.79	2:32.68	2:30.73	2:28.96
50 brasse	38.22	36.94	36.10	35.53	35.12
100 brasse	1:23.64	1:20.54	1:19.48	1:18.70	1:17.17
200 brasse	3:00.55	2:54.23	2:52.23	2:49.39	2:47.30
50 papillon	31.99	30.91	30.33	29.79	29.25
100 papillon	1:12.36	1:09.53	1:07.97	1:06.85	1:05.85
200 papillon	2:46.72	2:37.96	2:34.34	2:29.24	2:27.24
200 4 nages	2:41.83	2:37.68	2:34.07	2:32.09	2:29.02
400 4 nages	5:43.70	5:29.19	5:25.26	5:19.52	5:16.00

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Epreuves ♂	U 14	U 15	U 16	U 17	U 18	19 ans et +
50 nage libre	28.02	27.00	26.12	25.48	24.84	24.44
100 nage libre	1:01.26	58.93	56.93	55.45	54.42	53.25
200 nage libre	2:14.21	2:08.86	2:03.93	2:01.26	1:58.94	1:57.39
400 nage libre	4:44.19	4:30.83	4:23.22	4:14.73	4:09.85	4:08.94
800 nage libre	9:48.60	9:20.25	9:04.18	8:48.92	8:40.26	8:37.19
1500 nage libre	18:51.63	17:53.12	17:17.49	16:47.06	16:30.90	16:29.77
50 dos	32.56	31.08	29.97	29.06	28.52	27.96
100 dos	1:10.88	1:06.67	1:04.64	1:02.82	1:01.49	1:00.34
200 dos	2:34.72	2:25.31	2:20.52	2:16.29	2:14.55	2:12.77
50 brasse	36.08	33.90	32.72	31.86	31.00	30.69
100 brasse	1:19.26	1:15.06	1:11.75	1:09.62	1:08.33	1:07.56
200 brasse	2:53.67	2:43.48	2:35.66	2:32.48	2:31.01	2:29.28
50 papillon	30.12	28.81	27.78	26.96	26.31	25.96
100 papillon	1:07.77	1:04.45	1:01.83	1:00.22	58.85	57.75
200 papillon	2:34.90	2:24.15	2:20.16	2:16.24	2:13.32	2:11.88
200 4 nages	2:33.78	2:25.89	2:21.36	2:17.25	2:14.41	2:13.15
400 4 nages	5:25.29	5:10.49	4:59.63	4:52.58	4:47.44	4:44.33

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Natation Course 2026

Challenge National #1

Grand bassin

A définir

17 au 19 avril

Qualifications du 01/01/2025 au 22/03/2026

6 réunions

Format classement au temps avec 2 séries finales par épreuve

PROGRAMME



Tout disqualifié sera exclu de ce classement.

Page mise à jour le mer. 25 mars 2026



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Natation Course 2026

FRANCE U18 *50m*



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Chalon sur Saône

25 au 30 mai

Qualifications du 04, 2004,

Engagements du 4 au 20 mai

Réunion technique le 22 mai en visio

Temps de qualification et rankings par épreuve

Epreuves ♀	Rk	U 14	U 15	U 16	U 17	U 18
50 nage libre	12	28.58	28.01	27.71	27.33	27.09
100 nage libre	14	1:02.33	1:00.53	59.91	59.19	58.65
200 nage libre	16	2:16.25	2:11.86	2:10.84	2:08.60	2:07.55
400 nage libre	12	4:44.84	4:36.87	4:32.62	4:28.39	4:27.47
800 nage libre	8	9:44.60	9:25.59	9:21.58	9:09.94	9:09.46
1500 nage libre	8	18:53.26	18:07.55	17:55.76	17:43.08	17:39.73
50 dos	12	32.80	31.98	31.45	31.10	30.86
100 dos	14	1:10.87	1:09.24	1:08.05	1:06.94	1:06.53
200 dos	16	2:32.41	2:29.09	2:26.81	2:25.64	2:24.78
50 brasse	12	36.40	35.35	34.72	34.33	34.14
100 brasse	14	1:19.66	1:17.08	1:16.43	1:16.04	1:15.30
200 brasse	16	2:51.96	2:46.73	2:45.61	2:43.67	2:42.66
50 papillon	12	30.47	29.58	29.17	28.79	28.58
100 papillon	14	1:08.92	1:06.54	1:05.36	1:04.59	1:04.04
200 papillon	16	2:38.79	2:31.16	2:28.41	2:24.20	2:23.74
200 4 nages	16	2:34.13	2:30.89	2:28.15	2:26.95	2:25.47
400 4 nages	12	5:27.34	5:15.02	5:12.75	5:08.72	5:07.02

Epreuves ♂	Rk	U 14	U 15	U 16	U 17	U 18
50 nage libre	12	26.69	25.84	25.12	24.62	24.12
100 nage libre	14	58.35	56.40	54.74	53.58	52.84
200 nage libre	16	2:07.82	2:03.32	1:59.17	1:57.16	1:55.48
400 nage libre	12	4:30.66	4:19.17	4:13.10	4:06.12	4:02.58
800 nage libre	8	9:20.58	8:56.13	8:43.25	8:31.04	8:25.11
1500 nage libre	8	17:57.75	17:06.91	16:37.59	16:13.01	16:02.04
50 dos	12	31.01	29.75	28.82	28.08	27.69
100 dos	14	1:07.51	1:03.80	1:02.16	1:00.70	59.70
200 dos	16	2:27.36	2:19.06	2:15.12	2:11.69	2:10.64
50 brasse	12	34.37	32.44	31.47	30.79	30.10
100 brasse	14	1:15.49	1:11.83	1:08.99	1:07.27	1:06.34
200 brasse	16	2:45.40	2:36.44	2:29.68	2:27.33	2:26.62
50 papillon	12	28.69	27.57	26.72	26.05	25.55
100 papillon	14	1:04.55	1:01.68	59.46	58.19	57.14
200 papillon	16	2:27.53	2:17.95	2:14.77	2:11.64	2:09.44
200 4 nages	16	2:26.46	2:19.61	2:15.93	2:12.61	2:10.50
400 4 nages	12	5:09.80	4:57.12	4:48.11	4:42.69	4:39.07

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Natation Course 2026

FRANCE U18 50m





Championnat Régional U 13 - 25m

FILLES	FILLES	Nages	GARCONS	GARCONS
U11-12	U 13		U12	U 13
00:35.64	00:32.94	50 NL	00:35.04	00:32.82
01:19.34	01:12.98	100 NL	01:17.65	01:12.84
02:56.49	02:39.04	200 NL	02:48.08	02:37.31
06:04.01	05:31.61	400 NL	05:52.74	05:30.81
11:51.36	11:51.36	800 NL	11:34.83	11:34.83
22:04.97 (U12)	22:04.97	1500 NL	21:50.52	21:50.62
00:42.66	00:40.11	50 Dos	00:42.35	00:40.24
01:32.84	01:27.13	100 Dos	01:29.76	01:25.89
03:24.05	03:04.59	200 Dos	03:10.10	03:02.38
00:47.22	00:44.64	50 Brasse	00:46.67	00:44.11
01:45.06	01:37.15	100 Brasse	01:41.31	01:37.36
03:40.75	03:24.41	200 Brasse	03:32.02	03:21.73
00:41.75	00:39.44	50 Pap	00:40.03	00:37.66
01:44.49	01:32.39	100 Pap	01:36.76	01:30.52
3:26.01 (U12)	03:26.01	200 Pap	3:24.09	03:24.09
03:18.47	03:01.50	200 4N	03:11.81	03:01.15
06:27.38 (U12)	06:27.38	400 4N	06:19.76	06:19.76

Championnats Régionaux U 18 - 50m



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Résumé génératif

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Consignes d'utilisation de l'IA générative.

Championnats Régionaux U 18 - 50m

DAMES	U 14 (2012)		U 15 (2011)		U 16 (2010)		U 17 (2009)		U 18 et + (2008 et Av)	
	Tps 25m	Tps 50m	Tps 25m	Tps 50m	Tps 25m	Tps 50m	Tps 25m	Tps 50m	Tps 25m	Tps 50m
50 m NL	00.31.00	00.31.70	00.29.70	00.30.40	00.29.33	00.30.03	00.29.04	00.29.74	00.28.90	00.29.60
100 m NL	1.06.33	1.07.53	1.03.84	1.05.04	1.03.68	1.04.88	1.03.38	1.04.08	1.02.12	1.03.32
200 m NL	2.24.99	2.27.89	2.19.28	2.22.18	2.18.79	2.21.69	2.16.46	2.19.36	2.15.53	2.18.43
400 m NL	5.04.22	5.10.42	4.52.11	4.58.31	4.50.71	4.56.91	4.47.19	4.53.39	4.44.24	4.50.44
800 m NL	10.20.00	10.32.90	10.03.64	10.16.54	9.51.10	10.04.00	9.48.60	10.01.50	9.46.10	9.59.00
1500 m NL	19.55.34	20.19.84	19.05.50	19.30.00	18.50.50	19.15.00	18.45.50	19.10.00	18.40.50	19.05.00
50 m Dos	00.35.33	00.36.63	00.33.72	00.35.02	00.33.22	00.34.52	00.32.69	00.33.99	00.32.42	00.33.72
100 m Dos	1.15.92	1.18.22	1.12.65	1.14.95	1.11.69	1.13.99	1.10.48	1.12.78	1.10.18	1.12.48
200 m Dos	2.43.18	2.48.58	2.34.61	2.40.01	2.33.67	2.39.07	2.32.44	2.37.84	2.31.27	2.36.67
50 m Brasse	00.39.02	00.39.72	00.38.26	00.38.96	00.37.73	00.38.43	00.37.39	00.38.09	00.36.55	00.37.25
100 m Brasse	1.26.05	1.27.95	1.23.47	1.25.37	1.22.19	1.24.09	1.21.04	1.22.94	1.20.25	1.22.11
200 m Brasse	3.04.43	3.08.93	2.57.65	3.02.15	2.55.73	3.00.23	2.52.76	2.57.26	2.51.58	2.56.08
50 m Papillon	00.32.90	00.33.50	00.31.84	00.32.44	00.31.55	00.32.15	00.31.12	00.31.72	00.30.81	00.31.41
100 m Papillon	1.14.97	1.16.37	1.12.61	1.14.01	1.11.87	1.13.27	1.11.57	1.12.97	1.10.18	1.11.58
200 m Papillon	2.47.67	2.50.97	2.45.00	2.48.30	2.40.55	2.43.85	2.37.85	2.41.15	2.36.95	2.41.15
200 m 4 Nages	2.45.71	2.49.11	2.39.09	2.42.49	2.38.54	2.41.94	2.36.05	2.39.45	2.33.15	2.38.54
400 m 4 Nages	5.51.15	5.58.65	5.37.82	5.45.32	5.35.86	5.43.36	5.30.00	5.37.50	5.27.75	5.35.86

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400 m 4 Nages	5.51.15	5.58.65	5.37.82	5.45.32	5.35.86	5.43.36	5.30.00	5.37.50	5.27.75	5.35.25
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La ligue des Hauts-de-France Natation se réserve le droit d'apporter, à tout moment et sans préavis, toute modification jugée nécessaire au règlement

MESSIEURS	U 14 (2012)		U 15 (2011)		U 16 (2010)		U 17 (2009)		U 18 et + (2008 et Av)	
	Tps 25m	Tps 50m	Tps 25m	Tps 50m	Tps 25m	Tps 50m	Tps 25m	Tps 50m	Tps 25m	Tps 50m
50 m NL	00.29.23	00.29.93	00.27.23	00.27.93	00.26.31	00.27.01	00.26.01	00.26.71	00.25.05	00.25.75
100 m NL	1.04.40	1.05.90	1.00.05	1.01.55	00.57.43	00.58.93	00.56.43	00.57.93	00.55.18	00.56.68
200 m NL	2.22.01	2.25.61	2.11.83	2.15.43	2.06.04	2.09.64	2.02.52	2.06.12	2.00.82	2.04.42
400 m NL	5.01.01	5.08.71	4.43.73	4.51.43	4.25.79	4.33.49	4.20.74	4.28.44	4.16.08	4.23.78
800 m NL	10.20.00	10.32.90	9.38.00	9.53.90	9.09.10	9.25.00	8.59.10	9.15.00	8.54.10	9.10.00
1500 m NL	19.55.34	20.19.84	18.25.00	18.55.10	17.39.90	18.10.00	17.24.90	17.55.00	17.14.90	17.45.00
50 m Dos	00.35.33	00.36.63	00.32.44	00.33.94	00.30.37	00.31.87	00.29.54	00.31.04	00.29.12	00.30.62
100 m Dos	1.15.92	1.18.22	1.09.11	1.12.11	1.04.20	1.07.20	1.03.81	1.06.81	1.02.23	1.05.23
200 m Dos	2.43.18	2.48.58	2.32.23	2.39.13	2.21.12	2.28.02	2.17.95	2.24.85	2.16.77	2.23.67
50 m Brasse	00.39.02	00.39.72	00.34.83	00.35.93	00.33.33	00.34.43	00.32.72	00.33.82	00.31.90	00.33.00
100 m Brasse	1.26.05	1.27.95	1.18.66	1.21.16	1.13.99	1.16.49	1.12.88	1.15.38	1.11.74	1.14.24
200 m Brasse	3.04.43	3.08.93	2.50.35	2.56.25	2.39.74	2.45.64	2.37.07	2.42.97	2.34.87	2.40.77
50 m Papillon	00.32.90	00.33.50	00.29.51	00.30.21	00.28.50	00.29.20	00.28.13	00.28.83	00.27.25	00.27.95
100 m Papillon	1.14.97	1.16.37	1.05.97	1.07.37	1.03.74	1.05.14	1.03.21	1.04.61	1.00.86	15
200 m Papillon	2.47.67	2.50.97	2.32.44	2.35.74	2.27.21	2.30.51	2.25.54	2.28.84	2.20.57	
200 m 4 Nages	2.40.30	2.44.40	2.31.03	2.35.13	2.22.76	2.26.86	2.21.39	2.25.49	2.18.44	2.22.54
400 m 4 Nages	5.46.88	5.55.88	5.22.03	5.31.03	5.06.74	5.15.87	4.59.08	5.08.08	4.54.92	5.03.92

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Natation Course 2026

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Canet en Roussillon

17 au 22 juillet

Qualifications du 01/01/2025 au 05/07/2026

Engagements du 7 au 13 juillet

Réunion technique le 15 juillet en visio

Temps de qualification et rankings par épreuve (TC exclus)

Epreuves ♀	Rk	U 14	U 15	U 16	U 17	U 18	TC
50 nage libre	12	28.58	28.01	27.71	27.33	27.00	26.84
100 nage libre	14	1:02.33	1:00.53	59.91	59.19	58.00	57.10
200 nage libre	16	2:16.25	2:11.86	2:10.84	2:08.60	2:06.50	2:05.50
400 nage libre	12	4:44.84	4:36.87	4:32.62	4:28.39	4:27.47	4:26.55
800 nage libre	8	9:44.60	9:25.59	9:21.58	9:09.94	9:09.46	9:08.98
1500 nage libre	8	18:53.26	18:07.55	17:55.76	17:43.08	17:39.73	17:36.38
50 dos	12	32.80	31.98	31.45	31.10	30.86	30.61
100 dos	14	1:10.87	1:09.24	1:08.05	1:06.94	1:06.53	1:06.11
200 dos	16	2:32.41	2:29.09	2:26.81	2:25.64	2:24.78	2:23.92
50 brasse	12	36.40	35.35	34.72	34.33	34.14	33.94
100 brasse	14	1:19.66	1:17.08	1:16.43	1:16.04	1:15.30	1:14.56
200 brasse	16	2:51.96	2:46.73	2:45.61	2:43.67	2:42.66	2:41.64
50 papillon	12	30.47	29.58	29.17	28.79	28.58	28.36
100 papillon	14	1:08.92	1:06.54	1:05.36	1:04.59	1:04.04	1:03.48
200 papillon	16	2:38.79	2:31.16	2:28.41	2:24.20	2:23.74	2:23.28
200 4 nages	16	2:34.13	2:30.89	2:28.15	2:26.95	2:25.47	2:23.98
400 4 nages	12	5:27.34	5:15.02	5:12.75	5:08.72	5:07.02	5:05.32
Epreuves ♂	Rk	U 14	U 15	U 16	U 17	U 18	TC
50 nage libre	12	26.69	25.84	25.12	24.62	24.12	23.62
100 nage libre	14	58.35	56.40	54.74	53.58	52.84	51.45
200 nage libre	16	2:07.82	2:03.32	1:59.17	1:57.16	1:55.48	1:53.42
400 nage libre	12	4:30.66	4:19.17	4:13.10	4:06.12	4:02.58	4:00.52
800 nage libre	8	9:20.58	8:56.13	8:43.25	8:31.04	8:25.11	8:19.70
1500 nage libre	8	17:57.75	17:06.91	16:37.59	16:13.01	16:02.04	15:59.20
50 dos	12	31.01	29.75	28.82	28.08	27.69	27.01
100 dos	14	1:07.51	1:03.80	1:02.16	1:00.70	99.70	98.30
200 dos	16	2:27.36	2:19.06	2:15.12	2:11.69	2:10.64	2:08.28
50 brasse	12	34.37	32.44	31.47	30.79	30.10	29.65
100 brasse	14	1:15.49	1:11.83	1:08.99	1:07.27	1:06.34	1:05.27
200 brasse	16	2:45.40	2:36.44	2:29.68	2:27.33	2:26.62	2:24.24
50 papillon	12	28.69	27.57	26.72	26.05	25.55	25.09
100 papillon	14	1:04.55	1:01.68	99.46	98.19	97.14	95.79
200 papillon	16	2:27.53	2:17.95	2:14.77	2:11.64	2:09.44	2:07.42
200 4 nages	16	2:26.46	2:19.61	2:15.93	2:12.61	2:10.50	2:08.65
400 4 nages	12	5:09.80	4:57.12	4:48.11	4:42.69	4:39.07	4:34.71

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Natation Course 2026

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Canet en Roussillon

17 au 22 juillet

Qualifications du 01/01/2025 au 05/07/2026

Engagements du 7 au 13 juillet

Réunion technique le 15 juillet en visio