



STANDARDS DE QUALIFICATION PROVINCIAUX 2026-2027

HOMMES – 25 m

Événement	Coupe du Québec		Coupe Espoir						Championnat québécois					
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	24,53	27,55	33,64	31,52	29,64	28,70	28,00	27,53	29,17 30,63	27,41 28,78	25,88 27,17	25,17 26,43	24,53 25,26	24,23 24,96
100m libre	53,18	0:59,74	1:13,96	1:09,37	1:05,29	1:03,25	1:01,72	1:00,70	1:03,25 1:06,41	59,42 1:02,39	56,11 58,91	54,58 57,31	53,18 54,77	52,54 54,11
200m libre	1:56,31	2:10,66	2:41,77	2:31,73	2:22,81	2:18,34	2:15,00	2:12,76	2:18,34 2:25,26	2:09,98 2:16,47	2:02,72 2:08,86	1:59,38 2:05,34	1:56,31 1:59,80	1:54,91 1:58,36
400m libre	4:14,63	4:40,66	5:52,28	5:30,71	5:11,54	5:01,96	4:54,77	4:49,97	5:01,96 5:11,01	4:43,98 4:52,50	4:28,40 4:36,46	4:21,22 4:29,05	4:14,63 4:22,26	4:11,63 4:19,18
800m libre	8:49,53	9:48,09	12:12,62	11:27,77	10:47,90	10:27,96	10:13,01	10:03,04	10:27,96 10:46,80	9:50,58 10:08,30	9:18,19 9:34,94	9:03,24 9:19,54	8:49,53 9:05,42	8:43,30 8:59,00
1500m libre	16:41,82	18:32,61	23:06,05	21:41,19	20:25,76	19:48,04	19:19,76	19:00,90	19:48,04 20:23,68	18:37,33 19:10,85	17:36,04 18:07,72	17:07,75 17:38,58	16:41,82 17:11,88	16:30,04 16:59,74
50m dos	28,19	31,67	38,67	36,24	34,07	32,99	32,18	31,64	33,53 35,21	31,50 33,08	29,75 31,23	28,93 30,38	28,19 29,04	27,85 28,69
100m dos	1:00,03	1:07,43	1:23,49	1:18,31	1:13,70	1:11,40	1:09,67	1:08,52	1:11,40 1:14,97	1:07,08 1:10,43	1:03,34 1:06,50	1:01,61 1:04,69	1:00,03 1:01,83	59,31 1:01,09
200m dos	2:14,03	2:27,73	3:05,43	2:54,08	2:43,99	2:38,94	2:35,16	2:32,64	2:38,94 2:46,89	2:29,48 2:36,96	2:21,28 2:28,35	2:17,50 2:24,37	2:14,03 2:18,05	2:12,45 2:16,43
50m brasse	31,00	34,82	42,52	39,84	37,46	36,27	35,38	34,79	36,87 38,71	34,64 36,37	32,71 34,34	31,81 33,41	31,00 31,93	30,63 31,54
100m brasse	1:07,36	1:15,67	1:33,68	1:27,87	1:22,70	1:20,12	1:18,18	1:16,89	1:20,12 1:24,12	1:15,27 1:19,03	1:11,07 1:14,62	1:09,13 1:12,59	1:07,36 1:09,38	1:06,55 1:08,55
200m brasse	2:31,18	2:46,64	3:29,16	3:16,36	3:04,97	2:59,28	2:55,01	2:52,17	2:59,28 3:08,24	2:48,61 2:57,04	2:39,36 2:47,33	2:35,09 2:42,85	2:31,18 2:35,71	2:29,40 2:33,88
50m papillon	26,15	29,38	35,87	33,62	31,61	30,61	29,85	29,35	31,11 32,66	29,23 30,69	27,60 28,98	26,84 28,19	26,15 26,94	25,84 26,62
100m papillon	58,91	1:04,40	1:21,94	1:16,85	1:12,33	1:10,07	1:08,38	1:07,25	1:10,07 1:13,57	1:05,83 1:09,12	1:02,16 1:05,27	1:00,46 1:03,49	58,91 1:00,68	58,20 59,95
200m papillon	2:16,89	2:26,84	3:09,39	2:57,79	2:47,49	2:42,33	2:38,47	2:35,89	2:42,33 2:50,45	2:32,67 2:40,30	2:24,30 2:31,51	2:20,43 2:27,45	2:16,89 2:20,99	2:15,28 2:19,34
200m QNI	2:12,03	2:28,32	3:03,63	2:52,24	2:42,10	2:37,04	2:33,24	2:30,71	2:37,04 2:44,89	2:27,54 2:34,92	2:19,31 2:26,27	2:15,51 2:22,28	2:12,03 2:15,99	2:10,44 2:14,36
400m QNI	4:49,69	5:19,30	6:40,79	6:16,25	5:54,44	5:43,54	5:35,36	5:29,90	5:43,54 5:53,84	5:23,09 5:32,78	5:05,36 5:14,53	4:57,19 5:06,10	4:49,69 4:58,38	4:46,28 4:54,87



STANDARDS DE QUALIFICATION PROVINCIAUX 2026-2027

HOMMES – 50 m

Événement	Coupe du Québec		Coupe Espoir						Championnat québécois					
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	25,28	28,40	34,68	32,50	30,56	29,59	28,86	28,38	30,07 31,58	28,26 29,67	26,68 28,01	25,95 27,25	25,28 26,04	24,98 25,73
100m libre	54,82	1:01,58	1:16,25	1:11,52	1:07,31	1:05,21	1:03,63	1:02,58	1:05,21 1:08,47	1:01,26 1:04,33	57,84 1:00,74	56,27 59,08	54,82 56,47	54,16 55,79
200m libre	1:59,91	2:14,70	2:46,77	2:36,42	2:27,22	2:22,62	2:19,17	2:16,87	2:22,62 2:29,75	2:13,99 2:20,69	2:06,52 2:12,84	2:03,07 2:09,22	1:59,91 2:03,50	1:58,47 2:02,02
400m libre	4:22,50	4:49,34	6:03,18	5:40,94	5:21,18	5:11,29	5:03,88	4:58,94	5:11,29 5:20,63	4:52,76 5:01,55	4:36,71 4:45,01	4:29,29 4:37,37	4:22,50 4:30,38	4:19,41 4:27,19
800m libre	9:05,91	10:06,28	12:35,28	11:49,04	11:07,94	10:47,39	10:31,97	10:21,70	10:47,39 11:06,81	10:08,85 10:27,12	9:35,45 9:52,72	9:20,04 9:36,84	9:05,91 9:22,29	8:59,49 9:15,67
1500m libre	17:12,81	19:07,02	23:48,92	22:21,43	21:03,67	20:24,79	19:55,63	19:36,18	20:24,79 21:01,53	19:11,88 19:46,44	18:08,70 18:41,36	17:39,54 18:11,32	17:12,81 17:43,79	17:00,66 17:31,28
50m dos	29,06	32,65	39,87	37,36	35,13	34,01	33,17	32,62	34,57 36,30	32,48 34,10	30,67 32,20	29,83 31,32	29,06 29,93	28,71 29,58
100m dos	1:01,88	1:09,52	1:26,07	1:20,73	1:15,98	1:13,61	1:11,83	1:10,64	1:13,61 1:17,29	1:09,15 1:12,61	1:05,30 1:08,56	1:03,52 1:06,69	1:01,88 1:03,74	01,14 1:02,98
200m dos	2:18,18	2:32,30	3:11,17	2:59,47	2:49,06	2:43,86	2:39,96	2:37,36	2:43,86 2:52,05	2:34,11 2:41,81	2:25,65 2:32,94	2:21,75 2:28,84	2:18,18 2:22,32	2:16,55 2:20,65
50m brasse	31,96	35,90	43,83	41,07	38,62	37,40	36,48	35,86	38,01 39,91	35,71 37,50	33,72 35,40	32,80 34,44	31,96 32,91	31,57 32,52
100m brasse	1:09,44	1:18,01	1:36,58	1:30,59	1:25,26	1:22,59	1:20,60	1:19,26	1:22,59 1:26,72	1:17,60 1:21,48	1:13,27 1:16,93	1:11,27 1:14,83	1:09,44 1:11,52	1:08,61 1:10,67
200m brasse	2:35,85	2:51,79	3:35,63	3:22,43	3:10,69	3:04,83	3:00,42	2:57,49	3:04,83 3:14,07	2:53,82 3:02,52	2:44,29 2:52,50	2:39,89 2:47,88	2:35,85 2:40,53	2:34,02 2:38,64
50m papillon	26,96	30,29	36,98	34,66	32,59	31,55	30,78	30,26	32,07 33,67	30,13 31,64	28,45 29,87	27,67 29,06	26,96 27,77	26,64 27,44
100m papillon	1:00,73	1:06,40	1:24,47	1:19,23	1:14,57	1:12,24	1:10,49	1:09,33	1:12,24 1:15,85	1:07,87 1:11,26	1:04,08 1:07,29	1:02,33 1:05,45	1:00,73 1:02,55	1:00,00 1:01,80
200m papillon	2:21,12	2:31,38	3:15,25	3:03,29	2:52,67	2:47,35	2:43,37	2:40,71	2:47,35 2:55,72	2:37,39 2:45,26	2:28,76 2:36,20	2:24,77 2:32,01	2:21,12 2:25,36	2:19,46 2:23,65
200m QNI	2:16,11	2:32,90	3:09,31	2:57,56	2:47,12	2:41,90	2:37,98	2:35,37	2:41,90 2:49,99	2:32,10 2:39,71	2:23,62 2:30,80	2:19,70 2:26,68	2:16,11 2:20,19	2:14,48 2:18,51
400m QNI	4:58,65	5:29,18	6:53,19	6:27,89	6:05,40	5:54,16	5:45,73	5:40,11	5:54,16 6:04,78	5:33,08 5:43,07	5:14,81 5:24,25	5:06,38 5:15,57	4:58,65 5:07,61	4:55,13 5:03,99



STANDARDS DE QUALIFICATION PROVINCIAUX 2026-2027

FEMMES – 25 m

Événement	Coupe du Québec		Coupe Espoir						Championnat québécois					
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	26,47	30,55	35,47	33,39	32,08	31,56	31,04	30,52	29,47 30,95	28,17 29,58	27,32 28,69	26,93 28,28	26,47 27,27	26,28 27,07
100m libre	58,08	1:05,72	1:17,44	1:12,95	1:10,14	1:09,02	1:07,90	1:06,78	1:04,53 1:07,76	1:01,73 1:04,81	59,90 1:02,90	59,06 1:02,01	58,08 59,82	57,66 59,39
200m libre	2:06,11	2:22,70	2:48,15	2:38,40	2:32,31	2:29,87	2:27,43	2:25,00	2:20,12 2:27,13	2:14,03 2:20,73	2:10,07 2:16,57	2:08,24 2:14,65	2:06,11 2:09,89	2:05,20 2:08,95
400m libre	4:33,29	5:03,37	6:02,66	5:41,94	5:28,99	5:23,81	5:18,62	5:13,44	5:03,08 5:12,17	4:50,13 4:58,83	4:41,71 4:50,16	4:37,83 4:46,16	4:33,29 4:41,49	4:31,35 4:39,49
800m libre	9:23,11	10:29,82	12:27,25	11:44,55	11:17,86	11:07,19	10:56,51	10:45,84	10:24,49 10:43,22	9:57,80 10:15,73	9:40,45 9:57,87	9:32,45 9:49,62	9:23,11 9:40,00	9:19,10 9:35,88
1500m libre	18:02,89	20:11,20	23:57,01	22:34,90	21:43,58	21:23,05	21:02,52	20:41,99	20:00,93 20:36,96	19:09,61 19:44,10	18:36,25 19:09,74	18:20,86 18:53,88	18:02,89 18:35,38	17:55,19 18:27,45
50m dos	30,18	34,82	40,44	38,06	36,57	35,98	35,38	34,79	33,60 35,28	32,11 33,72	31,15 32,70	30,70 32,23	30,18 31,08	29,96 30,85
100m dos	1:05,31	1:13,89	1:27,07	1:22,03	1:18,87	1:17,61	1:16,35	1:15,09	1:12,56 1:16,19	1:09,41 1:12,88	1:07,36 1:10,72	1:06,41 1:09,73	1:05,31 1:07,26	04,83 1:06,78
200m dos	2:24,21	2:40,08	3:11,37	3:00,43	2:53,60	2:50,87	2:48,13	2:45,40	2:39,93 2:47,93	2:33,10 2:40,75	2:28,65 2:36,09	2:26,60 2:33,93	2:24,21 2:28,54	2:23,19 2:27,48
50m brasse	33,60	38,77	45,02	42,37	40,72	40,06	39,39	38,73	37,41 39,28	35,75 37,54	34,68 36,41	34,18 35,89	33,60 34,61	33,35 34,35
100m brasse	1:15,21	1:24,05	1:39,04	1:33,30	1:30,83	1:29,38	1:27,92	1:26,47	1:22,53 1:26,66	1:18,94 1:22,89	1:17,57 1:21,45	1:16,48 1:20,30	1:15,21 1:17,46	1:14,66 1:16,90
200m brasse	2:46,58	3:02,63	3:38,32	3:25,85	3:20,53	3:17,38	3:14,22	3:11,06	3:02,46 3:11,58	2:54,66 3:03,39	2:51,72 3:00,30	2:49,35 2:57,82	2:46,58 2:51,58	2:45,40 2:50,36
50m papillon	28,28	32,63	37,90	35,67	34,27	33,72	33,16	32,60	31,49 33,06	30,09 31,60	29,19 30,65	28,77 30,21	28,28 29,13	28,07 28,92
100m papillon	1:05,19	1:11,79	1:26,92	1:21,88	1:18,73	1:17,47	1:16,21	1:14,95	1:12,43 1:16,06	1:09,28 1:12,75	1:07,24 1:10,60	1:06,29 1:09,61	1:05,19 1:07,15	1:04,72 1:06,66
200m papillon	2:28,79	2:40,73	3:17,44	3:06,16	2:59,11	2:56,29	2:53,47	2:50,65	2:45,01 2:53,26	2:37,96 2:45,85	2:33,37 2:41,04	2:31,26 2:38,82	2:28,79 2:33,25	2:27,73 2:32,16
200m QNI	2:22,96	2:41,77	3:10,62	2:59,57	2:52,66	2:49,90	2:47,14	2:44,37	2:38,85 2:46,79	2:31,94 2:39,54	2:27,45 2:34,83	2:25,38 2:32,65	2:22,96 2:27,25	2:21,93 2:26,19
400m QNI	5:11,69	5:46,00	6:53,62	6:29,99	6:15,21	6:09,31	6:03,40	5:57,49	5:45,67 5:56,04	5:30,90 5:40,83	5:21,30 5:30,94	5:16,86 5:26,37	5:11,69 5:21,05	5:09,48 5:18,76



STANDARDS DE QUALIFICATION PROVINCIAUX 2026-2027

FEMMES – 50 m

Événement	Coupe du Québec		Coupe Espoir						Championnat québécois					
Âge	A Ouvert	B 17 ans +	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans	12 ans -	13 ans	14 ans	15 ans	16 ans	17 ans +
50m libre	27,29	31,49	36,57	34,42	33,08	32,54	32,00	31,46	30,39 31,91	29,04 30,49	28,17 29,58	27,76 29,15	27,29 28,11	27,09 27,90
100m libre	59,87	1:07,75	1:19,83	1:15,20	1:12,31	1:11,15	1:10,00	1:08,84	1:06,53 1:09,85	1:03,63 1:06,82	1:01,75 1:04,84	1:00,89 1:03,93	59,87 1:01,67	59,44 1:01,22
200m libre	2:10,01	2:27,11	2:53,35	2:43,30	2:37,02	2:34,50	2:31,99	2:29,48	2:24,46 2:31,68	2:18,17 2:25,08	2:14,09 2:20,80	2:12,21 2:18,82	2:10,01 2:13,91	2:09,07 2:12,94
400m libre	4:41,74	5:12,76	6:13,88	5:52,51	5:39,16	5:33,82	5:28,48	5:23,14	5:12,46 5:21,83	4:59,10 5:08,08	4:50,42 4:59,14	4:46,42 4:55,01	4:41,74 4:50,20	4:39,74 4:48,13
800m libre	9:40,52	10:49,30	12:50,36	12:06,34	11:38,83	11:27,82	11:16,82	11:05,81	10:43,80 11:03,12	10:16,29 10:34,78	9:58,41 10:16,36	9:50,15 10:07,86	9:40,52 9:57,94	9:36,39 9:53,69
1500m libre	18:36,38	20:48,66	24:41,46	23:16,80	22:23,89	22:02,73	21:41,57	21:20,40	20:38,08 21:15,22	19:45,17 20:20,72	19:10,78 19:45,30	18:54,90 19:28,95	18:36,38 19:09,88	18:28,45 19:01,70
50m dos	31,11	35,90	41,69	39,24	37,70	37,09	36,48	35,86	34,64 36,37	33,10 34,76	32,11 33,71	31,65 33,23	31,11 32,05	30,88 31,81
100m dos	1:07,32	1:16,18	1:29,77	1:24,56	1:21,31	1:20,01	1:18,71	1:17,41	1:14,81 1:18,55	1:11,55 1:15,13	1:09,44 1:12,91	1:08,46 1:11,89	1:07,32 1:09,34	06,84 1:08,84
200m dos	2:28,67	2:45,04	3:17,29	3:06,01	2:58,97	2:56,15	2:53,33	2:50,51	2:44,88 2:53,12	2:37,83 2:45,72	2:33,25 2:40,91	2:31,14 2:38,69	2:28,67 2:33,13	2:27,61 2:32,04
50m brasse	34,64	39,97	46,42	43,68	41,98	41,30	40,61	39,93	38,57 40,49	36,86 38,70	35,75 37,54	35,24 37,00	34,64 35,68	34,38 35,42
100m brasse	1:17,53	1:26,65	1:42,10	1:36,18	1:33,64	1:32,14	1:30,64	1:29,15	1:25,08 1:29,34	1:21,38 1:25,45	1:19,97 1:23,97	1:18,85 1:22,79	1:17,53 1:19,86	1:16,97 1:19,28
200m brasse	2:51,74	3:08,28	3:45,08	3:32,22	3:26,74	3:23,48	3:20,22	3:16,97	3:08,10 3:17,50	3:00,06 3:09,06	2:57,03 3:05,88	2:54,59 3:03,31	2:51,74 2:56,89	2:50,52 2:55,63
50m papillon	29,16	33,64	39,07	36,77	35,33	34,76	34,19	33,61	32,46 34,08	31,03 32,58	30,09 31,60	29,66 31,14	29,16 30,03	28,94 29,81
100m papillon	1:07,21	1:14,01	1:29,61	1:24,41	1:21,17	1:19,87	1:18,57	1:17,27	1:14,67 1:18,41	1:11,43 1:15,00	1:09,32 1:12,78	1:08,34 1:11,76	1:07,21 1:09,22	1:06,72 1:08,72
200m papillon	2:33,39	2:45,71	3:23,55	3:11,92	3:04,65	3:01,74	2:58,83	2:55,93	2:50,11 2:58,62	2:42,84 2:50,98	2:38,12 2:46,02	2:35,93 2:43,73	2:33,39 2:37,99	2:32,30 2:36,87
200m QNI	2:27,39	2:46,77	3:16,51	3:05,12	2:58,00	2:55,15	2:52,31	2:49,46	2:43,76 2:51,95	2:36,64 2:44,47	2:32,01 2:39,61	2:29,88 2:37,37	2:27,39 2:31,81	2:26,32 2:30,71
400m QNI	5:21,33	5:56,70	7:06,42	6:42,05	6:26,82	6:20,73	6:14,64	6:08,54	5:56,36 6:07,05	5:41,13 5:51,37	5:31,23 5:41,17	5:26,66 5:36,46	5:21,33 5:30,97	5:19,05 5:28,62



STANDARDS DE QUALIFICATION PROVINCIAUX 2026-2027

GARÇONS – 25 m

FILLES – 25 m

Événement	Mini Coupe				
Âge	8 ans -	9 ans	10 ans	11 ans	12 ans
50m dos	Temps prouvé	0:55,00	0:50,00		
100m dos				1:45,00	1:35,00
50m brasse	Temps prouvé	1:00,00	0:55,00		
100m brasse				1:55,00	1:45,00
50m papillon	Temps prouvé	1:00,00	0:55,00	0:50,00	0:45,00

Version : 12 août 2026



STANDARDS DE QUALIFICATION PROVINCIAUX 2026-2027

GRAND PRIX DU QUÉBEC

À venir / To be confirmed