

2019-2020 Long Course Standards / Standards Grand Bassin



2019-2020 Short Course Standards / Standards Petit Bassin

|    | Female / Femmes          |                   |                   |                   |                   |                            | Male / Hommes              |                   |                   |                   |                   |                          |    | Female / Femmes          |                   |                   |                   |                   |                            | Male / Hommes              |                   |                   |                   |                   |                          |          |         |   |
|----|--------------------------|-------------------|-------------------|-------------------|-------------------|----------------------------|----------------------------|-------------------|-------------------|-------------------|-------------------|--------------------------|----|--------------------------|-------------------|-------------------|-------------------|-------------------|----------------------------|----------------------------|-------------------|-------------------|-------------------|-------------------|--------------------------|----------|---------|---|
|    | 11&Under / 11ans & moins | 12 Years / 12 ans | 13 Years / 13 ans | 14 Years / 14 ans | 15 Years / 15 ans | 16 & Over / 16 ans et plus | 16 & Over / 16 ans et plus | 15 Years / 15 ans | 14 Years / 14 ans | 13 Years / 13 ans | 12 Years / 12 ans | 11&Under / 11ans & moins |    | 11&Under / 11ans & moins | 12 Years / 12 ans | 13 Years / 13 ans | 14 Years / 14 ans | 15 Years / 15 ans | 16 & Over / 16 ans et plus | 16 & Over / 16 ans et plus | 15 Years / 15 ans | 14 Years / 14 ans | 13 Years / 13 ans | 12 Years / 12 ans | 11&Under / 11ans & moins |          |         |   |
| AA | 35.39                    | 34.64             | 33.94             | 33.29             | 32.66             | 32.09                      | 30.06                      | 30.79             | 31.58             | 32.38             | 33.27             | 34.22                    | AA | AA                       | 34.31             | 33.59             | 32.90             | 32.28             | 31.67                      | 31.12                      | 29.18             | 29.88             | 30.66             | 31.42             | 32.28                    | 33.20    | AA      |   |
| A  | 37.44                    | 36.24             | 35.28             | 34.32             | 33.60             | 32.88                      | 30.96                      | 31.68             | 32.64             | 33.60             | 34.80             | 36.00                    | A  | A                        | 36.24             | 35.28             | 34.08             | 33.12             | 32.40                      | 31.92                      | 29.76             | 30.72             | 31.44             | 32.40             | 33.60                    | 34.56    | A       |   |
| B  | 40.80                    | 40.00             | 38.80             | 37.60             | 36.00             | 34.80                      | 32.00                      | 35.20             | 36.40             | 38.00             | 40.00             | 41.20                    | B  | B                        | 39.60             | 38.80             | 37.60             | 36.80             | 35.20                      | 34.00                      | 31.20             | 34.00             | 35.20             | 36.80             | 38.80                    | 40.00    | B       |   |
| AA | 1:18.92                  | 1:16.66           | 1:14.66           | 1:12.84           | 1:11.20           | 1:09.76                    | 1:05.66                    | 1:07.34           | 1:09.20           | 1:11.12           | 1:13.26           | 1:15.62                  | AA | AA                       | 1:16.74           | 1:14.52           | 1:12.52           | 1:10.76           | 1:09.22                    | 1:07.80                    | 1:03.16           | 1:04.74           | 1:06.56           | 1:08.42           | 1:10.44                  | 1:12.76  | AA      |   |
| A  | 1:22.56                  | 1:19.68           | 1:17.28           | 1:14.40           | 1:13.44           | 1:11.52                    | 1:07.68                    | 1:09.60           | 1:11.52           | 1:13.44           | 1:16.32           | 1:19.20                  | A  | A                        | 1:20.64           | 1:17.76           | 1:14.88           | 1:12.48           | 1:11.04                    | 1:09.60                    | 1:05.28           | 1:06.72           | 1:08.64           | 1:11.04           | 1:13.44                  | 1:16.32  | A       |   |
| B  | 1:29.10                  | 1:25.50           | 1:22.80           | 1:21.00           | 1:18.30           | 1:15.60                    | 1:12.00                    | 1:16.50           | 1:20.10           | 1:22.80           | 1:26.40           | 1:30.00                  | B  | B                        | 1:27.30           | 1:23.70           | 1:21.00           | 1:19.20           | 1:16.50                    | 1:13.80                    | 1:09.30           | 1:13.80           | 1:17.40           | 1:20.10           | 1:23.70                  | 1:27.30  | B       |   |
| AA | 2:51.92                  | 2:46.72           | 2:42.04           | 2:37.92           | 2:34.24           | 2:31.00                    | 2:23.16                    | 2:23.16           | 2:26.28           | 2:29.84           | 2:33.48           | 2:37.52                  | AA | AA                       | 2:47.44           | 2:42.48           | 2:37.88           | 2:33.84           | 2:30.28                    | 2:27.04                    | 2:18.68           | 2:21.64           | 2:25.08           | 2:28.56           | 2:32.48                  | 2:36.96  | AA      |   |
| A  | 3:00.48                  | 2:53.76           | 2:48.00           | 2:43.20           | 2:38.40           | 2:35.52                    | 2:28.80                    | 2:31.68           | 2:35.52           | 2:41.28           | 2:46.08           | 2:51.84                  | A  | A                        | 2:55.68           | 2:48.96           | 2:43.20           | 2:38.40           | 2:34.56                    | 2:31.68                    | 2:24.00           | 2:26.88           | 2:30.72           | 2:35.52           | 2:40.32                  | 2:46.08  | A       |   |
| B  | 3:26.00                  | 3:18.00           | 3:02.00           | 2:56.00           | 2:52.00           | 2:46.00                    | 2:36.00                    | 2:42.00           | 2:56.00           | 3:02.00           | 3:20.00           | 3:32.00                  | B  | B                        | 3:22.00           | 3:14.00           | 2:58.00           | 2:52.00           | 2:48.00                    | 2:42.00                    | 2:32.00           | 2:38.00           | 2:52.00           | 2:58.00           | 3:14.00                  | 3:26.00  | B       |   |
| AA | 6:01.76                  | 5:51.76           | 5:42.88           | 5:34.88           | 5:27.76           | 5:21.52                    | 5:07.92                    | 5:15.28           | 5:23.68           | 5:32.48           | 5:42.56           | 5:53.76                  | AA | AA                       | 5:53.20           | 5:43.68           | 5:34.80           | 5:26.96           | 5:20.08                    | 5:14.00                    | 4:57.44           | 5:04.48           | 5:12.88           | 5:21.20           | 5:30.72                  | 5:41.76  | AA      |   |
| A  | 6:18.24                  | 6:06.72           | 5:55.20           | 5:43.68           | 5:36.00           | 5:28.32                    | 5:18.72                    | 5:26.40           | 5:34.08           | 5:47.52           | 5:59.04           | 6:10.56                  | A  | A                        | 6:10.56           | 5:57.12           | 5:45.60           | 5:34.08           | 5:28.32                    | 5:20.64                    | 5:09.12           | 5:14.88           | 5:24.48           | 5:36.00           | 5:47.52                  | 5:59.04  | A       |   |
| B  | 7:08.00                  | 6:52.00           | 6:32.00           | 6:12.00           | 5:56.00           | 5:48.00                    | 5:32.00                    | 5:44.00           | 6:16.00           | 6:32.00           | 6:56.00           | 7:16.00                  | B  | B                        | 7:00.00           | 6:47.00           | 6:24.00           | 6:04.00           | 5:48.00                    | 5:40.00                    | 5:24.00           | 5:36.00           | 6:04.00           | 6:20.00           | 6:44.00                  | 7:04.00  | B       |   |
| AA | 12:33.76                 | 12:10.72          | 11:50.56          | 11:32.80          | 11:17.60          | 11:04.48                   | 10:43.84                   | 10:58.24          | 11:15.68          | 11:35.04          | 11:58.08          | 12:25.28                 | AA | AA                       | 12:18.08          | 11:55.36          | 11:36.00          | 11:18.08          | 11:03.36                   | 10:50.72                   | 10:25.12          | 10:39.04          | 10:56.00          | 11:14.40          | 11:37.44                 | 12:03.52 | AA      |   |
| A  | 13:07.20                 | 12:40.32          | 12:17.28          | 11:54.24          | 11:38.88          | 11:23.52                   | 11:08.16                   | 11:23.52          | 11:38.88          | 12:05.76          | 12:32.64          | 12:59.52                 | A  | A                        | 12:51.84          | 12:24.96          | 12:01.92          | 11:38.88          | 11:23.52                   | 11:08.16                   | 10:48.96          | 11:04.32          | 11:19.68          | 11:42.72          | 12:09.60                 | 12:36.48 | A       |   |
| B  | 14:24.00                 | 14:00.00          | 13:36.00          | 13:12.00          | 12:24.00          | 11:44.00                   | 11:36.00                   | 12:00.00          | 13:04.00          | 13:36.00          | 14:24.00          | 15:04.00                 | B  | B                        | 14:08.00          | 13:44.00          | 13:20.00          | 12:56.00          | 12:08.00                   | 11:36.00                   | 11:20.00          | 11:44.00          | 12:48.00          | 13:12.00          | 14:00.00                 | 14:40.00 | B       |   |
| AA | 25:13.92                 | 24:15.04          | 23:24.16          | 22:40.32          | 22:03.20          | 21:31.84                   | 20:42.56                   | 21:14.24          | 21:51.04          | 22:29.76          | 23:14.24          | 24:04.16                 | AA | AA                       | 24:40.64          | 23:43.36          | 22:52.80          | 22:10.56          | 21:33.76                   | 21:02.72                   | 20:01.28          | 20:31.68          | 21:07.52          | 21:44.64          | 22:28.16                 | 23:16.48 | AA      |   |
| A  | 26:14.40                 | 25:12.96          | 24:19.20          | 23:25.44          | 22:47.04          | 22:16.32                   | 21:14.88                   | 21:45.60          | 22:24.00          | 23:10.08          | 24:03.84          | 25:05.28                 | A  | A                        | 25:43.68          | 24:42.24          | 23:48.48          | 22:54.72          | 22:16.32                   | 21:45.60                   | 20:36.48          | 21:07.20          | 21:37.92          | 22:24.00          | 23:17.76                 | 24:11.52 | A       |   |
| B  | 27:44.00                 | 26:40.00          | 25:36.00          | 24:32.00          | 23:28.00          | 22:56.00                   | 21:52.00                   | 22:56.00          | 24:16.00          | 25:36.00          | 26:24.00          | 27:44.00                 | B  | B                        | 27:12.00          | 26:08.00          | 25:04.00          | 24:00.00          | 23:12.00                   | 22:40.00                   | 21:20.00          | 22:24.00          | 23:28.00          | 24:48.00          | 25:36.00                 | 26:56.00 | B       |   |
| AA | 41.47                    | 40.49             | 39.60             | 38.79             | 38.02             | 37.35                      | 35.10                      | 35.86             | 36.68             | 37.46             | 38.30             | 39.16                    | AA | AA                       | 39.86             | 38.94             | 38.08             | 37.31             | 36.55                      | 35.90                      | 33.50             | 34.23             | 35.01             | 35.77             | 36.56                    | 37.35    | AA      |   |
| A  | 43.92                    | 42.48             | 41.28             | 39.84             | 39.12             | 38.40                      | 36.48                      | 37.44             | 38.16             | 39.36             | 40.56             | 41.76                    | A  | A                        | 42.24             | 41.04             | 39.60             | 38.40             | 37.68                      | 36.96                      | 34.56             | 35.52             | 36.24             | 37.20             | 38.40                    | 39.60    | A       |   |
| B  | 48.00                    | 47.20             | 45.20             | 43.60             | 42.00             | 40.40                      | 38.40                      | 40.80             | 42.80             | 44.40             | 48.00             | 48.80                    | B  | B                        | 46.40             | 45.60             | 43.60             | 42.00             | 40.40                      | 39.20                      | 36.40             | 38.80             | 40.80             | 42.40             | 45.60                    | 46.40    | B       |   |
| AA | 1:28.30                  | 1:25.84           | 1:23.56           | 1:21.54           | 1:19.72           | 1:18.08                    | 1:14.16                    | 1:16.14           | 1:18.38           | 1:20.72           | 1:23.36           | 1:26.30                  | AA | AA                       | 1:24.88           | 1:22.50           | 1:20.30           | 1:18.36           | 1:16.62                    | 1:15.06                    | 1:10.88           | 1:12.78           | 1:14.92           | 1:17.14           | 1:19.68                  | 1:22.48  | AA      |   |
| A  | 1:33.60                  | 1:30.72           | 1:27.84           | 1:24.48           | 1:23.04           | 1:21.12                    | 1:17.76                    | 1:19.68           | 1:21.60           | 1:24.48           | 1:27.36           | 1:30.72                  | A  | A                        | 1:29.76           | 1:26.88           | 1:24.48           | 1:21.12           | 1:19.68                    | 1:17.76                    | 1:14.40           | 1:15.84           | 1:18.24           | 1:20.64           | 1:23.52                  | 1:26.88  | A       |   |
| B  | 1:48.00                  | 1:42.60           | 1:38.10           | 1:32.70           | 1:29.10           | 1:27.30                    | 1:21.90                    | 1:27.30           | 1:30.90           | 1:35.40           | 1:42.60           | 1:48.90                  | B  | B                        | 1:44.40           | 1:39.00           | 1:34.50           | 1:29.10           | 1:26.40                    | 1:24.60                    | 1:24.60           | 1:18.30           | 1:23.70           | 1:27.30           | 1:31.80                  | 1:38.10  | 1:44.40 | B |
| AA | 3:17.68                  | 3:10.52           | 3:04.12           | 2:58.48           | 2:53.52           | 2:49.24                    | 2:41.96                    | 2:45.60           | 2:49.76           | 2:54.08           | 2:58.88           | 3:04.24                  | AA | AA                       | 3:11.44           | 3:04.48           | 2:58.32           | 2:52.88           | 2:48.08                    | 2:43.92                    | 2:34.68           | 2:38.24           | 2:42.24           | 2:46.36           | 2:51.04                  | 2:56.04  | AA      |   |
| A  | 3:26.40                  | 3:17.76           | 3:10.08           | 3:04.32           | 2:59.52           | 2:54.72                    | 2:48.96                    | 2:53.76           | 2:57.60           | 3:03.36           | 3:10.08           | 3:15.84                  | A  | A                        | 3:19.68           | 3:11.04           | 3:04.32           | 2:58.56           | 2:53.76                    | 2:49.92                    | 2:41.28           | 2:46.08           | 2:49.92           | 2:55.68           | 3:01.44                  | 3:07.20  | A       |   |
| B  | 3:50.00                  | 3:42.00           | 3:32.00           | 3:26.00           | 3:16.00           | 3:06.00                    | 2:58.00                    | 3:06.00           | 3:18.00           | 3:26.00           | 3:48.00           | 3:56.00                  | B  | B                        | 3:44.00           | 3:36.00           | 3:26.00           | 3:20.00           | 3:10.00                    | 3:02.00                    | 2:50.00           | 2:58.00           | 3:10.00           | 3:18.00           | 3:38.00                  | 3:46.00  | B       |   |
| AA | 45.59                    | 44.66             | 43.78             | 42.96             | 42.18             | 41.46                      | 38.11                      | 38.96             | 39.88             | 40.77             | 41.74             | 42.75                    | AA | AA                       | 43.71             | 42.84             | 42.00             | 41.21             | 40.47                      | 39.78                      | 36.20             | 37.02             | 37.88             | 38.74             | 39.65                    | 40.61    | AA      |   |
| A  | 48.48                    | 47.04             | 45.60             | 44.40             | 43.44             | 42.72                      | 40.08                      | 41.04             | 42.00             | 43.20             | 44.64             | 45.84                    | A  | A                        | 46.32             | 45.12             | 43.92             | 42.48             | 41.76                      | 40.80                      | 37.68             | 38.64             | 39.60             | 40.80             | 42.00                    | 43.44    | A       |   |
| B  | 55.60                    | 54.00             | 50.80             | 48.40             | 46.80             | 46.00                      | 43.60                      | 45.60             | 46.80             | 49.60             | 54.40             | 57.60                    | B  | B                        | 53.60             | 52.00             | 48.80             | 46.40             | 45.20                      | 44.40                      | 41.20             | 43.20             | 44.40             | 46.80             | 51.60                    | 54.40    | B       |   |
| AA | 1:41.42                  | 1:38.56           | 1:35.98           | 1:33.66           | 1:31.58           | 1:29.70                    | 1:24.38                    | 1:27.02           | 1:30.02           | 1:33.18           | 1:36.76           | 1:40.74                  | AA | AA                       | 1:37.56           | 1:34.70           | 1:32.30           | 1:30.06           | 1:28.06                    | 1:26.18                    | 1:20.30           | 1:22.76           | 1:25.70           | 1:28.66           | 1:32.02                  | 1:35.90  | AA      |   |
| A  | 1:46.56                  | 1:42.72           | 1:39.84           | 1:36.48           | 1:34.08           | 1:32.64                    | 1:27.84                    | 1:30.24           | 1:33.12           | 1:36.48           | 1:40.80           | 1:44.64                  | A  | A                        | 1:42.24           | 1:38.88           | 1:36.00           | 1:32.64           | 1:30.72                    | 1:28.80                    | 1:23.52           | 1:25.92           | 1:28.32           | 1:32.16           | 1:36.00                  | 1:39.36  | A       |   |
| B  | 1:55.20                  | 1:51.60           | 1:48.00           | 1:44.40           | 1:42.60           | 1:39.90                    | 1:30.90                    | 1:37.20           | 1:39.90           | 1:45.30           | 1:53.40           | 1:57.90                  | B  | B                        | 1:51.60           | 1:48.00           | 1:44.40           | 1:40.80           | 1:39.00                    | 1:36.30                    | 1:27.30           | 1:32.70           | 1:35.40           | 1:40.80           | 1:48.00                  | 1:52.50  | B       |   |
| AA | 3:37.60                  | 3:31.56           | 3:26.08           | 3:21.12           | 3:16.68           | 3:12.68                    | 3:04.20                    | 3:09.92           | 3:16.52           | 3:23.56           | 3:31.52           | 3:40.52                  | AA | AA                       | 3:29.32           | 3:23.52           | 3:18.24           | 3:13.52           | 3:09.20                    | 3:05.40                    | 2:55.76           | 3:01.16           | 3:07.32           | 3:14.24           | 3:21.64                  | 3:30.40  | AA      |   |
| A  | 3:49.44                  | 3:41.76           | 3:34.08           | 3:28.32           | 3:22.56           | 3:18.72                    | 3:11.04                    | 3:17.76           | 3:22.56           | 3:31.20           | 3:38.88           | 3:48.48                  | A  | A                        | 3:40.80           | 3:33.12           | 3:26.40           | 3:19.68           | 3:14.88                    | 3:11.04                    | 3:02.40           | 3:08.16           | 3:12.96           | 3:21.60           | 3:29.28                  | 3:37.92  | A       |   |
| B  | 4:24.00                  | 4:10.00           | 4:00.00           | 3:52.00           | 3:46.00           | 3:40.00                    | 3:18.00                    | 3:28.00           | 3:40.00           | 3:48.00           | 4:04.00           | 4:26.00                  | B  | B                        | 4:14.00           | 4:02.00           | 3:52.00           | 3:44.00           | 3:38.00                    | 3:32.00                    | 3:10.00           | 3:20.00           | 3:30.00           | 3:38.00           | 3:54.00                  | 4:14.00  | B       |   |
| AA | 38.26                    | 37.49             | 36.76             | 36.08             | 35.43             | 34.83                      | 32.67                      | 33.44             | 34.27             | 35.11             | 36.03             | 37.01                    | AA | AA                       | 37.23             | 36.44             | 35.74             | 35.08             | 34.46                      | 33.88                      | 31.68             | 32.43             | 33.25             | 34.07             | 34.94                    | 35.89    | AA      |   |
| A  | 40.80                    | 39.60             | 38.40             | 37.44             | 36.72             | 35.76                      | 33.84                      | 34.56             | 35.52             | 36.72             | 37.92             | 39.12                    | A  | A                        | 39.60             | 38.40             | 37.44             | 36.24             | 35.52                      | 34.80                      | 32.64             | 33.36             | 34.32             | 35.52             | 36.48                    | 37.68    | A       |   |
| B  | 50.00                    | 47.20             |                   |                   |                   |                            |                            |                   |                   |                   |                   |                          |    |                          |                   |                   |                   |                   |                            |                            |                   |                   |                   |                   |                          |          |         |   |