

MÍNIMOS COMPETIÇÕES NACIONAIS – JUNIORES E SENIORES

FEMININOS				PROVAS	MASCULINOS			
PISCINA DE 25M		PISCINA 50M			PISCINA DE 25M		PISCINA DE 50M	
JÚNIOR	SÉNIOR	JÚNIOR	SÉNIOR		JÚNIOR	SÉNIOR	JÚNIOR	SÉNIOR
00-01	99 E ANTES	00-01	99 E ANTES		99-00	98 E ANTES	99-00	98 E ANTES
00:28,27	00:27,60	00:28,78	00:28,12	50 Livres	00:24,56	00:23,99	00:25,27	00:24,70
01:01,06	00:59,71	01:02,18	01:00,65	100 Livres	00:53,49	00:52,14	00:54,61	00:53,22
02:11,79	02:09,45	02:14,23	02:11,06	200 Livres	01:57,14	01:54,12	02:00,27	01:56,87
04:38,67	04:32,07	04:47,75	04:36,68	400 Livres	04:10,67	04:04,81	04:18,12	04:12,44
09:41,61	09:24,28	09:58,33	09:34,67	800 Livres	08:26,85	08:13,89	08:46,45	08:35,84
17:54,09	17:35,43	18:45,52	18:07,84	1500 Livres	16:45,65	16:25,40	17:21,67	16:56,35
00:32,21	00:31,32	00:33,37	00:32,40	50 Costas	00:27,99	00:27,36	00:29,17	00:28,22
01:08,54	01:07,11	01:11,11	01:09,38	100 Costas	01:00,24	00:58,42	01:02,60	01:00,73
02:29,46	02:24,71	02:35,57	02:28,92	200 Costas	02:12,22	02:08,37	02:18,40	02:13,34
00:35,97	00:34,86	00:36,91	00:35,54	50 Bruços	00:31,16	00:30,25	00:32,02	00:30,82
01:17,82	01:15,66	01:20,66	01:17,64	100 Bruços	01:07,56	01:06,08	01:10,20	01:07,63
02:50,01	02:45,21	02:56,26	02:44,95	200 Bruços	02:29,89	02:23,78	02:36,80	02:29,08
00:30,73	00:29,98	00:30,90	00:30,03	50 Mariposa	00:26,48	00:25,80	00:26,81	00:26,01
01:07,65	01:05,88	01:09,02	01:06,48	100 Mariposa	00:58,60	00:57,08	00:59,62	00:58,12
02:34,14	02:27,40	02:40,02	02:29,67	200 Mariposa	02:11,37	02:07,89	02:15,80	02:11,11
01:11,03	01:08,95	—	—	100 Estilos	01:02,25	01:00,41	—	—
02:29,80	02:26,63	02:34,18	02:29,69	200 Estilos	02:12,55	02:10,10	02:16,76	02:13,13
05:24,77	05:14,32	05:32,22	05:19,11	400 Estilos	04:46,58	04:40,01	04:57,59	04:46,09

MÍNIMOS COMPETIÇÕES NACIONAIS – JUVENIS

FEMININOS				PROVAS	MASCULINOS			
PISCINA 25M		PISCINA 50M			PISCINA DE 25M		PISCINA DE 50M	
JUVENIL B	JUVENIL A	JUVENIL B	JUVENIL A		JUVENIL B	JUVENIL A	JUVENIL B	JUVENIL A
2003	2002	2003	2002		2002	2001	2002	2001
01:03,53	01:02,79	01:04,69	01:03,90	100 Livres	00:56,99	00:55,75	00:58,34	00:57,02
02:19,54	02:16,00	02:20,98	02:17,96	200 Livres	02:05,64	02:02,49	02:07,86	02:06,06
04:52,28	04:45,96	04:57,90	04:51,73	400 Livres	04:26,49	04:21,78	04:31,14	04:31,04
10:02,72	09:52,72	10:24,86	10:06,65	800 Livres	-	-	-	-
-	-	-	-	1500 Livres	17:37,42	17:29,72	18:11,39	17:57,90
01:11,45	01:10,93	01:14,16	01:14,03	100 Costas	01:04,67	01:03,17	01:07,14	01:06,37
02:34,74	02:34,74	02:39,81	02:39,81	200 Costas	02:21,78	02:18,99	02:25,80	02:25,31
01:21,95	01:21,11	01:24,74	01:24,74	100 Bruços	01:13,38	01:11,53	01:16,60	01:15,48
02:58,79	02:57,66	03:03,15	03:03,15	200 Bruços	02:42,17	02:38,69	02:47,80	02:47,80
01:10,96	01:10,50	01:12,72	01:12,72	100 Mariposa	01:02,98	01:01,59	01:04,19	01:03,01
02:45,50	02:42,48	02:50,78	02:45,10	200 Mariposa	02:25,88	02:20,98	02:29,88	02:25,61
02:35,17	02:33,27	02:39,22	02:39,13	200 Estilos	02:20,70	02:18,21	02:24,92	02:22,47
05:30,56	05:30,45	05:50,12	05:39,24	400 Estilos	05:03,31	04:58,92	05:13,99	05:06,60

MÍNIMOS CAMPEONATOS NACIONAIS DE INFANTIS

MASCULINOS	INFANTIS-B		INFANTIS-A	
	2004		2003	
PROVAS	P50M	P25M	P50M	P25M
100 Livres	01:07.83	01:06.50	01:04.26	01:03.00
200 Livres	02:23.99	02:20.33	02:14.92	02:11.45
400 Livres	05:04.76	04:54.07	04:45.73	04:35.75
1500 Livres	19:41.72	19:13.76	18:52.77	18:26.07
100 Mariposa	01:19.83	01:17.50	01:14.78	01:12.60
200 Mariposa	02:53.26	02:48.80	02:44.87	02:40.57
100 Costas	01:18.54	01:17.00	01:14.15	01:12.70
200 Costas	02:48.30	02:39.57	02:37.32	02:29.16
100 Bruços	01:30.12	01:27.50	01:24.46	01:22.00
200 Bruços	03:13.86	03:03.94	03:04.37	02:55.05
200 Estilos	02:45.64	02:39.29	02:36.20	02:30.30
400 Estilos	05:53.41	05:41.48	05:31.59	05:20.42

FEMININOS	INFANTIS-B		INFANTIS-A	
	2005		2004	
PROVAS	P50M	P25M	P50M	P25M
100 Livres	01:14.46	01:13.00	01:11.40	01:10.00
200 Livres	02:36.81	02:33.75	02:24.66	02:21.88
400 Livres	05:19.99	05:14.91	05:05.44	05:00.57
800 Livres	11:17.00	11:01.20	10:24.93	10:10.09
100 Mariposa	01:27.55	01:25.00	01:22.40	01:20.00
200 Mariposa	03:10.46	03:07.16	02:58.09	02:55.05
100 Costas	01:25.68	01:24.00	01:20.07	01:18.50
200 Costas	02:56.91	02:50.16	02:48.09	02:41.55
100 Bruços	01:37.85	01:35.00	01:33.21	01:30.50
200 Bruços	03:26.23	03:19.69	03:16.73	03:10.41
200 Estilos	02:56.26	02:50.35	02:47.31	02:41.70
400 Estilos	06:15.54	06:03.61	05:57.92	05:46.71

MÍNIMOS COMPETIÇÕES NACIONAIS - PROVAS DE ESTAFETAS

FEMININOS						
PROVAS	JUVENIS		JUNIORES		SENIORES	
	TAC P50	TAC P25	TAC P50	TAC P25	TAC P50	TAC P25
4X50 L	-	-	01:55,40	01:52,38	01:54,26	01:51.27
4x100 L	04:21.37	04:16.14	04:13.90	04:08.82	04:08.92	04:03.94
4x200 L	09:25.95	09:14.63	09:09.78	08:58.78	08:59.00	08:48.22
4x50 Est	-	-	02:09,33	02:06,74	02:08.05	02:05.49
4x100 Est	04:55.32	04:49.42	04:46.89	04:41.15	04:41.26	04:35.63

MASCULINOS						
PROVAS	JUVENIS		JUNIORES		SENIORES	
	TAC P50	TAC P25	TAC P50	TAC P25	TAC P50	TAC P25
4X50 L	-	-	01:41,97	01:39,93	01:40.96	01:38.94
4x100 L	03:56.02	03:51.30	03:46.19	03:41.67	03:38.54	03:34.17
4x200 L	08:38.62	08:28.24	08:17.01	08:07.07	08:00.20	07:50.60
4x50 Est	-	-	01:54,40	01:52,32	01:53.27	01:51.01
4x100 Est	04:27.78	04:22.42	04:16.62	04:11.49	04:07.94	04:02.98

MÍNIMOS TORNEIOS ZONAIS DE INFANTIS E JUVENIS

TORNEIOS ZONAIS – MASCULINOS								
PROVAS	INFANTIL B		INFANTIL A		JUVENIL B		JUVENIL A	
	2004		2003		2002		2001	
	TAC P50	TAC P25	TAC P50	TAC P25	TAC P50	TAC P25	TAC P50	TAC P25
100L	01:07,83	1:06,50	01:04,26	1:03,00	01:01,27	01:00,07	01:00,15	00:58,97
200L	02:29,43	2:26,50	02:23,00	2:20,20	02:13,38	02:10,76	02:10,93	02:08,36
400L	05:11,10	5:05,00	04:59,37	4:53,50	04:44,13	04:38,55	04:38,91	04:33,44
1500L	20:32,16	20:08,00	19:45,24	19:22,00	19:06,60	18:44,12	18:45,56	18:23,49
4x100L	04:48,66	4:43,00	04:37,44	4:32,00	04:23,53	04:18,37	04:13,66	04:08,68
4x200L	10:32,40	10:20,00	10:05,88	9:54,00	09:33,85	09:22,60	09:13,06	09:02,21
100C	01:18,54	1:17,00	01:14,15	1:12,70	01:09,85	01:08,48	01:08,57	01:07,23
200C	02:48,30	2:45,00	02:39,12	2:36,00	02:30,95	02:27,99	02:28,18	02:25,28
100B	01:30,12	1:27,50	01:24,46	1:22,00	01:17,81	01:15,54	01:16,38	01:14,16
200B	03:14,67	3:09,00	03:04,37	2:59,00	02:49,20	02:44,27	02:47,80	02:41,26
100M	01:19,83	1:17,50	01:14,78	1:12,60	01:08,26	01:06,27	01:07,04	01:05,09
200M	02:55,10	2:50,00	02:46,34	2:41,50	02:33,49	02:29,02	02:30,75	02:26,36
200E	02:48,30	2:45,00	02:41,16	2:38,00	02:33,84	02:30,83	02:31,02	02:28,06
400E	05:57,00	5:50,00	05:41,70	5:35,00	05:25,33	05:18,95	05:19,36	05:13,10
4x100E	05:32,52	5:26,00	05:13,14	5:07,00	04:57,32	04:51,49	04:45,89	04:40,28

TORNEIOS ZONAIS – FEMININOS								
PROVAS	INFANTIL B		INFANTIL A		JUVENIL B		JUVENIL A	
	2005		2004		2003		2002	
	TAC P50	TAC P25	TAC P50	TAC P25	TAC P50	TAC P25	TAC P50	TAC P25
100L	01:14,46	01:13,00	01:11,40	01:10,00	01:08,31	01:06,98	01:06,40	01:05,10
200L	02:41,16	02:38,00	02:34,02	02:31,00	02:28,13	02:25,23	02:23,98	02:21,16
400L	05:38,64	05:32,00	05:22,83	05:16,50	05:12,05	05:05,93	05:03,30	04:57,35
800L	11:49,92	11:36,00	10:57,90	10:45,00	10:39,59	10:27,05	10:21,66	10:09,47
4x100L	05:16,20	05:10,00	05:03,96	04:58,00	04:42,25	04:36,71	04:37,05	04:31,62
4x200L	11:19,32	11:06,00	10:38,01	10:25,50	10:11,28	09:59,29	10:00,36	09:48,59
100C	01:25,68	01:24,00	01:20,07	01:18,50	01:17,45	01:15,93	01:15,28	01:13,80
200C	03:03,60	03:00,00	02:53,40	02:50,00	02:46,41	02:43,15	02:41,75	02:38,58
100B	01:37,85	01:35,00	01:33,21	01:30,50	01:27,10	01:24,57	01:25,48	01:22,99
200B	03:28,06	03:22,00	03:20,34	03:14,50	03:08,03	03:02,55	03:04,52	02:59,14
100M	01:27,55	01:25,00	01:22,40	01:20,00	01:14,88	01:12,70	01:13,48	01:11,34
200M	03:14,67	03:09,00	03:02,31	02:57,00	02:52,10	02:49,48	02:45,10	02:42,48
200E	03:03,60	03:00,00	02:55,44	02:52,00	02:46,97	02:43,70	02:42,29	02:39,11
400E	06:30,66	06:23,00	06:10,77	06:03,50	05:54,08	05:47,14	05:44,16	05:37,41
4x100E	06:00,06	05:53,00	05:43,74	05:37,00	05:22,27	05:15,95	05:15,51	05:09,33