

# RÈGLEMENTS MAÎTRES

## COEFFICIENTS DE RAJEUNISSEMENT APPLICABLES AUX PERFORMANCES DES COMPÉTITIONS MAÎTRES

### DAMES

ÉPREUVES INDIVIDUELLES								
Catégorie	C1	C2	C3	C4	C5	C6	C7	C8
Âge	25	30	35	40	45	50	55	60
50 m nage libre	1,000	1,007	1,018	1,035	1,060	1,092	1,136	1,194
100 m nage libre	1,000	1,010	1,025	1,047	1,078	1,116	1,168	1,236
200 m nage libre	1,000	1,010	1,027	1,050	1,082	1,123	1,178	1,250
400 m nage libre	1,000	1,010	1,026	1,049	1,081	1,122	1,179	1,252
800 m nage libre	1,000	1,013	1,032	1,059	1,094	1,137	1,195	1,268
1500 m nage libre	1,000	1,015	1,035	1,064	1,101	1,147	1,208	1,286
50 m dos	1,000	1,012	1,029	1,053	1,085	1,124	1,176	1,243
100 m dos	1,000	1,014	1,034	1,061	1,096	1,141	1,199	1,274
200 m dos	1,000	1,014	1,035	1,062	1,099	1,145	1,206	1,283
50 m brasse	1,000	1,012	1,029	1,052	1,084	1,123	1,175	1,241
100 m brasse	1,000	1,012	1,029	1,054	1,086	1,126	1,180	1,248
200 m brasse	1,000	1,012	1,030	1,054	1,087	1,128	1,183	1,254
50 m papillon	1,000	1,012	1,031	1,057	1,093	1,139	1,201	1,282
100 m papillon	1,000	1,014	1,036	1,068	1,111	1,167	1,243	1,343
200 m papillon	1,000	1,017	1,042	1,077	1,125	1,185	1,269	1,378
100 m 4 nages	1,000	1,012	1,030	1,055	1,089	1,132	1,191	1,266
200 m 4 nages	1,000	1,013	1,032	1,059	1,095	1,142	1,204	1,285
400 m 4 nages	1,000	1,011	1,030	1,056	1,093	1,140	1,205	1,290

ÉPREUVES INDIVIDUELLES								
Catégorie	C9	C10	C11	C12	C13	C14	C15	C16
Âge	65	70	75	80	85	90	95	100
50 m nage libre	1,268	1,364	1,487	1,647	1,856	2,132	2,502	3,006
100 m nage libre	1,323	1,434	1,578	1,765	2,011	2,337	2,777	3,385
200 m nage libre	1,343	1,463	1,619	1,823	2,093	2,455	2,950	3,643
400 m nage libre	1,348	1,473	1,637	1,852	2,140	2,531	3,072	3,839
800 m nage libre	1,362	1,481	1,633	1,830	2,086	2,424	2,876	3,494
1500 m nage libre	1,385	1,512	1,674	1,884	2,158	2,521	3,010	3,682
50 m dos	1,328	1,436	1,573	1,749	1,976	2,273	2,667	3,197
100 m dos	1,369	1,490	1,645	1,845	2,105	2,448	2,908	3,537
200 m dos	1,382	1,508	1,671	1,881	2,155	2,520	3,012	3,690
50 m brasse	1,324	1,431	1,566	1,739	1,962	2,254	2,640	3,159
100 m brasse	1,336	1,446	1,587	1,769	2,004	2,312	2,723	3,279
200 m brasse	1,344	1,459	1,606	1,797	2,045	2,373	2,812	3,414
50 m papillon	1,387	1,524	1,702	1,938	2,254	2,684	3,282	4,135
100 m papillon	1,476	1,652	1,889	2,211	2,658	3,294	4,224	5,636
200 m papillon	1,523	1,716	1,976	2,332	2,830	3,544	4,600	6,221
100 m 4 nages	1,362	1,487	1,649	1,860	2,138	2,512	3,023	3,736
200 m 4 nages	1,391	1,528	1,706	1,941	2,256	2,684	3,277	4,122
400 m 4 nages	1,402	1,550	1,745	2,007	2,364	2,859	3,565	4,600