

Kvalifiseringskrav norske mesterskap sesongen 2024-2025

Svømmeutvalget

Publisert 24. september 2024



NORGES
SVØMMEFORBUND

Mesterskap:	Ungdom				Junior				Senior			
Kjønn	Jenter		Gutter		Jenter		Gutter		Damer		Herrer	
Bassenglengde	Korbane	Lang	Kortbane	Lang	Korbane	Lang	Kortbane	Lang	Korbane	Lang	Korbane	Lang
Øvelse	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid	Tid
50 fri	00:28,00	00:28,80	00:25,70	00:26,60	00:27,50	00:28,30	00:24,30	00:25,20	00:27,10	00:27,90	00:24,06	00:24,96
100 fri	01:01,60	01:03,10	00:56,91	00:58,61	01:00,23	01:01,73	00:52,89	00:54,59	00:59,39	01:00,89	00:52,49	00:54,19
200 fri	02:14,10	02:17,40	02:05,20	02:08,40	02:09,57	02:12,87	01:57,61	02:00,81	02:08,36	02:11,66	01:55,85	01:59,05
400 fri	04:41,90	04:48,90	04:22,93	04:29,63	04:33,50	04:40,50	04:09,80	04:16,50	04:31,29	04:38,29	04:09,26	04:15,96
800 fri	09:58,50	10:09,60	09:18,40	09:30,40	09:36,65	09:47,75	08:43,30	08:55,30	09:28,50	09:39,60	08:34,50	08:46,50
1500 fri	19:48,20	20:08,80	18:15,28	18:37,78	18:40,20	19:00,80	16:51,80	17:14,30	18:10,25	18:30,85	16:34,60	16:57,10
50 rygg	00:32,80	00:33,70	00:30,15	00:30,95	00:31,37	00:32,27	00:27,97	00:28,77	00:31,27	00:32,17	00:27,87	00:28,67
100 rygg	01:09,70	01:11,00	01:05,40	01:06,80	01:08,10	01:09,40	01:01,49	01:02,89	01:07,80	01:09,10	01:00,80	01:02,20
200 rygg	02:30,50	02:35,20	02:17,70	02:21,70	02:23,90	02:28,60	02:12,20	02:16,20	02:23,70	02:28,40	02:11,90	02:15,90
50 bryst	00:35,85	00:36,85	00:33,35	00:34,45	00:34,97	00:35,97	00:30,60	00:31,70	00:34,17	00:35,17	00:30,38	00:31,48
100 bryst	01:19,00	01:21,90	01:12,31	01:14,81	01:15,90	01:18,80	01:08,74	01:11,24	01:14,90	01:17,80	01:07,40	01:09,90
200 bryst	02:49,85	02:54,85	02:35,00	02:39,50	02:43,60	02:48,60	02:29,70	02:34,20	02:41,50	02:46,50	02:27,50	02:32,00
50 butterfly	00:30,75	00:31,45	00:28,10	00:28,90	00:29,72	00:30,42	00:26,08	00:26,88	00:29,05	00:29,75	00:25,80	00:26,60
100 butterfly	01:08,80	01:10,10	01:02,70	01:04,10	01:07,30	01:08,60	00:58,96	01:00,36	01:06,96	01:08,26	00:58,45	00:59,85
200 butterfly	02:42,10	02:46,60	02:26,70	02:32,20	02:32,00	02:36,50	02:16,40	02:21,90	02:30,57	02:35,07	02:13,58	02:19,08
100 medley	01:10,80	01:10,80	01:04,34	01:04,34	01:09,00		01:01,84		01:07,90		01:00,64	
200 medley	02:31,90	02:36,60	02:19,10	02:23,60	02:25,40	02:30,10	02:14,40	02:18,90	02:23,30	02:28,00	02:12,61	02:17,11
400 medley	05:32,30	05:40,80	05:07,70	05:16,20	05:16,10	05:24,60	04:48,95	04:57,45	05:13,50	05:22,00	04:47,16	04:55,66
4x50 medley*						02:06,06		01:51,45		02:04,09		01:50,61
4x50 fri*						01:52,50		01:39,70		01:50,90		01:38,74
4x100 fri*						04:05,92		03:37,00		04:02,56		03:34,96
4x200 fri*		09:02,40		08:26,80		08:48,28		08:00,44		08:43,44		07:53,40
4x100 medley*		04:43,10		04:21,32		04:36,53		04:07,08		04:34,05		04:04,14
4x50 medley mix*							01:58,75			01:57,35		
4x100 fri mix*		04:01,02					03:51,24			03:48,76		

*Maks 4 laq pr klubb på øvelse

25.09.24 Stafettkrav for senior/junior økt med 1 sek for 4*100 og 4 sek for 4*200