

## m) Campeonatos Nacionais de Juvenis, Juniores e Seniores

<b>Introdução</b>	A competiç�o ser� organizada com eliminat�rias pela manh� e finais � tarde.			
<b>Local</b>	ANL – Complexo de Piscinas do Jamor			
<b>Informa�es locais</b>	<a href="https://www.oeiras.pt/">https://www.oeiras.pt/</a>			
<b>Data</b>	23 a 26 julho 2026			
<b>Participa�o</b>	<b>Participa�o:</b> Nadadores Juvenis, Juniores, Seniores SUB 21 e Seniores (Masculino e Feminino). <b>Nadadores n�o Portugueses:</b> S� podem competir como extracompeti�o e nas eliminat�rias.			
<b>Programa</b>	<b>23 Jul – 9h00m</b> 1. <sup>a</sup> Sess�o	<b>24 Jul – 9h00m</b> 3. <sup>a</sup> Sess�o	<b>25 Jul – 9h00m</b> 5. <sup>a</sup> Sess�o	<b>26 Jul – 9h00m</b> 7. <sup>a</sup> Sess�o
	1500 Liv Fem	1500 Liv Mas	800 Liv Fem	800 Liv Mas
	400 Liv Mas	400 Liv Fem	400 Est Mas	400 Est Fem
	100 Cos Fem	50 Bru Mas	50 Mar Fem	200 Bru Mas
	100 Cos Mas	50 Bru Fem	50 Mar Mas	200 Bru Fem
	200 Mar Fem	100 Mar Mas	100 Bru Fem	100 Liv Mas
	200 Mar Mas	100 Mar Fem	100 Bru Mas	100 Liv Fem
	50 Liv Fem	50 Cos Mas	200 Liv Fem	200 Cos Mas
	50 Liv Mas	50 Cos Fem	200 Liv Mas	200 Cos Fem
		200 Est Mas		
		200 Est Fem		
	<b>23 Jul – 17h00m</b> 2. <sup>a</sup> Sess�o	<b>24 Jul – 17h00m</b> 4. <sup>a</sup> Sess�o	<b>25 Jul – 17h00m</b> 6. <sup>a</sup> Sess�o	<b>26 Jul – 16h30m</b> 8. <sup>a</sup> Sess�o
	100 Cos Fem	50 Bru Mas	50 Mar Fem	200 Bru Mas
	100 Cos Mas	50 Bru Fem	50 Mar Mas	200 Bru Fem
	200 Mar Fem	100 Mar Mas	100 Bru Fem	100 Liv Mas
	200 Mar Mas	100 Mar Fem	100 Bru Mas	100 Liv Fem
	1500 Liv Fem	1500 Liv Mas	800 Liv Fem	800 Liv Mas
	Medalhas	Medalhas	Medalhas	Medalhas
	400 Liv Mas	400 Liv Fem	400 Est Mas	400 Est Fem
	50 Liv Fem	50 Cos Mas	200 Liv Fem	200 Cos Mas
	50 Liv Mas	50 Cos Fem	200 Liv Mas	200 Cos Fem
	Medalhas	200 Est Mas	Medalhas	Medalhas
	4x200 Liv Fem	200 Est Fem	4X100 Liv Fem	4X100 Est Mas
	4x200 Liv Mas	Medalhas	4X100 Liv Mas	4X100 Est Fem
Medalhas	4x100 Est Misto	Medalhas	Medalhas	
	Medalhas			
<b>Cr�terios de Admiss�o</b>	<b>Participa�o:</b> Nadadores que cumpram o <b>TAC, apresentado em anexo a)</b> , nas dist�ncias e t�cnicas da respetiva categoria, entre 1 de janeiro de 2025 e 14 de julho de 2026.			
	<b>TAC:</b> <ul style="list-style-type: none"> <li>Nas provas individuais respeitam os respetivos escal�es et�rios.</li> <li>Nas provas de estafetas ser�o considerados apenas os TACs de Seniores, Juniores e Juvenis A.</li> </ul>			
	<b>Provas Individuais:</b> <ul style="list-style-type: none"> <li>Sistema de eliminat�rias e Final (Final Juvenil, Final J�nior, Final S�nior: 10 melhores tempos por categoria).</li> <li>Exce�o: Provas de 400m, 800m, 1500m Livres e 400m Estilos, disputadas em sistema de s�ries (s�rie r�pida � tarde para Juvenil, J�nior e S�nior).</li> </ul>			
	<b>Provas de Estafetas:</b> <ul style="list-style-type: none"> <li>Juvenis, Juniores e Seniores, disputadas � tarde no sistema de s�ries.</li> </ul>			
	<b>Limite de Inscri�o:</b> <ul style="list-style-type: none"> <li>Nadador Juvenil: at� 5 provas individuais ao longo das 4 jornadas.</li> </ul>			

## Inscrições

- Nadador Júnior e Sénior: até 7 provas individuais ao longo das 4 jornadas.

As inscrições devem ser enviadas por e-mail para [inscricoes@fpnatacao.pt](mailto:inscricoes@fpnatacao.pt) até 14 de julho de 2026.

## Regras Específicas

### Provas Individuais:

- Nadadores agrupados por séries de eliminatórias, com base nos tempos de inscrição, independentemente da categoria.

### Provas de Estafetas:

- Sistema de séries, realizadas à tarde (Juvenis, Júniores e Seniores).

### Provas de 800m e 1500m Livres:

- Se o número de nadadores de cada escalão for inferior ao limite, poderão ser organizadas séries com nadadores de diferentes categorias.

### Atribuição de Pistas:

- Se houver nadadores com o mesmo tempo de inscrição, a atribuição das pistas será aleatória, feita pelo programa de provas.

### Classificação:

- Separada por prova e categoria (Juvenil, Júnior, Sénior).

### Provas Individuais:

- Classificação nas finais para Juvenil, Júnior e Sénior.
- Exceção: 400m, 800m e 1500m Livres e 400m Estilos serão em sistema de séries.

### Provas de Estafetas:

- Classificação para Juvenil, Júnior e Sénior será à tarde.

### Prémios:

- Prémios para os 3 primeiros classificados de cada categoria (Juvenil, Júnior, Sénior).

## Classificações e Prémios

## 4. ANEXOS

### a) Tempos de Admissão aos Campeonatos

#### Piscina Longa

TABELA PISCINA LONGA		2%	3%	4%	7%	9%	11%	14%	16%	23%	29%	14%	18%	24%	32%	
RANK.	Masculinos	ABS	Sénior	Sub21	Júnior	1ºJúnior	Juv A-Jul	Juv A-Mar	Juv B-Jul	Juv B-Mar	Inf A	Inf B	Juv A	Juv B	Inf A	Inf B
24º	50 L	00:24,26	00:24,75	00:24,99	00:25,23	00:25,96	00:26,44	00:26,93	00:27,66	00:28,14	00:29,84	00:31,30	00:27,66	00:28,63	00:30,08	00:32,02
20º	100 L	00:52,80	00:53,86	00:54,38	00:54,91	00:56,50	00:57,55	00:58,61	01:00,19	01:01,25	01:04,94	01:08,11	01:00,19	01:02,30	01:05,47	01:09,70
16º	200 L	01:56,36	01:58,69	01:59,85	02:01,01	02:04,51	02:06,83	02:09,16	02:12,85	02:14,98	02:23,12	02:30,10	02:12,65	02:17,30	02:24,29	02:33,80
12º	400 L	04:06,04	04:10,96	04:13,42	04:15,88	04:23,26	04:28,18	04:33,10	04:40,49	04:45,41	05:02,63	05:17,39	04:40,49	04:50,33	05:05,09	05:24,77
8º	800 L	08:32,14	08:42,38	08:47,50	08:52,63	09:07,99	09:18,23	09:28,48	09:43,84	09:54,08	10:29,93	11:00,66	09:43,84	10:04,33	10:35,05	11:16,02
8º	1500 L	16:21,19	16:40,81	16:50,63	17:00,44	17:29,87	17:49,50	18:09,12	18:38,56	18:58,18	20:06,86	21:05,74	18:38,56	19:17,80	20:16,68	21:35,17
24º	50 C	00:27,87	00:28,43	00:28,71	00:28,98	00:29,82	00:30,38	00:30,94	00:31,77	00:32,33	00:34,28	00:35,95	00:31,77	00:32,89	00:34,56	00:36,79
20º	100 C	00:59,87	01:01,07	01:01,67	01:02,26	01:04,06	01:05,26	01:06,46	01:08,25	01:09,45	01:13,64	01:17,23	01:08,25	01:10,65	01:14,24	01:19,03
16º	200 C	02:12,75	02:15,41	02:16,73	02:18,06	02:22,04	02:24,70	02:27,35	02:31,33	02:33,99	02:43,28	02:51,25	02:31,33	02:36,64	02:44,61	02:55,23
24º	50 B	00:30,72	00:31,33	00:31,64	00:31,95	00:32,87	00:33,48	00:34,10	00:35,02	00:35,64	00:37,79	00:39,63	00:35,02	00:36,25	00:38,09	00:40,55
20º	100 B	01:07,76	01:09,12	01:09,79	01:10,47	01:12,50	01:13,86	01:15,21	01:17,25	01:18,60	01:23,34	01:27,41	01:17,25	01:19,96	01:24,02	01:29,44
16º	200 B	02:28,12	02:31,08	02:32,56	02:34,04	02:38,49	02:41,45	02:44,41	02:48,86	02:51,82	03:02,19	03:11,07	02:48,86	02:54,78	03:03,67	03:15,52
24º	50 M	00:25,59	00:26,10	00:26,36	00:26,61	00:27,38	00:27,89	00:28,40	00:29,17	00:29,68	00:31,48	00:33,01	00:29,17	00:30,20	00:31,73	00:33,78
20º	100 M	00:57,00	00:58,14	00:58,71	00:59,28	01:00,99	01:02,13	01:03,27	01:04,98	01:06,12	01:10,11	01:13,53	01:04,98	01:07,26	01:10,68	01:15,24
16º	200 M	02:09,36	02:11,95	02:13,24	02:14,53	02:18,42	02:21,00	02:23,59	02:27,47	02:30,06	02:39,11	02:46,87	02:27,47	02:32,64	02:40,41	02:50,76
16º	200 E	02:12,78	02:15,44	02:16,76	02:18,09	02:22,07	02:24,73	02:27,39	02:31,37	02:34,02	02:43,32	02:51,29	02:31,37	02:36,68	02:44,65	02:55,27
12º	400 E	04:43,91	04:49,59	04:52,43	04:55,27	05:03,78	05:09,46	05:15,14	05:23,66	05:29,34	05:49,21	06:06,24	05:23,66	05:35,01	05:52,05	06:14,76
8º	4X100 L	03:37,49	03:41,84	03:44,01	03:46,19	03:52,71	03:57,06	04:01,41	04:07,94	04:12,29	04:27,51	04:40,56	04:07,94	04:16,64	04:29,69	04:47,09
8º	4X200 L	08:11,93	08:21,77	08:26,69	08:31,61	08:46,37	08:56,20	09:06,04	09:20,80	09:30,64	10:05,07	10:34,59	09:20,80	09:40,48	10:09,99	10:49,35
8º	4X100 E	04:01,64	04:06,47	04:08,89	04:11,31	04:18,55	04:23,39	04:28,22	04:35,47	04:40,30	04:57,22	05:11,72	04:35,47	04:45,14	04:59,63	05:18,96
8º	4X50 E	01:50,40	01:52,61	01:53,71	01:54,82	01:58,13	02:00,34	02:02,54	02:05,86	02:08,06	02:15,79	02:22,42	02:05,86	02:10,27	02:16,90	02:25,73
8º	4X50 L	01:39,21	01:41,19	01:42,19	01:43,18	01:46,15	01:48,14	01:50,12	01:53,10	01:55,08	02:02,03	02:07,98	01:53,10	01:57,07	02:03,02	02:10,96
TABELA PISCINA LONGA		2%	3%	4%	6%	8%	10%	12%	14%	18%	21%	13%	16%	21%	26%	
RANK.	Femininos	ABS	Sénior	Sub21	Júnior	1ºJúnior	Juv A-Jul	Juv A-Mar	Juv B-Jul	Juv B-Mar	Inf A	Inf B	Juv A	Juv B	Inf A	Inf B
24º	50 L	00:27,63	00:28,18	00:28,46	00:28,74	00:29,29	00:29,84	00:30,39	00:30,95	00:31,50	00:32,60	00:33,43	00:31,22	00:32,05	00:33,43	00:34,81
20º	100 L	00:58,64	01:00,83	01:01,43	01:02,03	01:03,22	01:04,41	01:05,60	01:06,80	01:07,99	01:10,38	01:12,16	01:07,39	01:09,18	01:12,16	01:15,15
16º	200 L	02:08,20	02:10,76	02:12,05	02:13,33	02:15,89	02:18,46	02:21,02	02:23,58	02:26,15	02:31,28	02:35,12	02:24,87	02:28,71	02:35,12	02:41,53
12º	400 L	04:28,98	04:34,36	04:37,05	04:39,74	04:45,12	04:50,50	04:55,88	05:01,26	05:06,64	05:17,40	05:25,47	05:03,95	05:12,02	05:25,47	05:38,91
8º	800 L	09:04,25	09:15,14	09:20,58	09:26,02	09:36,91	09:47,79	09:58,68	10:09,56	10:20,44	10:42,22	10:58,54	10:15,00	10:31,33	10:58,54	11:25,76
8º	1500 L	17:44,97	18:06,27	18:16,92	18:27,57	18:48,87	19:10,17	19:31,47	19:52,77	20:14,07	20:56,66	21:28,61	20:03,42	20:35,37	21:28,61	22:21,86
24º	50 C	00:31,74	00:32,37	00:32,69	00:33,01	00:33,64	00:34,28	00:34,91	00:35,55	00:36,18	00:37,45	00:38,41	00:35,87	00:36,82	00:38,41	00:39,99
20º	100 C	01:07,62	01:08,97	01:09,65	01:10,32	01:11,68	01:13,03	01:14,38	01:15,73	01:17,09	01:19,79	01:21,82	01:16,41	01:18,44	01:21,82	01:25,20
16º	200 C	02:25,92	02:28,84	02:30,30	02:31,76	02:34,68	02:37,59	02:40,51	02:43,43	02:46,35	02:52,19	02:56,56	02:44,89	02:49,27	02:56,56	03:03,86
24º	50 B	00:34,68	00:35,37	00:35,72	00:36,07	00:36,76	00:37,45	00:38,15	00:38,84	00:39,54	00:40,92	00:41,96	00:39,19	00:40,23	00:41,96	00:43,70
20º	100 B	01:16,29	01:17,82	01:18,58	01:19,34	01:20,87	01:22,39	01:23,92	01:25,44	01:26,97	01:30,02	01:32,31	01:26,21	01:28,50	01:32,31	01:36,13
16º	200 B	02:45,23	02:48,53	02:50,19	02:51,84	02:55,14	02:58,45	03:01,75	03:05,06	03:08,36	03:14,97	03:19,93	03:06,71	03:11,67	03:19,93	03:28,19
24º	50 M	00:29,34	00:29,93	00:30,22	00:30,51	00:31,10	00:31,69	00:32,27	00:32,86	00:33,45	00:34,62	00:35,50	00:33,15	00:34,03	00:35,50	00:36,97
20º	100 M	01:05,51	01:06,82	01:07,48	01:08,13	01:09,44	01:10,75	01:12,06	01:13,37	01:14,68	01:17,30	01:19,27	01:14,03	01:15,99	01:19,27	01:22,54
16º	200 M	02:26,25	02:29,17	02:30,64	02:32,10	02:35,02	02:37,95	02:40,88	02:43,80	02:46,73	02:52,57	02:56,96	02:45,26	02:49,65	02:56,96	03:04,28
16º	200 E	02:27,71	02:30,66	02:32,14	02:33,62	02:36,57	02:39,53	02:42,48	02:45,44	02:48,39	02:54,30	02:58,73	02:46,91	02:51,34	02:58,73	03:06,11
12º	400 E	05:08,82	05:15,00	05:18,08	05:21,17	05:27,35	05:33,53	05:39,70	05:45,88	05:52,05	06:04,41	06:13,67	05:48,97	05:58,23	06:13,67	06:29,11
8º	4X100 L	04:07,14	04:12,08	04:14,55	04:17,03	04:21,97	04:26,91	04:31,85	04:36,80	04:41,74	04:51,63	04:59,04	04:39,27	04:46,68	04:59,04	05:11,40
8º	4X200 L	09:03,25	09:14,11	09:19,55	09:24,98	09:35,85	09:46,71	09:57,58	10:08,44	10:19,30	10:41,03	10:57,33	10:13,87	10:30,17	10:57,33	11:24,50
8º	4X100 E	04:34,00	04:39,48	04:42,22	04:44,96	04:50,44	04:55,92	05:01,40	05:06,88	05:12,36	05:23,32	05:31,54	05:09,62	05:17,84	05:31,54	05:45,24
8º	4X50 E	02:04,50	02:06,99	02:08,23	02:09,48	02:11,97	02:14,46	02:16,95	02:19,44	02:21,93	02:26,91	02:30,64	02:20,68	02:24,42	02:30,64	02:36,87
8º	4X50 L	01:53,24	01:55,50	01:56,64	01:57,77	02:00,03	02:02,30	02:04,56	02:06,83	02:09,09	02:13,62	02:17,02	02:07,96	02:11,36	02:17,02	02:22,68
Média	Misto	ABS	Sénior	Sub21	Júnior	1ºJúnior	Juv A-Jul	Juv A-Mar	Juv B-Jul	Juv B-Mar	Inf A	Inf B	Juv A	Juv B	Inf A	Inf B
Média	4X100 L M	03:52,31	03:56,96	03:59,28	04:01,61	04:08,58	04:13,22	04:17,87	04:22,52	04:27,16	04:41,10	04:50,39	04:24,84	04:31,81	04:45,75	04:59,69
Média	4X100 E M	04:17,82	04:22,98	04:25,55	04:28,13	04:35,87	04:41,02	04:46,18	04:51,34	04:56,49	05:11,96	05:22,27	04:53,91	05:01,65	05:17,12	05:32,59
Média	4x50 L M	01:46,22	01:48,35	01:49,41	01:50,47	01:53,66	01:55,79	01:57,91	02:00,03	02:02,16	02:08,53	02:12,78	02:01,10	02:04,28	02:10,66	02:17,03
Média	4x50 E M	01:57,45	01:59,80	02:00,97	02:02,15	02:05,67	02:08,02	02:10,37	02:12,72	02:15,07	02:22,11	02:26,81	02:13,89	02:17,42	02:24,46	02:31,51

#### Nota:

Escalões a Azul Claro – TACs Competições Nacionais

Escalões a Azul – TACs Torneios Zonais

## Piscina Curta

TABELA PISCINA CURTA		2%	3%	4%	7%	9%	11%	14%	16%	23%	29%	14%	18%	24%	32%	
RANK.	Masculinos	ABS	Sênior	Sub21	Júnior	1ºJúnior	Juv A-Jul	Juv A-Mar	Juv B-Jul	Juv B-Mar	Inf A	Inf B	Juv A	Juv B	Inf A	Inf B
24º	50 L	00:23,51	00:23,98	00:24,22	00:24,45	00:25,16	00:25,63	00:26,10	00:26,80	00:27,27	00:28,92	00:30,33	00:26,80	00:27,74	00:29,15	00:31,03
20º	100 L	00:50,95	00:51,97	00:52,48	00:52,99	00:54,52	00:55,54	00:56,55	00:58,08	00:59,10	01:02,67	01:05,73	00:58,08	01:00,12	01:03,18	01:07,25
16º	200 L	01:52,18	01:54,42	01:55,55	01:56,67	02:00,03	02:02,28	02:04,52	02:07,89	02:10,13	02:17,98	02:24,71	02:07,89	02:12,37	02:19,10	02:28,08
12º	400 L	03:57,72	04:02,47	04:04,85	04:07,23	04:14,36	04:19,11	04:23,87	04:31,00	04:35,76	04:52,40	05:06,66	04:31,00	04:40,51	04:54,77	05:13,79
8º	800 L	08:18,21	08:28,17	08:33,16	08:38,14	08:53,08	09:03,05	09:13,01	09:27,96	09:37,92	10:12,80	10:42,69	09:27,96	09:47,89	10:17,78	10:57,64
8º	1500 L	15:41,66	16:00,49	16:09,91	16:19,33	16:47,58	17:06,41	17:25,24	17:53,49	18:12,33	19:18,24	20:14,74	17:53,49	18:31,16	19:27,66	20:42,99
24º	50 C	00:26,46	00:26,99	00:27,25	00:27,52	00:28,31	00:28,84	00:29,37	00:30,16	00:30,69	00:32,55	00:34,13	00:30,16	00:31,22	00:32,81	00:34,93
20º	100 C	00:57,00	00:58,14	00:58,71	00:59,28	01:00,99	01:02,13	01:03,27	01:04,98	01:06,12	01:10,11	01:13,53	01:04,98	01:07,26	01:10,68	01:15,24
16º	200 C	02:04,67	02:07,16	02:08,41	02:09,66	02:13,40	02:15,89	02:18,38	02:22,12	02:24,62	02:33,34	02:40,82	02:22,12	02:27,11	02:34,59	02:44,56
24º	50 B	00:29,83	00:30,43	00:30,72	00:31,02	00:31,92	00:32,51	00:33,11	00:34,01	00:34,60	00:36,69	00:38,48	00:34,01	00:35,20	00:36,99	00:39,38
20º	100 B	01:04,54	01:05,83	01:06,48	01:07,12	01:09,06	01:10,35	01:11,64	01:13,58	01:14,87	01:19,38	01:23,26	01:13,58	01:16,16	01:20,03	01:25,19
16º	200 B	02:21,85	02:24,69	02:26,11	02:27,52	02:31,78	02:34,62	02:37,45	02:41,71	02:44,55	02:54,48	03:02,99	02:41,71	02:47,38	02:55,89	03:07,24
24º	50 M	00:25,25	00:25,76	00:26,01	00:26,26	00:27,02	00:27,52	00:28,03	00:28,78	00:29,29	00:31,06	00:32,57	00:28,78	00:29,80	00:31,31	00:33,33
20º	100 M	00:55,82	00:56,94	00:57,49	00:58,05	00:59,73	01:00,84	01:01,96	01:03,63	01:04,75	01:08,66	01:12,01	01:03,63	01:05,87	01:09,22	01:13,68
16º	200 M	02:05,98	02:08,50	02:09,76	02:11,02	02:14,80	02:17,32	02:19,84	02:23,62	02:26,14	02:34,96	02:42,51	02:23,62	02:28,66	02:36,22	02:46,29
20º	100 E	00:58,80	00:59,98	01:00,56	01:01,15	01:02,92	01:04,09	01:05,27	01:07,03	01:08,21	01:12,32	01:15,85	01:07,03	01:09,38	01:12,91	01:17,62
16º	200 E	02:06,27	02:08,80	02:10,06	02:11,32	02:15,11	02:17,63	02:20,16	02:23,95	02:26,47	02:35,31	02:42,89	02:23,95	02:29,00	02:36,57	02:46,68
12º	400 E	04:30,16	04:35,56	04:38,26	04:40,97	04:49,07	04:54,47	04:59,88	05:07,98	05:13,39	05:32,30	05:48,51	05:07,98	05:18,79	05:35,00	05:56,61
8º	4X100 L	03:26,28	03:30,41	03:32,47	03:34,53	03:40,72	03:44,85	03:48,97	03:55,16	03:59,28	04:13,72	04:26,10	03:55,16	04:03,41	04:15,79	04:32,29
8º	4X200 L	07:39,90	07:49,10	07:53,70	07:58,30	08:12,09	08:21,29	08:30,49	08:44,29	08:53,48	09:25,68	09:53,27	08:44,29	09:02,68	09:30,28	10:07,07
8º	4X100 E	03:43,98	03:48,46	03:50,70	03:52,94	03:59,66	04:04,14	04:08,62	04:15,34	04:19,82	04:35,50	04:48,93	04:15,34	04:24,30	04:37,74	04:55,65
8º	4X50 E	01:44,91	01:47,01	01:48,06	01:49,11	01:52,25	01:54,35	01:56,45	01:59,60	02:01,70	02:09,04	02:15,33	01:59,60	02:03,79	02:10,09	02:18,48
8º	4X50 L	01:36,08	01:38,00	01:38,96	01:39,92	01:42,81	01:44,73	01:46,65	01:49,53	01:51,45	01:58,18	02:03,94	01:49,53	01:53,37	01:59,14	02:06,83
TABELA PISCINA CURTA		2%	3%	4%	6%	8%	10%	12%	14%	18%	21%	13%	18%	21%	26%	
RANK.	Femininos	ABS	Sênior	Sub21	Júnior	1ºJúnior	Juv A-Jul	Juv A-Mar	Juv B-Jul	Juv B-Mar	Inf A	Inf B	Juv A	Juv B	Inf A	Inf B
24º	50 L	00:27,05	00:27,59	00:27,86	00:28,13	00:28,67	00:29,21	00:29,75	00:30,30	00:30,84	00:31,92	00:32,73	00:30,57	00:31,38	00:32,73	00:34,08
20º	100 L	00:57,95	00:59,11	00:59,69	01:00,27	01:01,43	01:02,59	01:03,75	01:04,90	01:06,06	01:08,38	01:10,12	01:05,48	01:07,22	01:10,12	01:13,02
16º	200 L	02:04,47	02:06,96	02:08,20	02:09,45	02:11,94	02:14,43	02:16,92	02:19,41	02:21,90	02:26,87	02:30,61	02:20,65	02:24,39	02:30,61	02:36,83
12º	400 L	04:19,58	04:24,77	04:27,37	04:29,96	04:35,15	04:40,35	04:45,54	04:50,73	04:55,92	05:06,30	05:14,09	04:53,33	05:01,11	05:14,09	05:27,07
8º	800 L	08:46,75	08:57,28	09:02,55	09:07,82	09:18,36	09:28,89	09:39,43	09:49,96	10:00,50	10:21,57	10:37,37	09:55,23	10:11,03	10:37,37	11:07,71
8º	1500 L	17:18,56	17:39,33	17:49,72	18:00,10	18:20,87	18:41,64	19:02,42	19:23,19	19:43,96	20:25,50	20:56,66	19:33,57	20:04,73	20:56,66	21:48,59
24º	50 C	00:30,45	00:31,06	00:31,36	00:31,67	00:32,28	00:32,89	00:33,49	00:34,10	00:34,71	00:35,93	00:36,84	00:34,41	00:35,32	00:36,84	00:38,37
20º	100 C	01:04,97	01:06,27	01:06,92	01:07,57	01:08,87	01:10,17	01:11,47	01:12,77	01:14,07	01:16,66	01:18,61	01:13,42	01:15,37	01:18,61	01:21,86
16º	200 C	02:20,72	02:23,53	02:24,94	02:26,35	02:29,16	02:31,98	02:34,79	02:37,61	02:40,42	02:46,05	02:50,27	02:39,01	02:43,24	02:50,27	02:57,31
24º	50 B	00:34,28	00:34,97	00:35,31	00:35,65	00:36,34	00:37,02	00:37,71	00:38,39	00:39,08	00:40,45	00:41,48	00:38,74	00:39,76	00:41,48	00:43,19
20º	100 B	01:13,91	01:15,39	01:16,13	01:16,87	01:18,34	01:19,82	01:21,30	01:22,78	01:24,26	01:27,21	01:29,43	01:23,52	01:25,74	01:29,43	01:33,13
16º	200 B	02:37,74	02:40,89	02:42,47	02:44,05	02:47,20	02:50,36	02:53,51	02:56,67	02:59,82	03:06,13	03:10,87	02:58,25	03:02,98	03:10,87	03:18,75
24º	50 M	00:29,04	00:29,62	00:29,91	00:30,20	00:30,78	00:31,36	00:31,94	00:32,52	00:33,11	00:34,27	00:35,14	00:32,82	00:33,69	00:35,14	00:36,59
20º	100 M	01:04,65	01:05,94	01:06,59	01:07,24	01:08,53	01:09,82	01:11,12	01:12,41	01:13,70	01:16,29	01:18,23	01:13,05	01:14,99	01:18,23	01:21,46
16º	200 M	02:21,94	02:24,78	02:26,20	02:27,62	02:30,46	02:33,30	02:36,13	02:38,97	02:41,81	02:47,49	02:51,75	02:40,39	02:44,65	02:51,75	02:58,84
20º	100 E	01:06,89	01:08,23	01:08,90	01:09,57	01:10,90	01:12,24	01:13,58	01:14,92	01:16,25	01:18,93	01:20,94	01:15,59	01:17,59	01:20,94	01:24,28
16º	200 E	02:22,41	02:25,26	02:26,68	02:28,11	02:30,95	02:33,80	02:36,65	02:39,50	02:42,35	02:48,04	02:52,32	02:40,92	02:45,20	02:52,32	02:59,44
12º	400 E	04:58,69	05:04,66	05:07,65	05:10,64	05:16,61	05:22,59	05:28,56	05:34,53	05:40,51	05:52,45	06:01,41	05:37,52	05:46,48	06:01,41	06:16,35
8º	4X100 L	03:55,67	04:00,38	04:02,74	04:05,10	04:09,81	04:14,52	04:19,24	04:23,95	04:28,66	04:38,09	04:45,16	04:26,31	04:33,38	04:45,16	04:56,94
8º	4X200 L	08:33,27	08:43,54	08:48,67	08:53,80	09:04,07	09:14,33	09:24,60	09:34,86	09:45,13	10:05,66	10:21,06	09:40,00	09:55,39	10:21,06	10:46,72
8º	4X100 E	04:19,35	04:24,54	04:27,13	04:29,72	04:34,91	04:40,10	04:45,28	04:50,47	04:55,66	05:06,03	05:13,81	04:53,07	05:00,85	05:13,81	05:26,78
8º	4X50 E	02:00,48	02:02,89	02:04,09	02:05,30	02:07,71	02:10,12	02:12,53	02:14,94	02:17,35	02:22,17	02:25,78	02:16,14	02:19,76	02:25,78	02:31,80
8º	4X50 L	01:50,35	01:52,56	01:53,66	01:54,76	01:56,97	01:59,18	02:01,39	02:03,59	02:05,80	02:10,21	02:13,52	02:04,70	02:08,01	02:13,52	02:19,04
Média	Misto	ABS	Sênior	Sub21	Júnior	1ºJúnior	Juv A-Jul	Juv A-Mar	Juv B-Jul	Juv B-Mar	Inf A	Inf B	Juv A	Juv B	Inf A	Inf B
Média	4X100 L M	03:40,98	03:45,39	03:47,60	03:49,81	03:56,44	04:00,86	04:05,28	04:09,70	04:14,12	04:27,38	04:36,22	04:11,91	04:18,54	04:31,80	04:45,06
Média	4X100 E M	03:54,77	03:59,46	04:01,81	04:04,16	04:11,20	04:15,90	04:20,59	04:25,29	04:29,98	04:44,07	04:53,46	04:27,64	04:34,68	04:48,77	05:02,85
Média	4x50 L M	01:43,21	01:45,28	01:46,31	01:47,34	01:50,44	01:52,50	01:54,57	01:56,63	01:58,70	02:04,89	02:09,02	01:57,67	02:00,76	02:06,95	02:13,15
Média	4x50 E M	01:52,69	01:54,95	01:56,08	01:57,20	02:00,58	02:02,84	02:05,09	02:07,35	02:09,60	02:16,36	02:20,87	02:08,47	02:11,85	02:18,61	02:25,38

### Nota:

Escalões a Azul Claro – TACs Competições Nacionais

Escalões a Azul – TACs Torneios Zonais

**Justificação: Diferença de percentagem Masculino vs. Feminino:** A diferença nos critérios percentuais entre atletas masculinos e femininos existe porque as categorias de idade (escalões até juniores) das mulheres irão manter-se no mesmo que na época anterior. Resumidamente, é aplicada uma percentagem mais baixa ao tempo de referência (ranking) e, portanto, mais exigente.