

## GRAND PRIX DU QUÉBEC 2025

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Dates	Dates
<ul style="list-style-type: none"> <li>• Compétition du 24 au 27 juillet 2025 (4 jours)</li> <li>• Entraînements pré-compétition : 23 juillet (toute la journée)</li> </ul>	<ul style="list-style-type: none"> <li>• Competition from July 24 to 27, 2025 (4 days)</li> <li>• Pre-competition training: July 23 (all day)</li> </ul>
Lieu	Location
Piscine du Parc Jean Drapeau - Montréal (Québec)	Parc Jean Drapeau Pool Montreal (Quebec)
Bassin	Pool
50m	LC - 50m
Catégories d'âge	Ages categories
13 ans et moins, 14-15 ans, 16-17 ans, 18 ans et plus	13 and under, 14-15 years, 16-17 years, 18 years and over
Finales	Finals
<ul style="list-style-type: none"> <li>• Finales A par catégorie d'âge (50m au 400m)</li> <li>• 800m, 1500m et relais : finale par le temps</li> </ul>	<ul style="list-style-type: none"> <li>• A Finals by age category (50m to 400m)</li> <li>• 800m, 1500m et relays : timed final</li> </ul>
Standards de qualification	Qualifying standards
En annexe	In appendix
Période de qualification	Qualifying window
1 <sup>er</sup> septembre 2023 à la date limite d'inscription	September 1, 2023 to the entry deadline
Nombre d'épreuves par athlète	Number of events per Athlete
<ul style="list-style-type: none"> <li>• 1 à 6 standards de qualification réussis : 6 épreuves individuelles minimum.</li> <li>• Épreuves supplémentaires : standard de qualification requis pour chacune.</li> <li>• Maximum 8 épreuves individuelles par athlète.</li> <li>• Temps prouvés obligatoires et ayant été effectués durant la période de qualification.</li> </ul>	<ul style="list-style-type: none"> <li>• 1 to 6 qualification standards met: minimum 6 individual events.</li> <li>• Additional events: qualification standard required for each.</li> <li>• Maximum 8 individual events per athlete.</li> <li>• Proven times mandatory and must have been achieved during the qualification period.</li> </ul>
Format de la compétition	Competition format
Programme préliminaire nagé avec vagues de débordement (A / B Flights)	Preliminary program swum with overflow waves (A / B Flights)
Programme	Events
<ul style="list-style-type: none"> <li>• Programme individuel complet</li> <li>• Relais à déterminer</li> </ul>	<ul style="list-style-type: none"> <li>• Full program</li> <li>• Relays TBD</li> </ul>
Inscriptions	Entries
<ul style="list-style-type: none"> <li>• Date limite d'inscription : 14 juillet 2025 23:59</li> <li>• 800 nageurs maximum - 1er arrivé premier servi</li> </ul>	<ul style="list-style-type: none"> <li>• Entries deadline: Monday, July 14, 2025 11:59 pm</li> <li>• Maximum 800 swimmers - First come, first served</li> </ul>
Frais d'inscription	Costs

125\$ par nageur

\$125 per swimmer

**GRAND PRIX DU QUÉBEC 2025**

HOMMES 25m - Men SCM

	13 -	14	15	16	17	18 +
50m Libre / Free	27,22	25,67	24,95	24,30	24,00	23,82
100m Libre / Free	59,01	55,66	54,11	52,69	52,04	51,65
200m Libre / Free	2:09,07	2:01,73	1:58,34	1:55,24	1:53,82	1:52,98
400m Libre / Free	4:37,26	4:21,48	4:14,20	4:07,53	4:04,49	4:02,67
800m Libre / Free	9:40,96	9:07,91	8:52,66	8:38,67	8:32,32	8:28,50
1500m Libre / Free	18:19,13	17:16,59	16:47,73	16:21,28	16:09,25	16:02,04
100m Dos / Back	1:06,62	1:02,83	1:01,08	0:59,47	0:58,74	0:58,31
200m Dos / Back	2:25,94	2:17,84	2:13,81	2:10,29	2:08,70	2:07,74
100m Brasse / Breast	1:14,75	1:10,50	1:08,53	1:06,74	1:05,92	1:05,43
200m Brasse / Breast	2:44,62	2:35,25	2:30,93	2:26,97	2:25,16	2:24,08
100m Papillon / Fly	1:03,62	1:00,00	0:58,33	0:56,80	0:56,11	0:55,69
200m Papillon / Fly	2:25,06	2:16,80	2:12,99	2:09,50	2:07,92	2:06,96
200m QNI / IM	2:26,52	2:18,18	2:14,34	2:10,81	2:09,21	2:08,24
400m QNI / IM	5:15,43	4:57,49	4:49,21	4:41,61	4:38,16	4:36,09

**GRAND PRIX DU QUÉBEC 2025**

FEMMES 25m - Women SCM

	13 -	14	15	16	17	18 +
50m Libre / Free	28,53	27,67	27,27	26,81	26,61	26,41
100m Libre / Free	1:01,37	59,52	58,67	57,67	57,25	56,82
200m Libre / Free	2:13,25	2:09,24	2:07,39	2:05,23	2:04,31	2:03,38
400m Libre / Free	4:43,30	4:34,78	4:30,84	4:26,25	4:24,28	4:22,32
800m Libre / Free	9:48,15	9:30,45	9:22,29	9:12,76	9:08,67	9:04,59
1500m Libre / Free	18:51,06	18:17,03	18:01,32	17:42,99	17:35,13	17:27,28
100m Dos / Back	1:09,01	1:06,93	1:05,97	1:04,85	1:04,37	1:03,89
200m Dos / Back	2:29,49	2:24,99	2:22,92	2:20,50	2:19,46	2:18,42
100m Brasse / Breast	1:18,49	1:16,12	1:15,03	1:13,76	1:13,22	1:12,67
200m Brasse / Breast	2:50,55	2:45,42	2:43,05	2:40,28	2:39,10	2:37,92
100m Papillon / Fly	1:07,04	1:05,02	1:04,09	1:03,00	1:02,54	1:02,07
200m Papillon / Fly	2:30,10	2:25,58	2:23,50	2:21,07	2:20,02	2:18,98
200m QNI / IM	2:31,06	2:26,52	2:24,42	2:21,97	2:20,92	2:19,87
400m QNI / IM	5:23,11	5:13,39	5:08,90	5:03,66	5:01,42	4:59,18

**GRAND PRIX DU QUÉBEC 2025**

HOMMES 50m - Men LCM

	13 -	14	15	16	17	18 +
50m Libre / Free	28,06	26,46	25,73	25,05	24,74	24,56
100m Libre / Free	1:00,84	57,38	55,78	54,32	53,65	53,25
200m Libre / Free	2:13,07	2:05,50	2:02,00	1:58,80	1:57,34	1:56,47
400m Libre / Free	4:45,83	4:29,57	4:22,06	4:15,18	4:12,06	4:10,18
800m Libre / Free	9:58,93	9:24,86	9:09,13	8:54,71	8:48,16	8:44,23
1500m Libre / Free	18:53,12	17:48,65	17:18,90	16:51,63	16:39,23	16:31,79
100m Dos / Back	1:08,68	1:04,77	1:02,97	1:01,31	1:00,56	1:00,11
200m Dos / Back	2:30,46	2:21,90	2:17,95	2:14,32	2:12,68	2:11,69
100m Brasse / Breast	1:17,06	1:12,68	1:10,65	1:08,80	1:07,96	1:07,45
200m Brasse / Breast	2:49,71	2:40,05	2:35,60	2:31,51	2:29,65	2:28,54
100m Papillon / Fly	1:05,59	1:01,86	1:00,14	0:58,56	0:57,84	0:57,41
200m Papillon / Fly	2:29,54	2:21,03	2:17,11	2:13,51	2:11,87	2:10,89
200m QNI / IM	2:31,05	2:22,46	2:18,49	2:14,85	2:13,20	2:12,21
400m QNI / IM	5:25,19	5:06,69	4:58,15	4:50,32	4:46,76	4:44,63

**GRAND PRIX DU QUÉBEC 2025**

FEMMES 50m - Women LCM

	13 -	14	15	16	17	18 +
50m Libre / Free	29,41	28,52	28,11	27,64	27,43	27,23
100m Libre / Free	1:03,27	1:01,36	1:00,48	59,46	59,02	58,58
200m Libre / Free	2:17,38	2:13,24	2:11,33	2:09,11	2:08,15	2:07,20
400m Libre / Free	4:52,06	4:43,28	4:39,22	4:34,49	4:32,46	4:30,43
800m Libre / Free	10:06,34	9:48,10	9:39,68	9:29,85	9:25,64	9:21,43
1500m Libre / Free	19:26,04	18:50,95	18:34,76	18:15,87	18:07,77	17:59,67
100m Dos / Back	1:11,14	1:09,00	1:08,01	1:06,86	1:06,36	1:05,87
200m Dos / Back	2:34,12	2:29,48	2:27,34	2:24,84	2:23,77	2:22,70
100m Brasse / Breast	1:20,91	1:18,48	1:17,35	1:16,04	1:15,48	1:14,92
200m Brasse / Breast	2:55,82	2:50,53	2:48,09	2:45,24	2:44,02	2:42,80
100m Papillon / Fly	1:09,11	1:07,03	1:06,07	1:04,95	1:04,47	1:03,99
200m Papillon / Fly	2:34,74	2:30,09	2:27,94	2:25,43	2:24,35	2:23,28
200m QNI / IM	2:35,74	2:31,05	2:28,89	2:26,36	2:25,28	2:24,20
400m QNI / IM	5:33,10	5:23,08	5:18,45	5:13,06	5:10,74	5:08,43