



FEDERAȚIA ROMÂNĂ DE NATAȚIE ȘI PENTATLON MODERN

Adresa: str. Maior Coravu, nr. 34-36, Sectorul 2, București, 021972

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BAREME DE PARTICIPARE LA COMPETITIILE OFICIALE FRNPM*

2026

Campionat Național Înot Seniori, Tineret și Juniori I-II, bazin 50m

Cupa României Înot Seniori, Tineret și Juniori I-II, bazin 50m

MASCULIN						Bazin 50m	FEMININ					
35Op.	375p.	40Op.	425p.	45Op.	50Op.	Proba	35Op.	375p.	40Op.	425p.	45Op.	50Op.
14 ani	15 ani	16 ani	17 ani	18 ani	19+ ani		14 ani	15 ani	16 ani	17 ani	18 ani	19+ ani
29.67	28.99	28.37	27.81	27.28	26.34	50m Liber	33.50	32.74	32.04	31.40	30.81	29.74
01:05.84	01:04.34	01:02.97	01:01.71	01:00.55	58.46	100m Liber	01:13.37	01:11.70	01:10.18	01:08.77	01:07.47	01:05.15
02:24.73	02:21.44	02:18.43	02:15.66	02:13.10	02:08.51	200m Liber	02:39.25	02:35.63	02:32.32	02:29.27	02:26.45	02:21.40
05:12.27	05:05.17	04:58.68	04:52.70	04:47.18	04:37.27	400m Liber	05:34.00	05:26.40	05:19.46	05:13.06	05:07.16	04:56.56
10:41.55	10:26.96	10:13.62	10:01.34	09:49.99	09:29.63	800m Liber	11:27.90	11:12.26	10:57.96	10:44.79	10:32.63	10:10.79
20:35.46	20:07.37	19:41.68	19:18.04	18:56.18	18:16.97	1500m Liber	21:46.14	21:16.45	20:49.28	20:24.29	20:01.18	19:19.73
33.41	32.65	31.96	31.32	30.73	29.67	50m Spate	38.11	37.24	36.45	35.72	35.05	33.84
01:13.22	01:11.55	01:10.03	01:08.63	01:07.33	01:05.01	100m Spate	01:21.06	01:19.22	01:17.53	01:15.98	01:14.55	01:11.97
02:38.81	02:35.20	02:31.89	02:28.86	02:26.05	02:21.01	200m Spate	02:54.73	02:50.76	02:47.12	02:43.78	02:40.69	02:35.14
36.82	35.98	35.22	34.51	33.86	32.69	50m Bras	41.37	40.43	39.57	38.78	38.05	36.73
01:20.71	01:18.87	01:17.19	01:15.65	01:14.22	01:11.66	100m Bras	01:30.99	01:28.93	01:27.03	01:25.29	01:23.68	01:20.79
02:58.05	02:54.00	02:50.30	02:46.89	02:43.74	02:38.09	200m Bras	03:15.18	03:10.74	03:06.68	03:02.94	02:59.49	02:53.30
31.60	30.88	30.22	29.62	29.06	28.05	50m Fluture	34.66	33.87	33.15	32.49	31.88	30.78
01:10.16	01:08.57	01:07.11	01:05.77	01:04.53	01:02.30	100m Fluture	01:18.30	01:16.51	01:14.89	01:13.39	01:12.00	01:09.52
02:36.57	02:33.01	02:29.75	02:26.75	02:23.98	02:19.02	200m Fluture	02:52.84	02:48.91	02:45.32	02:42.01	02:38.95	02:33.47
02:41.76	02:38.08	02:34.72	02:31.62	02:28.76	02:23.63	200m Mixt	02:58.96	02:54.89	02:51.17	02:47.74	02:44.58	02:38.90
05:44.10	05:36.28	05:29.12	05:22.53	05:16.45	05:05.53	400m Mixt	06:15.15	06:06.62	05:58.81	05:51.64	05:45.00	05:33.09

*Conform World Aquatics Points în vigoare la data adoptării acestui regulament



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Campionat Național Înot Seniori, Tineret și Juniori I, bazin 25m

MASCULIN					Bazin 25m	FEMININ				
375 p.	400p.	425p.	450p.	500p.	Proba	375p.	400p.	425p.	450p.	500p.
15 ani	16 ani	17 ani	18 ani	19+ ani		15 ani	16 ani	17 ani	18 ani	19+ ani
27.59	27.00	26.46	25.96	25.07	50m Liber	31.65	30.98	30.36	29.79	28.76
01:02.18	01:00.85	59.64	58.51	56.49	100m Liber	01:09.68	01:08.20	01:06.83	01:05.57	01:03.31
02:16.74	02:13.83	02:11.15	02:08.68	02:04.24	200m Liber	02:32.96	02:29.71	02:26.71	02:23.95	02:18.98
04:54.33	04:48.06	04:42.30	04:36.97	04:27.41	400m Liber	05:19.29	05:12.49	05:06.24	05:00.46	04:50.09
-	-	-	-	-	800m Liber	11:02.04	10:47.95	10:34.99	10:23.01	10:01.51
19:34.38	19:09.39	18:46.39	18:25.14	17:47.00	1500m Liber	-	-	-	-	-
30.66	30.00	29.40	28.85	27.85	50m Spate	34.98	34.24	33.55	32.92	31.78
01:07.02	01:05.59	01:04.28	01:03.06	01:00.89	100m Spate	01:14.91	01:13.31	01:11.85	01:10.49	01:08.06
02:26.48	02:23.36	02:20.49	02:17.84	02:13.08	200m Spate	02:43.68	02:40.20	02:37.00	02:34.03	02:28.72
34.59	33.86	33.18	32.55	31.43	50m Bras	39.34	38.50	37.73	37.02	35.74
01:16.65	01:15.02	01:13.52	01:12.13	01:09.64	100m Bras	01:26.47	01:24.63	01:22.94	01:21.37	01:18.56
02:46.62	02:43.08	02:39.82	02:36.80	02:31.39	200m Bras	03:03.74	02:59.83	02:56.23	02:52.90	02:46.94
29.56	28.93	28.35	27.82	26.86	50m Fluture	33.19	32.49	31.84	31.24	30.16
01:06.16	01:04.75	01:03.45	01:02.25	01:00.11	100m Fluture	01:13.09	01:11.53	01:10.10	01:08.78	01:06.41
02:28.17	02:25.01	02:22.11	02:19.43	02:14.62	200m Fluture	02:45.46	02:41.94	02:38.70	02:35.70	02:30.33
01:08.33	01:06.88	01:05.54	01:04.30	01:02.08	100m Mixt	01:16.42	01:14.79	01:13.29	01:11.91	01:09.43
02:30.98	02:27.77	02:24.81	02:22.08	02:17.18	200m Mixt	02:48.66	02:45.07	02:41.77	02:38.72	02:33.24
05:25.61	05:18.68	05:12.31	05:06.41	04:55.84	400m Mixt	05:54.28	05:46.74	05:39.80	05:33.39	05:21.88

*Conform World Aquatics Points (25m) în vigoare la data adoptării acestui regulament



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BAREME DE CALIFICARE LA COMPETITIILE OFICIALE FRNPM*

2026

Proba	Copii 10 ani		Copii 11 ani		Cadeți 12 ani		Cadeți 13 ani	
	Băieți	Fete	Băieți	Fete	Băieți	Fete	Băieți	Fete
200m Liber	03:25:00	03:30:00	03:00:00	03:05:00	02:50:00	02:55:00	-	-
400m Liber	-	-	-	-	-	-	05:35:00	05:50:00
200m Mixt	Participare**	Participare**	03:35:00	03:40:00	03:20:00	03:25:00	03:05:00	03:10:00

*Campionat Național Copii 10 ani, Campionat Național Copii 11 ani, Campionat Național Cadeți 12-13 ani (50m)

**Participarea și finalizarea probei de 200m Mixt. Descalificarea se consideră neîndeplinire de barem.