

Limiti alternativi dei quadri per la stagione 2020/2021

- I tempi limiti LCM (vasca lunga) risp. SCM (vasca corta) devono essere ottenuti nella stagione 2019/2020 nel periodo dal 01.09.2019 – 15.03.2020 in vasca lunga (50m) risp. in vasca corta (25m) e devono apparire nel ranking ufficiale di Swiss Aquatics (www.swiss-aquatics.ch/Leistungssport/Swimming/Swimrankings-Swimstats).
- Il tempo limite deve essere raggiunto o superato.
- Gli anni di nascita indicati valgono per la composizione dei quadri per la stagione 2020/2021.

Vasca lunga (50m):

| Limiti squadra nazionale 2020/2021 prog. LCM (da nuotare nella stagione 2019/2020) | | | | | | | | | |
|---|----------------------|--------------|----------|----------|----------|-----------------|----------|---------|---------|
| Disciplina | quadro olimpico 2024 | Donne | | | | | | | |
| | | Quadro Elite | | | | Quadro Speranze | | | |
| | | 2000+älter | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 |
| 50 SL | tbd | 0:25,62 | 0:25,87 | 0:26,12 | 0:26,37 | 0:26,62 | 0:26,89 | 0:27,27 | 0:27,54 |
| 100 SL | tbd | 0:55,55 | 0:56,11 | 0:56,68 | 0:57,24 | 0:57,80 | 0:58,38 | 0:59,19 | 0:59,77 |
| 200 SL | tbd | 2:00,90 | 2:02,01 | 2:03,12 | 2:04,24 | 2:05,35 | 2:06,59 | 2:08,92 | 2:10,20 |
| 400 SL | tbd | 4:17,50 | 4:19,58 | 4:21,67 | 4:23,76 | 4:25,85 | 4:28,48 | 4:31,40 | 4:34,09 |
| 800 SL | tbd | 8:37,49 | 8:46,10 | 8:54,71 | 9:03,31 | 9:11,92 | 9:17,39 | 9:25,87 | 9:31,47 |
| 1500 SL | tbd | 16:41,28 | 16:52,67 | 17:04,05 | 17:15,44 | 17:26,82 | 17:37,19 | | |
| 50 DO | - | 0:28,36 | 0:28,77 | 0:29,18 | 0:29,58 | 0:29,99 | 0:30,29 | | |
| 100 DO | tbd | 1:01,51 | 1:02,31 | 1:03,11 | 1:03,91 | 1:04,71 | 1:05,35 | 1:06,80 | 1:07,46 |
| 200 DO | tbd | 2:15,11 | 2:16,17 | 2:17,24 | 2:18,30 | 2:19,36 | 2:20,74 | 2:27,00 | 2:28,45 |
| 50 RA | - | 0:31,08 | 0:31,56 | 0:32,03 | 0:32,50 | 0:32,97 | 0:33,30 | | |
| 100 RA | tbd | 1:09,19 | 1:09,99 | 1:10,79 | 1:11,59 | 1:12,39 | 1:13,11 | 1:15,11 | 1:15,86 |
| 200 RA | tbd | 2:30,49 | 2:31,79 | 2:33,08 | 2:34,37 | 2:35,67 | 2:37,21 | 2:41,30 | 2:42,90 |
| 50 DE | - | 0:26,31 | 0:26,78 | 0:27,26 | 0:27,73 | 0:28,20 | 0:28,48 | | |
| 100 DE | tbd | 1:00,04 | 1:00,68 | 1:01,31 | 1:01,95 | 1:02,58 | 1:03,20 | 1:04,33 | 1:04,97 |
| 200 DE | tbd | 2:14,38 | 2:15,78 | 2:17,18 | 2:18,57 | 2:19,97 | 2:21,36 | 2:24,92 | 2:26,35 |
| 200 MI | tbd | 2:16,33 | 2:17,72 | 2:19,11 | 2:20,50 | 2:21,88 | 2:23,29 | 2:26,80 | 2:28,25 |
| 400 MI | tbd | 4:51,28 | 4:54,60 | 4:57,91 | 5:01,23 | 5:04,55 | 5:07,56 | 5:12,92 | 5:16,02 |

| Limiti squadra nazionale 2020/2021 prog. LCM (da nuotare nella stagione 2019/2020) | | | | | | | | | |
|---|----------------------|--------------|----------|----------|----------|-----------------|----------|----------|----------|
| Disciplina | quadro olimpico 2024 | Uomini | | | | | | | |
| | | Quadro Elite | | | | Quadro speranze | | | |
| | | 1999+älter | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 |
| 50 SL | tbd | 0:22,63 | 0:22,90 | 0:23,17 | 0:23,43 | 0:23,70 | 0:23,94 | 0:24,59 | 0:24,83 |
| 100 SL | tbd | 0:49,52 | 0:50,07 | 0:50,62 | 0:51,17 | 0:51,72 | 0:52,23 | 0:53,48 | 0:54,01 |
| 200 SL | tbd | 1:49,55 | 1:50,48 | 1:51,42 | 1:52,35 | 1:53,29 | 1:54,41 | 1:57,85 | 1:59,02 |
| 400 SL | tbd | 3:52,47 | 3:54,41 | 3:56,34 | 3:58,27 | 4:00,21 | 4:02,59 | 4:11,03 | 4:13,52 |
| 800 SL | tbd | 8:02,34 | 8:07,56 | 8:12,78 | 8:17,99 | 8:23,21 | 8:28,19 | | |
| 1500 SL | tbd | 15:24,62 | 15:34,18 | 15:43,73 | 15:53,29 | 16:02,85 | 16:12,38 | 16:51,53 | 17:01,54 |
| 50 DO | - | 0:25,21 | 0:25,62 | 0:26,04 | 0:26,45 | 0:26,87 | 0:27,14 | | |
| 100 DO | tbd | 0:55,30 | 0:55,93 | 0:56,56 | 0:57,19 | 0:57,82 | 0:58,39 | 1:00,75 | 1:01,35 |
| 200 DO | tbd | 2:01,06 | 2:02,30 | 2:03,54 | 2:04,78 | 2:06,02 | 2:07,27 | 2:12,08 | 2:13,39 |
| 50 RA | - | 0:27,55 | 0:28,05 | 0:28,56 | 0:29,06 | 0:29,56 | 0:29,86 | | |
| 100 RA | tbd | 1:01,40 | 1:02,33 | 1:03,25 | 1:04,18 | 1:05,10 | 1:05,75 | 1:07,75 | 1:08,42 |
| 200 RA | tbd | 2:13,91 | 2:15,71 | 2:17,51 | 2:19,32 | 2:21,12 | 2:22,52 | 2:26,28 | 2:27,73 |
| 50 DE | - | 0:23,69 | 0:24,01 | 0:24,33 | 0:24,65 | 0:24,97 | 0:25,22 | | |
| 100 DE | tbd | 0:53,53 | 0:54,05 | 0:54,57 | 0:55,09 | 0:55,61 | 0:56,16 | 0:57,76 | 0:58,33 |
| 200 DE | tbd | 1:59,54 | 2:00,88 | 2:02,23 | 2:03,57 | 2:04,92 | 2:06,16 | 2:09,11 | 2:10,39 |
| 200 MI | tbd | 2:02,24 | 2:03,61 | 2:04,99 | 2:06,37 | 2:07,74 | 2:09,01 | 2:13,39 | 2:14,71 |
| 400 MI | tbd | 4:22,29 | 4:25,42 | 4:28,56 | 4:31,69 | 4:34,82 | 4:37,55 | 4:44,85 | 4:47,67 |

Vasca corta (25m):

| Limiti squadra nazionale 2020/2021 prog. SCM (da nuotare nella stagione 2019/2020) | | | | | | | | | |
|---|-------------------------|--------------|----------|----------|----------|-----------------|----------|---------|---------|
| Disciplina | quadro olimpico 2024 | Donne | | | | | | | |
| | | Quadro Elite | | | | Quadro Speranze | | | |
| | | 2000+älter | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 |
| 50 SL | tbd | 0:24,82 | 0:25,06 | 0:25,31 | 0:25,55 | 0:25,79 | 0:26,05 | 0:26,41 | 0:26,68 |
| 100 SL | tbd | 0:53,98 | 0:54,53 | 0:55,07 | 0:55,62 | 0:56,17 | 0:56,73 | 0:57,52 | 0:58,09 |
| 200 SL | tbd | 1:58,17 | 1:59,26 | 2:00,35 | 2:01,43 | 2:02,52 | 2:03,74 | 2:06,01 | 2:07,26 |
| 400 SL | tbd | 4:14,73 | 4:16,80 | 4:18,86 | 4:20,93 | 4:23,00 | 4:25,60 | 4:28,48 | 4:31,14 |
| 800 SL | tbd | 8:31,67 | 8:40,18 | 8:48,70 | 8:57,21 | 9:05,72 | 9:11,12 | 9:19,51 | 9:25,05 |
| 1500 SL | tbd | 16:40,44 | 16:51,82 | 17:03,19 | 17:14,57 | 17:25,95 | 17:36,30 | | |
| 50 DO | - | 0:26,98 | 0:27,37 | 0:27,76 | 0:28,15 | 0:28,53 | 0:28,82 | | |
| 100 DO | tbd | 0:58,36 | 0:59,12 | 0:59,88 | 1:00,64 | 1:01,40 | 1:02,00 | 1:03,38 | 1:04,01 |
| 200 DO | tbd | 2:09,85 | 2:10,87 | 2:11,89 | 2:12,91 | 2:13,94 | 2:15,26 | 2:21,28 | 2:22,68 |
| 50 RA | - | 0:30,20 | 0:30,65 | 0:31,11 | 0:31,57 | 0:32,03 | 0:32,34 | | |
| 100 RA | tbd | 1:07,28 | 1:08,06 | 1:08,84 | 1:09,61 | 1:10,39 | 1:11,09 | 1:13,04 | 1:13,76 |
| 200 RA | tbd | 2:25,58 | 2:26,83 | 2:28,08 | 2:29,34 | 2:30,59 | 2:32,08 | 2:36,04 | 2:37,58 |
| 50 DE | - | 0:26,26 | 0:26,73 | 0:27,20 | 0:27,67 | 0:28,15 | 0:28,43 | | |
| 100 DE | tbd | 0:59,10 | 0:59,72 | 1:00,35 | 1:00,98 | 1:01,60 | 1:02,21 | 1:03,32 | 1:03,95 |
| 200 DE | tbd | 2:11,96 | 2:13,33 | 2:14,70 | 2:16,07 | 2:17,44 | 2:18,80 | 2:22,30 | 2:23,71 |
| 200 MI | tbd | 2:11,73 | 2:13,07 | 2:14,41 | 2:15,75 | 2:17,09 | 2:18,45 | 2:21,84 | 2:23,24 |
| 400 MI | tbd | 4:43,16 | 4:46,39 | 4:49,61 | 4:52,84 | 4:56,06 | 4:58,99 | 5:04,21 | 5:07,22 |

| Limiti squadra nazionale 2020/2021 prog. SCM (da nuotare nella stagione 2019/2020) | | | | | | | | | |
|---|-------------------------|--------------|----------|----------|----------|-----------------|----------|----------|----------|
| Disciplina | quadro olimpico 2024 | Uomini | | | | | | | |
| | | Quadro Elite | | | | Quadro speranze | | | |
| | | 1999+älter | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 |
| 50 SL | tbd | 0:21,93 | 0:22,19 | 0:22,45 | 0:22,71 | 0:22,97 | 0:23,19 | 0:23,82 | 0:24,06 |
| 100 SL | tbd | 0:47,44 | 0:47,96 | 0:48,49 | 0:49,02 | 0:49,55 | 0:50,04 | 0:51,23 | 0:51,74 |
| 200 SL | tbd | 1:46,73 | 1:47,64 | 1:48,55 | 1:49,46 | 1:50,37 | 1:51,46 | 1:54,81 | 1:55,95 |
| 400 SL | tbd | 3:44,21 | 3:46,08 | 3:47,94 | 3:49,81 | 3:51,67 | 3:53,97 | 4:02,11 | 4:04,51 |
| 800 SL | tbd | 7:53,06 | 7:58,18 | 8:03,30 | 8:08,41 | 8:13,53 | 8:18,41 | | |
| 1500 SL | tbd | 15:00,25 | 15:09,55 | 15:18,86 | 15:28,16 | 15:37,47 | 15:46,75 | 16:24,86 | 16:34,62 |
| 50 DO | - | 0:23,34 | 0:23,72 | 0:24,11 | 0:24,49 | 0:24,88 | 0:25,12 | | |
| 100 DO | tbd | 0:52,13 | 0:52,72 | 0:53,32 | 0:53,91 | 0:54,51 | 0:55,05 | 0:57,27 | 0:57,83 |
| 200 DO | tbd | 1:54,26 | 1:55,43 | 1:56,60 | 1:57,77 | 1:58,94 | 2:00,11 | 2:04,66 | 2:05,89 |
| 50 RA | - | 0:26,80 | 0:27,29 | 0:27,78 | 0:28,28 | 0:28,77 | 0:29,05 | | |
| 100 RA | tbd | 0:59,80 | 1:00,70 | 1:01,60 | 1:02,50 | 1:03,40 | 1:04,03 | 1:05,98 | 1:06,63 |
| 200 RA | tbd | 2:07,02 | 2:08,73 | 2:10,45 | 2:12,16 | 2:13,87 | 2:15,19 | 2:18,76 | 2:20,13 |
| 50 DE | - | 0:23,13 | 0:23,45 | 0:23,76 | 0:24,08 | 0:24,39 | 0:24,63 | | |
| 100 DE | tbd | 0:51,66 | 0:52,16 | 0:52,66 | 0:53,16 | 0:53,67 | 0:54,20 | 0:55,74 | 0:56,29 |
| 200 DE | tbd | 1:56,03 | 1:57,34 | 1:58,64 | 1:59,95 | 2:01,26 | 2:02,46 | 2:05,32 | 2:06,56 |
| 200 MI | tbd | 1:57,55 | 1:58,88 | 2:00,20 | 2:01,52 | 2:02,85 | 2:04,06 | 2:08,28 | 2:09,55 |
| 400 MI | tbd | 4:13,32 | 4:16,35 | 4:19,37 | 4:22,40 | 4:25,43 | 4:28,05 | 4:35,11 | 4:37,83 |