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## *Zagrebački plivački klub*

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# ***KRITERIJI SELEKCIJE PLIVAČA ZAGREBAČKOG PLIVAČKOG KLUBA***

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## **Uvod**

Vrlo visoki nivo sportskih dostignuća, mogu postići samo nadareni ljudi, s druge strane selekcija pretpostavlja da selekcionirani ljudi imaju izuzetno dobre uvjete za bavljenje sportom i to se nažalost uvijek događa na račun drugih ljudi, jer svi ne mogu imati takve uvjete.

Mnogi treneri su tijekom radnog staža otkrili i usmjerili talentiranog plivača. Osnovni cilj svakog trenera je unaprijediti i poboljšati izvedbu svojih plivača, ali genetski determinirane ( urođene ) sposobnosti svakog od njih će uvelike utjecati na krajnji rezultat. Zbog svega toga svaki trener bi trebao tražiti plivače sa najvećim mogućim potencijalima za krajnji uspjeh.

Prvo je sportska orijentacija, kad se radi o selekciji na ranijem stupnju usavršavanja i izbora. Cilj je riješiti pitanje, u kojoj mjeri je svrsishodno, da se pojedino dijete bavi određenim vidom sporta, s obzirom da se baš u ovoj prvoj razvojnoj etapi to i rješavalo na osnovu longitudinalnog mjerenja.

U sportu vrlo važno je "naći sebe" to jest onu disciplinu, onaj vid sporta koji najviše odgovara pojedinom djetetu. Može se dogoditi da recimo dijete koji se bavi određenim vidom sporta i ne postigne dobre rezultate u tom sportu, promijeni sport i tek kad "pronađe sebe" ili sport koji njemu najviše odgovara, onda postiže najbolje rezultate.

Na primjer poznati sovjetski sportaš Igor Terovanesian počeo se baviti plivanjem, a kasnije se bavio akrobatikom i gimnastikom, no kada se je počeo baviti skokom u dalj pronašao je sebe i osvojio Olimpijsku medalju. Hrvat Damir Martin trenirao je plivanje 4 godine te je nakon toga prešao u veslanje gdje je za sada osvojio dvije Olimpijske medalje.

## **Faktori prepoznavanja talentiranih plivača**

Veliki i najveći dio onog što smatramo "talentom" je zapravo stupanj u kojem svi plivači posjeduju određene morfološke, fizičke, mentalne i fiziološke sposobnosti koji mogu pridonijeti uspješnosti u plivačkoj izvedbi.

Mnoge fizičke karakteristike plivača koje kontrolira njegov ili njen genotip ( genetski profil ) su uvijek iznad mogućnosti trenera da ih promijeni tijekom trenažnog procesa. Zrela visina plivača i ostale anatomske karakteristike ( poznate u genetici kao somatotip ) je nemoguće ili u vrlo maloj mjeri mijenjati tijekom trenažnog procesa.

Stoga su svi program otkrivanja talenata usmjereni uglavnom na morfoloske karakteristike.

**Tipican profil vrhunskog plivača je :**

1. Antropometrijska visina ( veća od prosjecne )
2. Širina ramena ( šira od prosjecne )
3. Širina kukova ( uza od prosjecne )
4. Dužina ruku ( duža od prosjecne )
5. Sjedeća visina ( duži trup od dužine nogu )
6. Raspon ruku ( veći od prosjeka )
7. Dužina stopala ( značajno veća od prosjeka )
8. Dužina šake ( veća od prosjeka )
9. Dijametar rucnog zgloba ( sto manji )

**Modeli identifikacije talenata**

1. Mogućnost prepoznavanja talentiranog plivača u dovoljno ranoj dobi ( oko 12 godine starosti )
2. Mogućnost predviđanja fizičkog rasta i razvoja
3. Osigurati talentiranom plivaču dobru okolinu koja ga podržava ( roditelji, treneri, grupa u kojoj trenira )
4. Potreba izolacije da talentirani plivač ne ode prerano iz plivanja ( talentirani plivač vrlo vjerovatno bi bio talentiran atletičar, veslač ili nogometaš )
5. Omogućavanje talentiranom plivaču da trenira u najboljim mogućim uvjetima.

***VARIJABLE PREMA KOJIMA SE RADI SELEKCIJA U ZAGREBAČKOM  
PLIVAČKOM KLUBU***

1. Visina tijela – VISTIJ
2. Dužina šake – DUZSAK
3. Dužina stopala – DUZSTOP
4. Raspon ruku – RASRUK
5. Sjedeća visina – SJEVIS

6. Širina ramena – SIRRAM
7. Širina kukova – SIRKUK
8. Dijametar ručnog zgloba – DRZ
9. Opseg grudnoga koša – OGK
10. Težina tijela – TEZTIJ
11. Potkožno masno tkivo – PMT
12. Bezmasna masa – LBM
13. Body mass index – BMI
14. *Sit and reach* - SAR
15. Iskret - ISK
16. Ekstenzija stopala – EKSTSTO
17. Redovitost dolazaka na trening u %
18. Ispunjavanje zadanog plana i programa u %
19. Zdravstveno stanje ( obvezni liječnički pregledi )
20. Ocijene tehničkih elemenata plivanja
21. Neuro muskularni faktori
22. Fiziološki faktori
23. Psihološki faktori
24. Rezultati plivanja po dionicama i dobi ( tablice u nastavku )

**MOTIVACIJSKA VREMENA ZA PLIVAČE I PLIVAČICE ZPK / 25 metara bazen**

| DJEVOJČICE 10 GODINA I MLAĐE |          |          |          |          |          | DISCIPLINA    | DJEČACI 10 GODINA I MLAĐI |          |          |          |          |          |
|------------------------------|----------|----------|----------|----------|----------|---------------|---------------------------|----------|----------|----------|----------|----------|
| F                            | E        | D        | C        | B        | A        | RAZRED        | A                         | B        | C        | D        | E        | F        |
| 44.29                        | 39.99    | 35.79    | 34.29    | 32.89    | 31.49    | 50 Slobodno   | 31.19                     | 32.59    | 33.89    | 35.29    | 39.29    | 43.29    |
| 1:41.49*                     | 1:30.69* | 1:19.89* | 1:16.29* | 1:12.69* | 1:09.09* | 100 Slobodno  | 1:07.99                   | 1:11.39  | 1:14.79  | 1:18.19  | 1:28.29  | 1:38.49  |
| 3:41.19                      | 3:16.99  | 2:52.79  | 2:44.69  | 2:36.59  | 2:28.59  | 200 Slobodno  | 2:26.89                   | 2:33.89  | 2:40.89  | 2:47.89  | 3:08.89  | 3:29.79  |
| 7:26.79                      | 6:42.09  | 5:57.39  | 5:42.49  | 5:27.69  | 5:12.79  | 400 Slobodno  | 5:09.89                   | 5:24.59  | 5:39.39  | 5:54.09  | 6:38.39  | 7:22.69  |
| 53.99                        | 48.09    | 42.19    | 40.19    | 38.19    | 36.29    | 50 Ledno      | 36.39*                    | 38.39*   | 40.39*   | 42.39*   | 48.49*   | 54.49*   |
| 1:56.79                      | 1:43.79  | 1:30.89  | 1:26.49  | 1:22.19  | 1:17.89  | 100 Ledno     | 1:18.29                   | 1:22.29  | 1:26.19  | 1:30.19  | 1:42.19  | 1:54.19  |
| 59.19                        | 52.79    | 46.49    | 44.29    | 42.19    | 40.09    | 50 Prsno      | 40.59                     | 42.69    | 44.79    | 46.89    | 53.29    | 59.59    |
| 2:12.59                      | 1:57.89  | 1:43.19  | 1:38.29  | 1:33.39  | 1:28.39  | 100 Prsno     | 1:29.09*                  | 1:33.49* | 1:37.99* | 1:42.39* | 1:55.79* | 2:09.09* |
| 53.89                        | 47.49    | 41.19    | 38.99    | 36.89    | 34.79    | 50 Delfin     | 34.59                     | 36.59    | 38.49    | 40.49    | 46.39    | 52.19    |
| 2:09.79                      | 1:52.79  | 1:35.79  | 1:30.19  | 1:24.49  | 1:18.79  | 100 Delfin    | 1:18.39                   | 1:23.79  | 1:29.29  | 1:34.69  | 1:51.09  | 2:07.49  |
| 1:56.79                      | 1:44.29  | 1:31.89  | 1:27.79  | 1:23.59  | 1:19.49  | 100 Mješovito | 1:18.59                   | 1:22.29  | 1:26.09  | 1:29.79  | 1:40.99  | 1:52.29  |
| 4:06.09                      | 3:40.29  | 3:14.49  | 3:05.89  | 2:57.29  | 2:48.69  | 200 Mješovito | 2:48.49                   | 2:56.89  | 3:05.29  | 3:13.69  | 3:38.89  | 4:04.09  |

| DJEVOJČICE 11 i 12 GODINA |           |           |           |           |           | DISCIPLINA    | DJEČACI 11 i 12 GODINA |           |           |           |           |           |
|---------------------------|-----------|-----------|-----------|-----------|-----------|---------------|------------------------|-----------|-----------|-----------|-----------|-----------|
| F                         | E         | D         | C         | B         | A         | RAZRED        | A                      | B         | C         | D         | E         | F         |
| 38.19*                    | 35.49*    | 32.89*    | 31.59*    | 30.29*    | 28.89*    | 50 Slobodno   | 27.69*                 | 28.99*    | 30.29*    | 31.59*    | 34.29*    | 36.89*    |
| 1:21.29*                  | 1:15.49*  | 1:09.69*  | 1:06.79*  | 1:03.89*  | 1:00.99*  | 100 Slobodno  | 1:00.79*               | 1:03.69*  | 1:06.59*  | 1:09.49*  | 1:15.19*  | 1:20.99*  |
| 3:00.69                   | 2:47.79   | 2:34.89   | 2:28.39   | 2:21.99   | 2:15.49   | 200 Slobodno  | 2:12.09*               | 2:18.39*  | 2:24.59*  | 2:30.89*  | 2:43.49*  | 2:56.09*  |
| 6:17.09                   | 5:50.09   | 5:23.19   | 5:09.69   | 4:56.29   | 4:42.79   | 400 Slobodno  | 4:39.29*               | 4:52.59*  | 5:05.89*  | 5:19.19*  | 5:45.79*  | 6:12.39*  |
| 13:09.19*                 | 12:12.79* | 11:16.49* | 10:48.29* | 10:20.09* | 9:51.89*  | 800 Slobodno  | 9:48.79*               | 10:16.89* | 10:44.89* | 11:12.89* | 12:08.99* | 13:05.09* |
| 25:09.79*                 | 23:21.99* | 21:34.09* | 20:40.19* | 19:46.29* | 18:52.39* | 1500 Slobodno | 18:47.29*              | 19:40.99* | 20:34.69* | 21:28.39* | 23:15.69* | 25:03.09* |
| 44.19                     | 40.99*    | 37.89     | 36.29     | 34.69*    | 33.09*    | 50 Ledno      | 32.19*                 | 33.89*    | 35.59*    | 37.29*    | 40.59*    | 43.99*    |
| 1:38.29                   | 1:30.49   | 1:22.79   | 1:18.89   | 1:15.09   | 1:11.19   | 100 Ledno     | 1:08.69*               | 1:12.39*  | 1:16.19*  | 1:19.89*  | 1:27.39*  | 1:34.79*  |
| 3:22.49*                  | 3:08.09*  | 2:53.59*  | 2:46.39*  | 2:39.09*  | 2:31.89*  | 200 Ledno     | 2:28.69                | 2:35.79   | 2:42.89   | 2:49.99   | 3:04.09   | 3:18.29   |
| 48.99                     | 45.49     | 41.99     | 40.19     | 38.49     | 36.69     | 50 Prsno      | 35.69                  | 37.69     | 39.59     | 41.49     | 45.39     | 49.29     |
| 1:46.59                   | 1:38.69   | 1:30.79   | 1:26.89   | 1:22.89   | 1:18.99   | 100 Prsno     | 1:17.49*               | 1:21.49*  | 1:25.49*  | 1:29.59*  | 1:37.59*  | 1:45.69*  |
| 3:49.09*                  | 3:32.69*  | 3:16.29*  | 3:08.19*  | 2:59.99*  | 2:51.79*  | 200 Prsno     | 2:47.19                | 2:55.19   | 3:03.19   | 3:11.09   | 3:26.99   | 3:42.99   |
| 42.09*                    | 39.09*    | 36.09*    | 34.59*    | 33.09     | 31.59     | 50 Delfin     | 30.69                  | 32.39     | 34.09     | 35.79     | 39.19     | 42.59     |
| 1:36.79*                  | 1:29.09*  | 1:21.29*  | 1:17.49*  | 1:13.59*  | 1:09.69*  | 100 Delfin    | 1:07.99*               | 1:11.89*  | 1:15.79*  | 1:19.79*  | 1:27.59*  | 1:35.39*  |
| 3:25.89*                  | 3:11.19*  | 2:56.49*  | 2:49.09*  | 2:41.79*  | 2:34.39*  | 200 Delfin    | 2:33.09                | 2:40.39   | 2:47.59   | 2:54.89   | 3:09.49   | 3:24.09   |
| 1:35.59*                  | 1:28.79*  | 1:21.89*  | 1:18.49*  | 1:15.09*  | 1:11.69*  | 100 Mješovito | 1:09.59*               | 1:12.99*  | 1:16.29*  | 1:19.69*  | 1:26.49*  | 1:33.29*  |
| 3:24.39*                  | 3:09.79*  | 2:55.19*  | 2:47.89*  | 2:40.59*  | 2:33.29*  | 200 Mješovito | 2:29.39*               | 2:36.99*  | 2:44.69*  | 2:52.29*  | 3:07.49*  | 3:22.79*  |
| 7:15.79*                  | 6:44.69*  | 6:13.59*  | 5:57.99*  | 5:42.39*  | 5:26.89*  | 400 Mješovito | 5:20.99*               | 5:36.29*  | 5:51.49*  | 6:06.79*  | 6:37.39*  | 7:07.99*  |

| DJEVOJČICE 13 i 14 GODINA |          |          |          |          |          | DISCIPLINA    | DJEČACI 13 i 14 GODINA |           |           |           |           |           |
|---------------------------|----------|----------|----------|----------|----------|---------------|------------------------|-----------|-----------|-----------|-----------|-----------|
| F                         | E        | D        | C        | B        | A        | RAZRED        | A                      | B         | C         | D         | E         | F         |
| 36.89*                    | 34.29*   | 31.69*   | 30.29*   | 28.99*   | 27.69*   | 50 Slobodno   | 25.69                  | 26.99     | 28.19     | 29.39     | 31.89     | 34.29     |
| 1:20.19*                  | 1:14.49* | 1:08.79* | 1:05.89* | 1:02.99* | 1:00.19* | 100 Slobodno  | 56.09                  | 58.79     | 1:01.49   | 1:04.09*  | 1:09.49   | 1:14.79   |
| 2:52.99                   | 2:40.69  | 2:28.29  | 2:22.09  | 2:15.99  | 2:09.79  | 200 Slobodno  | 2:01.69*               | 2:07.49*  | 2:13.29*  | 2:18.99*  | 2:30.59*  | 2:42.19*  |
| 6:00.39                   | 5:34.59  | 5:08.89  | 4:55.99  | 4:43.19  | 4:30.29  | 400 Slobodno  | 4:19.89*               | 4:32.29*  | 4:44.69*  | 4:56.99*  | 5:21.79*  | 5:46.49*  |
| 12:22.89                  | 11:29.89 | 10:36.79 | 10:10.29 | 9:43.69  | 9:17.19  | 800 Slobodno  | 8:57.19*               | 9:22.79*  | 9:48.39*  | 10:13.89* | 11:05.09* | 11:56.29* |
| 23:25.99                  | 21:45.59 | 20:05.09 | 19:14.89 | 18:24.69 | 17:34.49 | 1500 Slobodno | 16:57.39*              | 17:45.79* | 18:34.19* | 19:22.69* | 20:59.59* | 22:36.49* |
| 1:28.59*                  | 1:22.19* | 1:15.89* | 1:12.79* | 1:09.59* | 1:06.39* | 100 Ledno     | 1:02.69*               | 1:05.69   | 1:08.69   | 1:11.69   | 1:17.69   | 1:23.59*  |
| 3:09.89*                  | 2:56.29* | 2:42.79* | 2:35.99* | 2:29.19* | 2:22.39* | 200 Ledno     | 2:14.89                | 2:21.29   | 2:27.69   | 2:34.19   | 2:46.99   | 2:59.89   |
| 1:40.59                   | 1:33.39  | 1:26.19  | 1:22.59  | 1:18.99  | 1:15.49  | 100 Prsno     | 1:09.89                | 1:13.29   | 1:16.59   | 1:19.89   | 1:26.59   | 1:33.19   |
| 3:36.59                   | 3:21.09  | 3:05.69  | 2:57.89  | 2:50.19  | 2:42.49  | 200 Prsno     | 2:31.19                | 2:38.39   | 2:45.59   | 2:52.69   | 3:07.09   | 3:21.49   |
| 1:27.79*                  | 1:21.49* | 1:15.19* | 1:12.09* | 1:08.99* | 1:05.79* | 100 Delfin    | 1:01.29*               | 1:04.19*  | 1:07.09*  | 1:10.09*  | 1:15.89*  | 1:21.69*  |
| 3:11.59                   | 2:57.89  | 2:44.19  | 2:37.39  | 2:30.59  | 2:23.69  | 200 Delfin    | 2:16.19*               | 2:22.69*  | 2:29.09*  | 2:35.59*  | 2:48.59*  | 3:01.59*  |
| 3:14.99*                  | 3:01.09* | 2:47.19* | 2:40.19* | 2:33.19* | 2:26.29* | 200 Mješovito | 2:17.19*               | 2:23.69*  | 2:30.19*  | 2:36.69*  | 2:49.79*  | 3:02.89*  |
| 6:51.99*                  | 6:22.59* | 5:53.19* | 5:38.49* | 5:23.69* | 5:08.99* | 400 Mješovito | 4:52.39*               | 5:06.29*  | 5:20.29*  | 5:34.19*  | 6:01.99*  | 6:29.89*  |

| DJEVOJČICE 15 i 16 GODINA |          |          |          |          |          | DISCIPLINA    | DJEČACI 15 i 16 GODINA |          |          |          |          |          |
|---------------------------|----------|----------|----------|----------|----------|---------------|------------------------|----------|----------|----------|----------|----------|
| F                         | E        | D        | C        | B        | A        | RAZRED        | A                      | B        | C        | D        | E        | F        |
| 36.29*                    | 33.79*   | 31.19*   | 29.89*   | 28.59*   | 27.29*   | 50 Slobodno   | 24.49*                 | 25.69*   | 26.89*   | 27.99*   | 30.39*   | 32.69*   |
| 1:18.69*                  | 1:13.09* | 1:07.49* | 1:04.69* | 1:01.89* | 59.09*   | 100 Slobodno  | 53.59                  | 56.09    | 58.69    | 1:01.19  | 1:06.29  | 1:11.39  |
| 2:49.49*                  | 2:37.39* | 2:25.29* | 2:19.19* | 2:13.19* | 2:07.09* | 200 Slobodno  | 1:56.79                | 2:02.39  | 2:07.89  | 2:13.49  | 2:24.59  | 2:35.69  |
| 5:55.69*                  | 5:30.29* | 5:04.89* | 4:52.19* | 4:39.49* | 4:26.79* | 400 Slobodno  | 4:09.09                | 4:20.89  | 4:32.79  | 4:44.69  | 5:08.39  | 5:32.09  |
| 12:10.89                  | 11:18.69 | 10:26.49 | 10:00.39 | 9:34.29  | 9:08.19  | 800 Slobodno  | 8:34.69                | 8:59.19  | 9:23.79  | 9:48.29  | 10:37.29 | 11:26.29 |
| 23:10.59                  | 21:31.29 | 19:51.99 | 19:02.29 | 18:12.59 | 17:22.99 | 1500 Slobodno | 16:21.19               | 17:07.89 | 17:54.69 | 18:41.39 | 20:14.79 | 21:48.29 |
| 1:27.29*                  | 1:20.99* | 1:14.79* | 1:11.69* | 1:08.59* | 1:05.49* | 100 Ledno     | 59.29*                 | 1:02.09* | 1:04.89* | 1:07.79* | 1:13.39* | 1:18.99* |
| 3:07.99*                  | 2:54.59* | 2:41.19* | 2:34.49* | 2:27.79* | 2:20.99* | 200 Ledno     | 2:08.29                | 2:14.39  | 2:20.49  | 2:26.59  | 2:38.79  | 2:50.99  |
| 1:38.39*                  | 1:31.39* | 1:24.39* | 1:20.89* | 1:17.39* | 1:13.79* | 100 Prsno     | 1:06.89                | 1:10.09  | 1:13.29  | 1:16.49  | 1:22.79  | 1:29.19  |
| 3:32.29*                  | 3:17.09* | 3:01.99* | 2:54.39* | 2:46.79* | 2:39.19* | 200 Prsno     | 2:25.19                | 2:32.09  | 2:38.99  | 2:45.89  | 2:59.69  | 3:13.49  |
| 1:26.19*                  | 1:19.99* | 1:13.89* | 1:10.79* | 1:07.69* | 1:04.59* | 100 Delfin    | 58.49*                 | 1:01.29* | 1:04.09* | 1:06.89* | 1:12.49* | 1:17.99* |
| 3:08.99*                  | 2:55.49* | 2:41.99* | 2:35.19* | 2:28.49* | 2:21.79* | 200 Delfin    | 2:09.99*               | 2:16.19* | 2:22.29* | 2:28.49* | 2:40.89* | 2:53.29* |
| 3:11.19*                  | 2:57.59* | 2:43.89* | 2:37.09* | 2:30.29* | 2:23.39* | 200 Mješovito | 2:11.19                | 2:17.49  | 2:23.69  | 2:29.89  | 2:42.39  | 2:54.89  |
| 6:44.89                   | 6:15.99  | 5:47.09  | 5:32.59  | 5:18.19  | 5:03.69  | 400 Mješovito | 4:39.49                | 4:52.79  | 5:06.09  | 5:19.49  | 5:46.09  | 6:12.69  |

  

| DJEVOJČICE 17 i 18 GODINA |           |           |          |          |          | DISCIPLINA    | DJEČACI 17 i 18 GODINA |          |          |          |          |          |
|---------------------------|-----------|-----------|----------|----------|----------|---------------|------------------------|----------|----------|----------|----------|----------|
| F                         | E         | D         | C        | B        | A        | RAZRED        | A                      | B        | C        | D        | E        | F        |
| 36.29*                    | 33.69*    | 31.09*    | 29.79*   | 28.49*   | 27.19*   | 50 Slobodno   | 24.09*                 | 25.19*   | 26.29*   | 27.49*   | 29.79*   | 32.09*   |
| 1:18.29                   | 1:12.69   | 1:07.09   | 1:04.29  | 1:01.49  | 58.69    | 100 Slobodno  | 52.59                  | 55.09    | 57.59    | 1:00.09  | 1:05.09  | 1:10.09  |
| 2:48.29*                  | 2:36.29*  | 2:24.29*  | 2:18.29* | 2:12.29* | 2:06.29* | 200 Slobodno  | 1:54.39                | 1:59.79  | 2:05.29  | 2:10.69  | 2:21.59  | 2:32.49  |
| 5:53.49*                  | 5:28.19*  | 5:02.99*  | 4:50.29* | 4:37.69* | 4:25.09* | 400 Slobodno  | 4:03.29                | 4:14.89  | 4:26.49  | 4:37.99  | 5:01.19  | 5:24.39  |
| 12:08.59*                 | 11:16.59* | 10:24.49* | 9:58.49* | 9:32.49* | 9:06.49* | 800 Slobodno  | 8:28.39                | 8:52.59  | 9:16.79  | 9:40.99  | 10:29.39 | 11:17.79 |
| 22:58.19                  | 21:19.69  | 19:41.29  | 18:52.09 | 18:02.79 | 17:13.59 | 1500 Slobodno | 16:03.19               | 16:48.99 | 17:34.89 | 18:20.69 | 19:52.49 | 21:24.19 |
| 1:26.39*                  | 1:20.19*  | 1:13.99*  | 1:10.89* | 1:07.89* | 1:04.79* | 100 Ledno     | 57.99*                 | 1:00.79* | 1:03.49* | 1:06.29* | 1:11.79* | 1:17.29* |
| 3:05.49*                  | 2:52.29*  | 2:38.99*  | 2:32.39* | 2:25.79* | 2:19.19* | 200 Ledno     | 2:04.79*               | 2:10.79* | 2:16.69* | 2:22.59* | 2:34.49* | 2:46.39* |
| 1:38.49*                  | 1:31.39*  | 1:24.39*  | 1:20.89* | 1:17.39* | 1:13.89* | 100 Prsno     | 1:05.29*               | 1:08.39* | 1:11.59* | 1:14.69* | 1:20.89* | 1:27.09* |
| 3:32.49*                  | 3:17.29*  | 3:02.09*  | 2:54.49* | 2:46.99* | 2:39.39* | 200 Prsno     | 2:22.69                | 2:29.49  | 2:36.29  | 2:43.09  | 2:56.69  | 3:10.29  |
| 1:25.09*                  | 1:18.99*  | 1:12.89*  | 1:09.89* | 1:06.89* | 1:03.79* | 100 Delfin    | 57.19*                 | 59.89*   | 1:02.59* | 1:05.39* | 1:10.79* | 1:16.19* |
| 3:05.89                   | 2:52.59   | 2:39.39   | 2:32.69  | 2:26.09  | 2:19.39  | 200 Delfin    | 2:05.29                | 2:11.29  | 2:17.29  | 2:23.19  | 2:35.19  | 2:47.09  |
| 3:09.49*                  | 2:55.89*  | 2:42.39*  | 2:35.59* | 2:28.89* | 2:22.09* | 200 Mješovito | 2:08.09*               | 2:14.19* | 2:20.29* | 2:26.39* | 2:38.59* | 2:50.79* |
| 6:42.59*                  | 6:13.89*  | 5:45.09*  | 5:30.69* | 5:16.39* | 5:01.99* | 400 Mješovito | 4:33.79                | 4:46.79  | 4:59.79  | 5:12.89  | 5:38.89  | 6:04.99  |

**KRITERIJSKA VREMENA ZA PLIVAČE I PLIVAČICE ZPK / 50 metara bazen**

| DJEVOJČICE 10 GODINA I MLAĐE |          |          |          |          |          | DISCIPLINA    | DJEČACI 10 GODINA I MLAĐI |         |         |         |         |         |
|------------------------------|----------|----------|----------|----------|----------|---------------|---------------------------|---------|---------|---------|---------|---------|
| F                            | E        | D        | C        | B        | A        | RAZRED        | A                         | B       | C       | D       | E       | F       |
| 45.29                        | 40.89    | 36.49    | 35.09    | 33.59    | 32.19    | 50 Slobodno   | 32.09                     | 33.49   | 34.79   | 36.19   | 40.39   | 44.49   |
| 1:43.99                      | 1:32.99  | 1:21.89  | 1:18.19  | 1:14.49  | 1:10.79  | 100 Slobodno  | 1:10.19                   | 1:13.69 | 1:17.19 | 1:20.59 | 1:31.09 | 1:41.59 |
| 3:48.89*                     | 3:23.79* | 2:58.69* | 2:50.39* | 2:41.99* | 2:33.69* | 200 Slobodno  | 2:30.89                   | 2:38.09 | 2:45.29 | 2:52.39 | 3:13.99 | 3:35.49 |
| 7:42.09                      | 6:55.79* | 6:09.69  | 5:54.29  | 5:38.79* | 5:23.39* | 400 Slobodno  | 5:20.99                   | 5:36.29 | 5:51.49 | 6:06.79 | 6:52.69 | 7:38.49 |
| 55.99                        | 49.89    | 43.69    | 41.69    | 39.59    | 37.59    | 50 Leđno      | 37.89                     | 39.99   | 42.09   | 44.19   | 50.49   | 56.79   |
| 2:02.49                      | 1:48.89  | 1:35.29  | 1:30.79  | 1:26.29  | 1:21.69  | 100 Leđno     | 1:21.29                   | 1:25.39 | 1:29.49 | 1:33.69 | 1:46.09 | 1:58.49 |
| 1:01.59                      | 54.89    | 48.29    | 46.09    | 43.89    | 41.59    | 50 Prsno      | 41.99                     | 44.09   | 46.29   | 48.49   | 55.09   | 1:01.59 |
| 2:17.69*                     | 2:02.39* | 1:47.09* | 1:41.99* | 1:36.89* | 1:31.79* | 100 Prsno     | 1:32.19                   | 1:36.79 | 1:41.39 | 1:45.99 | 1:59.79 | 2:13.59 |
| 55.09                        | 48.59    | 42.09    | 39.89    | 37.79    | 35.59    | 50 Delfin     | 35.09                     | 36.99   | 38.99   | 40.99   | 46.89   | 52.89   |
| 2:13.69                      | 1:56.19  | 1:38.69  | 1:32.89  | 1:26.99  | 1:21.19  | 100 Delfin    | 1:20.39                   | 1:25.99 | 1:31.59 | 1:37.19 | 1:53.99 | 2:10.79 |
| 4:13.89                      | 3:47.29  | 3:20.59  | 3:11.79  | 3:02.89  | 2:53.99  | 200 Mješovito | 2:52.99                   | 3:01.69 | 3:10.29 | 3:18.89 | 3:44.79 | 4:10.69 |

| DJEVOJČICE 11 i 12 GODINA |           |           |           |           |           | DISCIPLINA    | DJEČACI 11 i 12 GODINA |           |           |           |           |           |
|---------------------------|-----------|-----------|-----------|-----------|-----------|---------------|------------------------|-----------|-----------|-----------|-----------|-----------|
| F                         | E         | D         | C         | B         | A         | RAZRED        | A                      | B         | C         | D         | E         | F         |
| 39.19                     | 36.39     | 33.69     | 32.39     | 30.99     | 29.69     | 50 Slobodno   | 28.79*                 | 30.19*    | 31.59*    | 32.99*    | 35.69*    | 38.39*    |
| 1:26.39*                  | 1:20.19*  | 1:14.09*  | 1:10.99*  | 1:07.89*  | 1:04.79*  | 100 Slobodno  | 1:02.59*               | 1:05.59*  | 1:08.59   | 1:11.59   | 1:17.49*  | 1:23.49*  |
| 3:05.69*                  | 2:52.39*  | 2:39.19*  | 2:32.49*  | 2:25.89*  | 2:19.29*  | 200 Slobodno  | 2:16.29*               | 2:22.69*  | 2:29.19*  | 2:35.69*  | 2:48.69*  | 3:01.69*  |
| 6:27.79                   | 6:00.09   | 5:32.39   | 5:18.49   | 5:04.69   | 4:50.79   | 400 Slobodno  | 4:48.09*               | 5:01.79*  | 5:15.49*  | 5:29.19*  | 5:56.59*  | 6:24.09*  |
| 13:32.49*                 | 12:34.49* | 11:36.49* | 11:07.49* | 10:38.39* | 10:09.39* | 800 Slobodno  | 10:11.89*              | 10:41.09* | 11:10.19* | 11:39.29* | 12:37.59* | 13:35.89* |
| 26:07.79*                 | 24:15.79* | 22:23.79* | 21:27.79* | 20:31.79* | 19:35.89* | 1500 Slobodno | 19:39.39*              | 20:35.59* | 21:31.69* | 22:27.89* | 24:20.19* | 26:12.49* |
| 45.69                     | 42.49     | 39.19     | 37.59     | 35.89     | 34.29     | 50 Leđno      | 33.49                  | 35.29     | 36.99     | 38.79     | 42.29     | 45.79     |
| 1:42.39                   | 1:34.39   | 1:26.29   | 1:22.29   | 1:18.19   | 1:14.19   | 100 Leđno     | 1:11.89                | 1:15.79   | 1:19.69   | 1:23.59   | 1:31.39   | 1:39.29   |
| 3:30.79*                  | 3:15.79*  | 3:00.69*  | 2:53.19*  | 2:45.69*  | 2:38.09*  | 200 Leđno     | 2:37.79*               | 2:45.29*  | 2:52.79*  | 3:00.29*  | 3:15.29*  | 3:30.29*  |
| 49.09*                    | 45.59*    | 42.09*    | 40.39*    | 38.59*    | 36.89*    | 50 Prsno      | 36.99*                 | 38.99*    | 41.09*    | 43.09*    | 47.09*    | 51.09*    |
| 1:49.99                   | 1:41.89   | 1:33.79   | 1:29.69   | 1:25.59   | 1:21.59   | 100 Prsno     | 1:20.99*               | 1:25.19*  | 1:29.39*  | 1:33.59*  | 1:41.99*  | 1:50.49*  |
| 3:57.59*                  | 3:40.59*  | 3:23.69*  | 3:15.19*  | 3:06.69*  | 2:58.19*  | 200 Prsno     | 2:56.09                | 3:04.49   | 3:12.79   | 3:21.19   | 3:37.99   | 3:54.69   |
| 42.69*                    | 39.69*    | 36.59*    | 35.09*    | 33.59*    | 32.09*    | 50 Delfin     | 31.39*                 | 33.09*    | 34.79*    | 36.59*    | 39.99*    | 43.49*    |
| 1:38.69*                  | 1:30.79*  | 1:22.89*  | 1:18.99*  | 1:14.99*  | 1:11.09*  | 100 Delfin    | 1:09.99*               | 1:13.99*  | 1:18.09*  | 1:22.09*  | 1:30.19*  | 1:38.19*  |
| 3:33.09*                  | 3:17.79*  | 3:02.59*  | 2:54.99*  | 2:47.39*  | 2:39.79*  | 200 Delfin    | 2:38.29*               | 2:45.79*  | 2:53.29*  | 3:00.89*  | 3:15.89*  | 3:30.99*  |
| 3:30.19                   | 3:15.19   | 3:00.19   | 2:52.69   | 2:45.19   | 2:37.69   | 200 Mješovito | 2:34.49                | 2:42.39   | 2:50.19   | 2:58.09   | 3:13.89   | 3:29.59   |
| 7:32.09*                  | 6:59.79*  | 6:27.59*  | 6:11.39*  | 5:55.29*  | 5:39.09*  | 400 Mješovito | 5:36.29                | 5:52.29   | 6:08.29   | 6:24.29   | 6:56.29   | 7:28.29   |

| DJEVOJČICE 13 i 14 GODINA |          |          |          |          |          | DISCIPLINA    | DJEČACI 13 i 14 GODINA |           |           |           |           |           |
|---------------------------|----------|----------|----------|----------|----------|---------------|------------------------|-----------|-----------|-----------|-----------|-----------|
| F                         | E        | D        | C        | B        | A        | RAZRED        | A                      | B         | C         | D         | E         | F         |
| 38.19*                    | 35.49*   | 32.79*   | 31.39*   | 30.09*   | 28.69*   | 50 Slobodno   | 26.79                  | 28.09*    | 29.39     | 30.59*    | 33.19     | 35.69*    |
| 1:22.89*                  | 1:16.99* | 1:11.09* | 1:08.09* | 1:05.09* | 1:02.19* | 100 Slobodno  | 58.29                  | 1:01.09   | 1:03.89   | 1:06.59   | 1:12.19   | 1:17.69   |
| 2:57.99                   | 2:45.29  | 2:32.59  | 2:26.19  | 2:19.89  | 2:13.49  | 200 Slobodno  | 2:06.89                | 2:12.89   | 2:18.99   | 2:24.99   | 2:37.09   | 2:49.19   |
| 6:09.39                   | 5:42.99  | 5:16.59  | 5:03.49  | 4:50.29  | 4:37.09  | 400 Slobodno  | 4:27.39                | 4:40.19   | 4:52.89   | 5:05.59   | 5:31.09   | 5:56.49   |
| 12:35.99                  | 11:41.99 | 10:47.99 | 10:20.99 | 9:53.99  | 9:26.99  | 800 Slobodno  | 9:12.39                | 9:38.69   | 10:04.99  | 10:31.29  | 11:23.99  | 12:16.59  |
| 24:06.39                  | 22:23.09 | 20:39.79 | 19:48.09 | 18:56.49 | 18:04.79 | 1500 Slobodno | 17:41.49*              | 18:32.09* | 19:22.59* | 20:13.09* | 21:54.19* | 23:35.29* |
| 1:33.49*                  | 1:26.79* | 1:20.09* | 1:16.79* | 1:13.49* | 1:10.09* | 100 Leđno     | 1:05.69*               | 1:08.79*  | 1:11.89*  | 1:15.09*  | 1:21.29*  | 1:27.59*  |
| 3:19.99*                  | 3:05.69* | 2:51.39* | 2:44.29* | 2:37.19* | 2:29.99* | 200 Leđno     | 2:21.39*               | 2:28.19*  | 2:34.89*  | 2:41.59*  | 2:55.09*  | 3:08.59*  |
| 1:43.99                   | 1:36.59  | 1:29.09  | 1:25.39  | 1:21.69  | 1:17.99  | 100 Prsno     | 1:13.09                | 1:16.59   | 1:20.09   | 1:23.59   | 1:30.49   | 1:37.49   |
| 3:43.99                   | 3:27.99  | 3:11.99  | 3:03.99  | 2:55.99  | 2:47.99  | 200 Prsno     | 2:39.59                | 2:47.19   | 2:54.79   | 3:02.39   | 3:17.59   | 3:32.79   |
| 1:30.19*                  | 1:23.69* | 1:17.29* | 1:14.09* | 1:10.79* | 1:07.59* | 100 Delfin    | 1:02.99*               | 1:05.99*  | 1:08.99*  | 1:11.99*  | 1:17.99*  | 1:23.99*  |
| 3:17.69*                  | 3:03.59* | 2:49.49* | 2:42.39* | 2:35.39  | 2:28.29* | 200 Delfin    | 2:19.99*               | 2:26.59*  | 2:33.29*  | 2:39.89*  | 2:53.29*  | 3:06.59*  |
| 3:21.09                   | 3:06.79  | 2:52.39  | 2:45.19  | 2:37.99  | 2:30.89  | 200 Mješovito | 2:22.49*               | 2:29.19*  | 2:35.99*  | 2:42.79*  | 2:56.39*  | 3:09.89*  |
| 7:02.69*                  | 6:32.49* | 6:02.29* | 5:47.19* | 5:32.09* | 5:16.99* | 400 Mješovito | 5:02.89*               | 5:17.39*  | 5:31.79*  | 5:46.19*  | 6:15.09*  | 6:43.89*  |

| DJEVOJČICE 15 i 16 GODINA |           |           |           |           |           | DISCIPLINA    | DJEČACI 15 i 16 GODINA |          |          |          |          |          |
|---------------------------|-----------|-----------|-----------|-----------|-----------|---------------|------------------------|----------|----------|----------|----------|----------|
| F                         | E         | D         | C         | B         | A         | RAZRED        | A                      | B        | C        | D        | E        | F        |
| 37.69*                    | 34.99*    | 32.29*    | 30.89*    | 29.59*    | 28.29     | 50 Slobodno   | 25.69                  | 26.89    | 28.09*   | 29.39    | 31.79    | 34.19    |
| 1:21.09*                  | 1:15.29*  | 1:09.59*  | 1:06.69*  | 1:03.79*  | 1:00.89*  | 100 Slobodno  | 56.09                  | 58.79    | 1:01.39  | 1:04.09  | 1:09.39  | 1:14.79  |
| 2:54.29                   | 2:41.89   | 2:29.39   | 2:23.19   | 2:16.99   | 2:10.79   | 200 Slobodno  | 2:01.59*               | 2:07.39* | 2:13.19* | 2:18.99* | 2:30.49* | 2:42.09* |
| 6:04.19*                  | 5:38.19*  | 5:12.19*  | 4:59.19*  | 4:46.19*  | 4:33.19*  | 400 Slobodno  | 4:16.69                | 4:28.89  | 4:41.09  | 4:53.29  | 5:17.79  | 5:42.19  |
| 12:28.89                  | 11:35.39  | 10:41.89  | 10:15.19  | 9:48.39   | 9:21.69   | 800 Slobodno  | 8:49.09                | 9:14.29  | 9:39.39  | 10:04.59 | 10:54.99 | 11:45.39 |
| 23:53.09*                 | 22:10.69* | 20:28.39* | 19:37.19* | 18:45.99* | 17:54.79* | 1500 Slobodno | 16:57.59               | 17:46.09 | 18:34.49 | 19:22.99 | 20:59.89 | 22:36.79 |
| 1:31.29*                  | 1:24.79*  | 1:18.29*  | 1:14.99*  | 1:11.79*  | 1:08.49*  | 100 Ledno     | 1:02.69*               | 1:05.69* | 1:08.69* | 1:11.69* | 1:17.59* | 1:23.59* |
| 3:15.19*                  | 3:01.29*  | 2:47.29*  | 2:40.29*  | 2:33.39*  | 2:26.39*  | 200 Ledno     | 2:14.99*               | 2:21.49* | 2:27.89* | 2:34.29* | 2:47.19* | 2:59.99* |
| 1:42.29*                  | 1:34.99*  | 1:27.69*  | 1:24.09   | 1:20.39*  | 1:16.79   | 100 Prsno     | 1:10.49                | 1:13.89  | 1:17.19  | 1:20.59  | 1:27.29  | 1:33.99  |
| 3:39.89                   | 3:24.19   | 3:08.49   | 3:00.59   | 2:52.79   | 2:44.89   | 200 Prsno     | 2:32.49                | 2:39.69  | 2:46.99  | 2:54.29  | 3:08.79  | 3:23.29  |
| 1:28.49*                  | 1:22.19*  | 1:15.89*  | 1:12.69*  | 1:09.49*  | 1:06.39*  | 100 Delfin    | 1:00.39                | 1:03.29  | 1:06.19  | 1:09.09  | 1:14.79  | 1:20.59  |
| 3:12.09                   | 2:58.39   | 2:44.69   | 2:37.79   | 2:30.99   | 2:24.09   | 200 Delfin    | 2:13.19                | 2:19.49  | 2:25.89  | 2:32.19  | 2:44.89  | 2:57.59  |
| 3:16.09                   | 3:02.09   | 2:48.09   | 2:41.09   | 2:34.09   | 2:27.09   | 200 Mješovito | 2:17.49*               | 2:23.99* | 2:30.59* | 2:37.09* | 2:50.19* | 3:03.29* |
| 6:55.99*                  | 6:26.29*  | 5:56.59*  | 5:41.69*  | 5:26.79*  | 5:11.99*  | 400 Mješovito | 4:48.69                | 5:02.49  | 5:16.19  | 5:29.99  | 5:57.49  | 6:24.99  |

  

| DJEVOJČICE 17 i 18 GODINA |           |           |           |          |          | DISCIPLINA    | DJEČACI 17 i 18 GODINA |          |          |          |          |          |
|---------------------------|-----------|-----------|-----------|----------|----------|---------------|------------------------|----------|----------|----------|----------|----------|
| F                         | E         | D         | C         | B        | A        | RAZRED        | A                      | B        | C        | D        | E        | F        |
| 37.49                     | 34.89     | 32.19     | 30.79     | 29.49    | 28.19    | 50 Slobodno   | 25.09*                 | 26.29    | 27.49    | 28.69    | 31.09    | 33.49    |
| 1:20.69                   | 1:14.99   | 1:09.19   | 1:06.29   | 1:03.39  | 1:00.59  | 100 Slobodno  | 54.89                  | 57.49    | 1:00.09  | 1:02.69  | 1:07.99  | 1:13.19  |
| 2:52.79*                  | 2:40.49*  | 2:28.09*  | 2:21.99*  | 2:15.79* | 2:09.59* | 200 Slobodno  | 1:59.29                | 2:04.99  | 2:10.59  | 2:16.29  | 2:27.69  | 2:38.99  |
| 6:00.99                   | 5:35.19   | 5:09.39   | 4:56.49   | 4:43.59  | 4:30.69  | 400 Slobodno  | 4:12.29                | 4:24.39  | 4:36.39  | 4:48.39  | 5:12.39  | 5:36.39  |
| 12:19.59*                 | 11:26.79* | 10:33.99* | 10:07.59* | 9:41.09* | 9:14.69* | 800 Slobodno  | 8:44.19                | 9:09.19  | 9:34.09  | 9:59.09  | 10:48.99 | 11:38.89 |
| 23:39.89                  | 21:58.49  | 20:17.09  | 19:26.39  | 18:35.59 | 17:44.89 | 1500 Slobodno | 16:38.19               | 17:25.69 | 18:13.29 | 19:00.79 | 20:35.79 | 22:10.89 |
| 1:30.79*                  | 1:24.29*  | 1:17.79*  | 1:14.59*  | 1:11.29* | 1:08.09* | 100 Ledno     | 1:01.49*               | 1:04.39* | 1:07.29* | 1:10.29* | 1:16.09* | 1:21.99* |
| 3:13.99*                  | 3:00.09*  | 2:46.29*  | 2:39.39*  | 2:32.39* | 2:25.49* | 200 Ledno     | 2:12.19*               | 2:18.49* | 2:24.79* | 2:31.09* | 2:43.69* | 2:56.29* |
| 1:42.19*                  | 1:34.89*  | 1:27.59*  | 1:23.89*  | 1:20.29* | 1:16.59* | 100 Prsno     | 1:08.59                | 1:11.89  | 1:15.19  | 1:18.39  | 1:24.99  | 1:31.49  |
| 3:39.99*                  | 3:24.29*  | 3:08.59*  | 3:00.79*  | 2:52.89* | 2:44.99* | 200 Prsno     | 2:29.09                | 2:36.19  | 2:43.29  | 2:50.39  | 3:04.59  | 3:18.79  |
| 1:27.79*                  | 1:21.49*  | 1:15.19*  | 1:12.09*  | 1:08.99* | 1:05.79* | 100 Delfin    | 58.89                  | 1:01.69  | 1:04.49  | 1:07.29  | 1:12.89  | 1:18.49  |
| 3:09.49                   | 2:55.89   | 2:42.39   | 2:35.59   | 2:28.89  | 2:22.09  | 200 Delfin    | 2:10.89                | 2:17.09  | 2:23.29  | 2:29.49  | 2:41.99  | 2:54.49  |
| 3:16.29*                  | 3:02.29*  | 2:48.29*  | 2:41.19*  | 2:34.19* | 2:27.19* | 200 Mješovito | 2:13.69*               | 2:20.09* | 2:26.49* | 2:32.79* | 2:45.59* | 2:58.29* |
| 6:54.39*                  | 6:24.79*  | 5:55.19*  | 5:40.39*  | 5:25.59* | 5:10.79* | 400 Mješovito | 4:44.79                | 4:58.39  | 5:11.99  | 5:25.49  | 5:52.59  | 6:19.79  |