2026年度水泳資格表【男子】

公益財団法人日本水泳連盟

				8歳以下	9歳	10歳	11歳	12歳	13歳	14歳	15～16歳	17～18歳	19歳以上
自由形			1級	49.11	45.21	41.52	38.03	35.50	33.80	32.27	31.32	30.42	29.58
			2級	47.72	43.79	40.35	36.99	34.58	32.89	31.47	30.52	29.67	28.84
		B	3級	46.34	42.37	39.19	35.95	33.66	31.98	30.68	29.73	28.93	28.10
			4級	44.96	40.96	38.03	34.92	32.75	31.08	29.89	28.94	28.19	27.36
			5級	43.58	39.54	36.86	33.88	31.83	30.17	29.09	28.15	27.45	26.62
			6級	42.20	38.13	35.70	32.85	30.92	29.27	28.30	27.36	26.71	25.88
			7級	40.81	36.71	34.54	31.81	30.00	28.36	27.51	26.56	25.97	25.14
	50m	A	8級	39.43	35.29	33.37	30.77	29.08	27.45	26.71	25.77	25.23	24.40
			9級	38.05	33.88	32.21	29.74	28.17	26.55	25.92	24.98	24.49	23.66
			10級	36.67	32.46	31.05	28.70	27.25	25.64	25.13	24.19	23.75	22.92
			11級	35.29	31.05	29.89	27.67	26.34	24.74	24.34	23.40	23.01	22.19
			12級	33.94	30.58	29.18	27.06	25.79	24.44	23.94	23.08	22.58	21.74
		AA	13級	32.59	30.11	28.47	26.45	25.24	24.14	23.55	22.77	22.15	21.30
			14級	31.24	29.64	27.76	25.84	24.69	23.84	23.16	22.46	21.72	20.86
			15級	29.89	29.18	27.06	25.24	24.14	23.55	22.77	22.15	21.30	20.42
			1級	1:47.66	1:39.12	1:31.03	1:24.14	1:18.53	1:14.79	1:11.39	1:09.29	1:07.31	1:05.44
			2級	1:44.66	1:36.05	1:28.52	1:21.83	1:16.49	1:12.78	1:09.55	1:07.44	1:05.58	1:03.76
		B	3級	1:41.66	1:32.99	1:26.01	1:19.52	1:14.45	1:10.78	1:07.71	1:05.60	1:03.86	1:02.09
			4級	1:38.66	1:29.93	1:23.50	1:17.21	1:12.41	1:08.77	1:05.87	1:03.75	1:02.14	1:00.42
			5級	1:35.67	1:26.87	1:21.00	1:14.91	1:10.37	1:06.77	1:04.03	1:01.91	1:00.42	58.75
			6級	1:32.67	1:23.81	1:18.49	1:12.60	1:08.34	1:04.76	1:02.19	1:00.06	58.70	57.08
			7級	1:29.67	1:20.75	1:15.98	1:10.29	1:06.30	1:02.76	1:00.35	58.22	56.98	55.40
	100m	A	8級	1:26.68	1:17.69	1:13.48	1:07.99	1:04.26	1:00.75	58.51	56.37	55.26	53.73
			9級	1:23.68	1:14.63	1:10.97	1:05.68	1:02.22	58.75	56.67	54.53	53.54	52.06
			10級	1:20.68	1:11.57	1:08.46	1:03.37	1:00.18	56.74	54.83	52.68	51.82	50.39
			11級	1:17.69	1:08.51	1:05.96	1:01.07	58.15	54.74	53.00	50.84	50.10	48.72
			12級	1:14.75	1:07.48	1:04.39	59.70	56.87	53.89	52.18	50.28	49.35	47.92
		AA	13級	1:11.82	1:06.45	1:02.83	58.33	55.60	53.05	51.36	49.72	48.61	47.12
			14級	1:08.89	1:05.42	1:01.26	56.96	54.32	52.20	50.54	49.16	47.86	46.32
			15級	1:05.96	1:04.39	59.70	55.60	53.05	51.36	49.72	48.61	47.12	45.53
			1級	3:54.73	3:36.09	3:18.46	3:04.42	2:52.13	2:43.93	2:36.48	2:31.88	2:27.54	2:23.44
			2級	3:48.09	3:29.28	3:12.86	2:59.17	2:47.54	2:39.40	2:32.23	2:27.84	2:23.69	2:19.75
		B	3級	3:41.46	3:22.47	3:07.26	2:53.92	2:42.95	2:34.88	2:27.98	2:23.80	2:19.85	2:16.07
			4級	3:34.83	3:15.66	3:01.66	2:48.67	2:38.36	2:30.35	2:23.73	2:19.76	2:16.01	2:12.39
			5級	3:28.20	3:08.85	2:56.07	2:43.42	2:33.77	2:25.83	2:19.48	2:15.72	2:12.16	2:08.71
			6級	3:21.57	3:02.04	2:50.47	2:38.17	2:29.18	2:21.31	2:15.24	2:11.68	2:08.32	2:05.03
			7級	3:14.94	2:55.23	2:44.87	2:32.92	2:24.59	2:16.78	2:10.99	2:07.64	2:04.48	2:01.34
	200m	A	8級	3:08.31	2:48.42	2:39.28	2:27.67	2:20.00	2:12.26	2:06.74	2:03.60	2:00.63	1:57.66
			9級	3:01.68	2:41.61	2:33.68	2:22.42	2:15.41	2:07.73	2:02.49	1:59.56	1:56.79	1:53.98
			10級	2:55.05	2:34.80	2:28.08	2:17.17	2:10.82	2:03.21	1:58.24	1:55.52	1:52.95	1:50.30
			11級	2:48.42	2:27.99	2:22.49	2:11.93	2:06.23	1:58.69	1:54.00	1:51.48	1:49.11	1:46.62
			12級	2:41.93	2:25.77	2:19.14	2:09.10	2:03.43	1:56.87	1:52.70	1:50.15	1:47.65	1:44.95
		AA	13級	2:35.45	2:23.56	2:15.79	2:06.28	2:00.64	1:55.05	1:51.41	1:48.83	1:46.19	1:43.28
			14級	2:28.97	2:21.35	2:12.44	2:03.46	1:57.84	1:53.23	1:50.12	1:47.51	1:44.73	1:41.61
			15級	2:22.49	2:19.14	2:09.10	2:00.64	1:55.05	1:51.41	1:48.83	1:46.19	1:43.28	1:39.95
			1級	8:19.56	7:39.88	7:02.37	6:34.42	6:08.13	5:50.60	5:34.66	5:24.82	5:15.54	5:06.77
			2級	8:05.39	7:25.31	6:50.38	6:22.98	5:58.11	5:40.74	5:25.60	5:15.84	5:07.11	4:58.81
		B	3級	7:51.22	7:10.74	6:38.40	6:11.55	5:48.10	5:30.88	5:16.54	5:06.87	4:58.69	4:50.85
			4級	7:37.06	6:56.17	6:26.41	6:00.12	5:38.09	5:21.02	5:07.48	4:57.89	4:50.27	4:42.90
			5級	7:22.89	6:41.60	6:14.43	5:48.69	5:28.08	5:11.16	4:58.43	4:48.92	4:41.85	4:34.94
			6級	7:08.73	6:27.04	6:02.45	5:37.26	5:18.07	5:01.30	4:49.37	4:39.94	4:33.43	4:26.99
			7級	6:54.56	6:12.47	5:50.46	5:25.83	5:08.05	4:51.44	4:40.31	4:30.97	4:25.00	4:19.03
	400m	A	8級	6:40.39	5:57.90	5:38.48	5:14.40	4:58.04	4:41.58	4:31.26	4:21.99	4:16.58	4:11.07
			9級	6:26.23	5:43.33	5:26.49	5:02.97	4:48.03	4:31.72	4:22.20	4:13.02	4:08.16	4:03.12
			10級	6:12.06	5:28.76	5:14.51	4:51.54	4:38.02	4:21.86	4:13.14	4:04.04	3:59.74	3:55.16
			11級	5:57.90	5:14.20	5:02.53	4:40.11	4:28.01	4:12.01	4:04.09	3:55.07	3:51.32	3:47.21
			12級	5:44.05	5:09.50	4:55.43	4:34.16	4:22.17	4:08.34	4:00.71	3:52.82	3:48.71	3:44.04
		AA	13級	5:30.21	5:04.81	4:48.34	4:28.22	4:16.34	4:04.67	3:57.33	3:50.58	3:46.10	3:40.88
			14級	5:16.37	5:00.12	4:41.25	4:22.28	4:10.50	4:01.00	3:53.95	3:48.34	3:43.49	3:37.72
			15級	5:02.53	4:55.43	4:34.16	4:16.34	4:04.67	3:57.33	3:50.58	3:46.10	3:40.88	3:34.56
			1級	17:15.75	15:53.46	14:35.72	13:43.10	12:48.23	12:11.65	11:38.39	11:17.85	10:58.48	10:40.19
			2級	16:46.12	15:22.88	14:10.51	13:18.53	12:26.66	11:50.44	11:18.87	10:59.41	10:41.03	10:23.64
		B	3級	16:16.49	14:52.31	13:45.31	12:53.97	12:05.09	11:29.23	10:59.35	10:40.97	10:23.59	10:07.10
			4級	15:46.86	14:21.74	13:20.11	12:29.41	11:43.52	11:08.02	10:39.84	10:22.53	10:06.15	9:50.56
			5級	15:17.23	13:51.17	12:54.90	12:04.84	11:21.95	10:46.81	10:20.32	10:04.10	9:48.71	9:34.01
			6級	14:47.60	13:20.60	12:29.70	11:40.28	11:00.38	10:25.60	10:00.81	9:45.66	9:31.27	9:17.47
			7級	14:17.97	12:50.02	12:04.50	11:15.72	10:38.81	10:04.39	9:41.29	9:27.22	9:13.82	9:00.93
	800m	A	8級	13:48.34	12:19.45	11:39.29	10:51.15	10:17.24	9:43.18	9:21.77	9:08.79	8:56.38	8:44.38
			9級	13:18.71	11:48.88	11:14.09	10:26.59	9:55.67	9:21.97	9:02.26	8:50.35	8:38.94	8:27.84
			10級	12:49.08	11:18.31	10:48.89	10:02.03	9:34.10	9:00.76	8:42.74	8:31.91	8:21.50	8:11.30
			11級	12:19.45	10:47.74	10:23.69	9:37.47	9:12.53	8:39.55	8:23.23	8:13.48	8:04.06	7:54.76
			12級	11:50.51	10:38.08	10:09.13	9:25.46	9:00.98	8:32.94	8:18.17	8:08.23	7:58.28	7:47.85
		AA	13級	11:21.57	10:28.43	9:54.57	9:13.45	8:49.43	8:26.33	8:13.11	8:02.99	7:52.50	7:40.94
			14級	10:52.63	10:18.78	9:40.01	9:01.44	8:37.88	8:19.72	8:08.05	7:57.74	7:46.72	7:34.03
			15級	10:23.69	10:09.13	9:25.46	8:49.43	8:26.33	8:13.11	8:02.99	7:52.50	7:40.94	7:27.12
			1級	33:02.79	30:25.27	27:56.44	26:14.10	24:29.16	23:19.20	22:15.60	21:36.32	20:59.28	20:24.30
			2級	32:05.98	29:26.61	27:08.07	25:27.12	23:47.91	22:38.63	21:38.27	21:01.06	20:25.92	19:52.66
		B	3級	31:09.17	28:27.96	26:19.70	24:40.15	23:06.66	21:58.07	21:00.95	20:25.80	19:52.56	19:21.02
			4級	30:12.36	27:29.30	25:31.33	23:53.17	22:25.41	21:17.51	20:23.63	19:50.54	19:19.21	18:49.38
			5級	29:15.55	26:30.65	24:42.96	23:06.20	21:44.16	20:36.95	19:46.31	19:15.28	18:45.85	18:17.75
			6級	28:18.74	25:32.00	23:54.59	22:19.22	21:02.91	19:56.39	19:08.99	18:40.03	18:12.50	17:46.11
			7級	27:21.93	24:33.34	23:06.22	21:32.25	20:21.66	19:15.83	18:31.66	18:04.77	17:39.14	17:14.47
	1500m	A	8級	26:25.12	23:34.69	22:17.85	20:45.27	19:40.41	18:35.27	17:54.34	17:29.51	17:05.78	16:42.84
			9級	25:28.31	22:36.03	21:29.48	19:58.30	18:59.16	17:54.71	17:17.02	16:54.25	16:32.43	16:11.20
			10級	24:31.50	21:37.38	20:41.11	19:11.32	18:17.91	17:14.15	16:39.70	16:18.99	15:59.07	15:39.56
			11級	23:34.69	20:38.73	19:52.74	18:24.35	17:36.66	16:33.59	16:02.38	15:43.74	15:25.72	15:07.93
			12級	22:39.20	20:20.27	19:24.90	18:01.38	17:14.57	16:20.94	15:52.70	15:33.70	15:14.66	14:54.71
		AA	13級	21:43.71	20:01.81	18:57.06	17:38.41	16:52.48	16:08.30	15:43.02	15:23.67	15:03.61	14:41.50
			14級	20:48.22	19:43.35	18:29.22	17:15.44	16:30.39	15:55.66	15:33.34	15:13.64	14:52.55	14:28.28
			15級	19:52.74	19:24.90	18:01.38	16:52.48	16:08.30	15:43.02	15:23.67	15:03.61	14:41.50	14:15.07
背泳ぎ			1級	54.10	49.81	45.74	42.05	39.25	37.38	35.68	34.63	33.64	32.70
			2級	52.63	48.33	44.56	40.96	38.30	36.43	34.80	33.73	32.83	31.89
		B	3級	51.17	46.86	43.38	39.88	37.36	35.48	33.92	32.84	32.02	31.08
			4級	49.71	45.39	42.20	38.79	36.42	34.53	33.04	31.95	31.21	30.28
			5級	48.25	43.91	41.02	37.71	35.48	33.58	32.16	31.06	30.40	29.47
			6級	46.79	42.44	39.84	36.63	34.54	32.63	31.28	30.17	29.60	28.67
			7級	45.33	40.97	38.66	35.54	33.60	31.68	30.40	29.28	28.79	27.86
	50m	A	8級	43.87	39.49	37.48	34.46	32.66	30.73	29.52	28.39	27.98	27.05
			9級	42.41	38.02	36.30	33.37	31.72	29.78	28.64	27.50	27.17	26.25
			10級	40.95	36.55	35.12	32.29	30.78	28.83	27.76	26.61	26.36	25.44
			11級	39.49	35.08	33.95	31.21	29.84	27.89	26.88	25.72	25.56	24.64
			12級	38.10	34.58	33.08	30.50	29.11	27.41	26.44	25.42	25.05	24.09
		AA	13級	36.72	34.08	32.22	29.80	28.39	26.94	26.00	25.13	24.55	23.55
			14級	35.33	33.58	31.36	29.09	27.66	26.47	25.56	24.84	24.05	23.00
			15級	33.95	33.08	30.50	28.39	26.94	26.00	25.13	24.55	23.55	22.46
			1級	1:56.39	1:47.15	1:38.41	1:30.96	1:24.90	1:20.85	1:17.18	1:14.91	1:12.77	1:10.75
			2級	1:53.35	1:44.13	1:36.01	1:28.71	1:22.90	1:18.83	1:15.31	1:13.02	1:11.02	1:08.97
		B	3級	1:50.31	1:41.11	1:33.62	1:26.46	1:20.91	1:16.82	1:13.45	1:11.13	1:09.27	1:07.19
			4級	1:47.27	1:38.09	1:31.23	1:24.21	1:18.91	1:14.81	1:11.58	1:09.24	1:07.52	1:05.42
			5級	1:44.23	1:35.07	1:28.84	1:21.96	1:16.92	1:12.80	1:09.72	1:07.35	1:05.78	1:03.64
			6級	1:41.20	1:32.05	1:26.45	1:19.72	1:14.92	1:10.79	1:07.85	1:05.46	1:04.03	1:01.87
			7級	1:38.16	1:29.03	1:24.05	1:17.47	1:12.93	1:08.78	1:05.99	1:03.57	1:02.28	1:00.09
	100m	A	8級	1:35.12	1:26.01	1:21.66	1:15.22	1:10.93	1:06.77	1:04.12	1:01.68	1:00.54	58.31
			9級	1:32.08	1:22.99	1:19.27	1:12.97	1:08.94	1:04.76	1:02.26	59.79	58.79	56.54
			10級	1:29.04	1:19.97	1:16.88	1:10.72	1:06.94	1:02.75	1:00.39	57.90	57.04	54.76
			11級	1:26.01	1:16.96	1:14.49	1:08.48	1:04.95	1:00.74	58.53	56.01	55.30	52.99
			12級	1:23.13	1:15.86	1:12.56	1:06.80	1:03.37	59.69	57.53	55.28	54.21	51.96
		AA	13級	1:20.25	1:14.76	1:10.64	1:05.13	1:01.79	58.64	56.54	54.56	53.12	50.94
			14級	1:17.37	1:13.66	1:08.72	1:03.46	1:00.21	57.59	55.55	53.84	52.03	49.92
			15級	1:14.49	1:12.56	1:06.80	1:01.79	58.64	56.54	54.56	53.12	50.94	48.90
			1級	4:13.85	3:53.69	3:34.63	3:19.19	3:05.91	2:57.06	2:49.01	2:44.04	2:39.35	2:34.93
			2級	4:07.22	3:47.10	3:29.41	3:14.21	3:01.48	2:52.53	2:44.88	2:39.90	2:35.51	2:31.07
		B	3級	4:00.60	3:40.52	3:24.20	3:09.23	2:57.06	2:48.00	2:40.76	2:35.76	2:31.67	2:27.22
			4級	3:53.98	3:33.94	3:18.99	3:04.25	2:52.64	2:43.47	2:36.64	2:31.62	2:27.83	2:23.37
			5級	3:47.35	3:27.36	3:13.77	2:59.27	2:48.22	2:38.94	2:32.51	2:27.48	2:23.99	2:19.52
			6級	3:40.73	3:20.78	3:08.56	2:54.29	2:43.80	2:34.41	2:28.39	2:23.34	2:20.15	2:15.67
			7級	3:34.11	3:14.20	3:03.35	2:49.31	2:39.37	2:29.88	2:24.27	2:19.20	2:16.31	2:11.82
	200m	A	8級	3:27.48	3:07.62	2:58.13	2:44.33	2:34.95	2:25.35	2:20.14	2:15.06	2:12.47	2:07.97
			9級	3:20.86	3:01.04	2:52.92	2:39.35	2:30.53	2:20.82	2:16.02	2:10.92	2:08.63	2:04.12
			10級	3:14.24	2:54.46	2:47.71	2:34.37	2:26.11	2:16.29	2:11.90	2:06.78	2:04.79	2:00.27
			11級	3:07.62	2:47.88	2:42.50	2:29.39	2:21.69	2:11.76	2:07.78	2:02.65	2:00.95	1:56.42
			12級	3:01.34	2:45.48	2:38.30	2:25.71	2:18.18	2:09.72	2:05.69	2:01.05	1:58.60	1:53.98
		AA	13級	2:55.06	2:43.09	2:34.10	2:22.03	2:14.68	2:07.68	2:03.61	1:59.45	1:56.25	1:51.55
			14級	2:48.78	2:40.69	2:29.90	2:18.35	2:11.18	2:05.64	2:01.53	1:57.85	1:53.90	1:49.11
			15級	2:42.50	2:38.30	2:25.71	2:14.68	2:07.68	2:03.61	1:59.45	1:56.25	1:51.55	1:46.68

				8歳以下	9歳	10歳	11歳	12歳	13歳	14歳	15～16歳	17～18歳	19歳以上
平泳ぎ			1級	1:00.91	56.07	51.49	47.01	43.88	41.79	39.89	38.72	37.61	36.56
			2級	59.27	54.42	50.10	45.76	42.79	40.65	38.86	37.70	36.68	35.62
		B	3級	57.63	52.77	48.72	44.52	41.70	39.51	37.84	36.68	35.76	34.69
			4級	55.99	51.12	47.34	43.28	40.61	38.37	36.81	35.67	34.84	33.76
			5級	54.35	49.47	45.95	42.03	39.53	37.23	35.79	34.65	33.92	32.82
			6級	52.71	47.82	44.57	40.79	38.44	36.09	34.76	33.64	33.00	31.89
			7級	51.07	46.17	43.19	39.55	37.35	34.95	33.74	32.62	32.07	30.96
	50m	A	8級	49.43	44.52	41.80	38.30	36.27	33.81	32.71	31.60	31.15	30.02
			9級	47.79	42.87	40.42	37.06	35.18	32.67	31.69	30.59	30.23	29.09
			10級	46.15	41.22	39.04	35.82	34.09	31.53	30.66	29.57	29.31	28.16
			11級	44.52	39.58	37.66	34.58	33.01	30.40	29.64	28.56	28.39	27.23
			12級	42.80	38.85	36.68	33.76	32.15	30.00	29.22	28.26	27.87	26.78
		AA	13級	41.09	38.13	35.71	32.94	31.30	29.60	28.80	27.96	27.36	26.33
			14級	39.37	37.40	34.73	32.12	30.45	29.20	28.38	27.66	26.84	25.88
			15級	37.66	36.68	33.76	31.30	29.60	28.80	27.96	27.36	26.33	25.43
			1級	2:11.91	2:01.44	1:51.52	1:42.05	1:35.25	1:30.71	1:26.59	1:24.04	1:21.64	1:19.37
			2級	2:08.37	1:57.88	1:48.53	1:39.34	1:32.86	1:28.27	1:24.40	1:21.87	1:19.60	1:17.31
		B	3級	2:04.83	1:54.32	1:45.55	1:36.64	1:30.47	1:25.84	1:22.21	1:19.70	1:17.56	1:15.25
			4級	2:01.29	1:50.76	1:42.56	1:33.93	1:28.08	1:23.41	1:20.03	1:17.53	1:15.53	1:13.19
			5級	1:57.75	1:47.20	1:39.58	1:31.23	1:25.69	1:20.98	1:17.84	1:15.37	1:13.49	1:11.13
			6級	1:54.21	1:43.64	1:36.60	1:28.52	1:23.30	1:18.55	1:15.66	1:13.20	1:11.46	1:09.08
			7級	1:50.67	1:40.08	1:33.61	1:25.82	1:20.91	1:16.11	1:13.47	1:11.03	1:09.42	1:07.02
	100m	A	8級	1:47.13	1:36.52	1:30.63	1:23.11	1:18.52	1:13.68	1:11.28	1:08.87	1:07.38	1:04.96
			9級	1:43.59	1:32.96	1:27.64	1:20.41	1:16.13	1:11.25	1:09.10	1:06.70	1:05.35	1:02.90
			10級	1:40.05	1:29.40	1:24.66	1:17.70	1:13.74	1:08.82	1:06.91	1:04.53	1:03.31	1:00.84
			11級	1:36.52	1:25.84	1:21.68	1:15.00	1:11.35	1:06.39	1:04.73	1:02.37	1:01.28	58.79
			12級	1:32.81	1:24.27	1:19.57	1:13.24	1:09.65	1:05.48	1:03.74	1:01.58	1:00.24	57.97
		AA	13級	1:29.10	1:22.70	1:17.46	1:11.48	1:07.96	1:04.57	1:02.76	1:00.79	59.21	57.15
			14級	1:25.39	1:21.13	1:15.35	1:09.72	1:06.26	1:03.66	1:01.77	1:00.00	58.18	56.33
			15級	1:21.68	1:19.57	1:13.24	1:07.96	1:04.57	1:02.76	1:00.79	59.21	57.15	55.52
			1級	4:43.37	4:20.88	3:59.59	3:40.96	3:26.23	3:16.41	3:07.48	3:01.97	2:56.77	2:51.86
			2級	4:35.83	4:13.33	3:53.27	3:35.06	3:21.01	3:10.97	3:02.66	2:57.12	2:52.35	2:47.43
		B	3級	4:28.30	4:05.78	3:46.95	3:29.16	3:15.80	3:05.54	2:57.84	2:52.27	2:47.94	2:43.00
			4級	4:20.77	3:58.23	3:40.63	3:23.27	3:10.59	3:00.11	2:53.02	2:47.42	2:43.53	2:38.57
			5級	4:13.23	3:50.68	3:34.32	3:17.37	3:05.38	2:54.67	2:48.20	2:42.57	2:39.12	2:34.14
			6級	4:05.70	3:43.14	3:28.00	3:11.48	3:00.17	2:49.24	2:43.38	2:37.72	2:34.71	2:29.71
			7級	3:58.17	3:35.59	3:21.68	3:05.58	2:54.96	2:43.81	2:38.56	2:32.87	2:30.29	2:25.28
	200m	A	8級	3:50.63	3:28.04	3:15.37	2:59.68	2:49.75	2:38.37	2:33.74	2:28.02	2:25.88	2:20.85
			9級	3:43.10	3:20.49	3:09.05	2:53.79	2:44.54	2:32.94	2:28.92	2:23.17	2:21.47	2:16.42
			10級	3:35.57	3:12.94	3:02.73	2:47.89	2:39.33	2:27.51	2:24.10	2:18.32	2:17.06	2:11.99
			11級	3:28.04	3:05.40	2:56.42	2:42.00	2:34.12	2:22.08	2:19.28	2:13.48	2:12.65	2:07.56
			12級	3:20.13	3:02.00	2:51.83	2:38.08	2:30.23	2:20.32	2:17.16	2:12.15	2:10.42	2:05.65
		AA	13級	3:12.23	2:58.61	2:47.25	2:34.17	2:26.34	2:18.56	2:15.05	2:10.83	2:08.19	2:03.74
			14級	3:04.32	2:55.22	2:42.66	2:30.25	2:22.45	2:16.80	2:12.94	2:09.51	2:05.96	2:01.83
			15級	2:56.42	2:51.83	2:38.08	2:26.34	2:18.56	2:15.05	2:10.83	2:08.19	2:03.74	1:59.93
			1級	51.80	47.69	43.80	40.42	37.73	35.93	34.30	33.29	32.34	31.44
			2級	50.38	46.25	42.62	39.35	36.76	34.96	33.43	32.42	31.55	30.65
		B	3級	48.97	44.82	41.45	38.28	35.80	34.00	32.57	31.55	30.77	29.86
			4級	47.55	43.38	40.28	37.21	34.84	33.03	31.70	30.68	29.99	29.07
			5級	46.14	41.95	39.11	36.15	33.87	32.07	30.84	29.81	29.21	28.28
			6級	44.72	40.52	37.94	35.08	32.91	31.10	29.98	28.95	28.43	27.49
			7級	43.31	39.08	36.77	34.01	31.95	30.14	29.11	28.08	27.64	26.70
	50m	A	8級	41.89	37.65	35.60	32.95	30.98	29.17	28.25	27.21	26.86	25.91
			9級	40.48	36.21	34.43	31.88	30.02	28.21	27.38	26.34	26.08	25.12
			10級	39.06	34.78	33.26	30.81	29.06	27.24	26.52	25.47	25.30	24.33
			11級	37.65	33.35	32.09	29.75	28.10	26.28	25.66	24.61	24.52	23.54
			12級	36.26	32.84	31.32	29.02	27.46	25.92	25.26	24.35	24.05	23.09
		AA	13級	34.87	32.33	30.55	28.29	26.83	25.57	24.87	24.09	23.58	22.64
			14級	33.48	31.82	29.78	27.56	26.20	25.22	24.48	23.83	23.11	22.19
			15級	32.09	31.32	29.02	26.83	25.57	24.87	24.09	23.58	22.64	21.74
			1級	1:54.87	1:45.75	1:37.12	1:29.94	1:23.95	1:19.95	1:16.31	1:14.07	1:11.95	1:09.95
			2級	1:51.77	1:42.63	1:34.58	1:27.59	1:21.85	1:17.83	1:14.41	1:12.16	1:10.15	1:08.16
		B	3級	1:48.67	1:39.51	1:32.04	1:25.25	1:19.76	1:15.71	1:12.52	1:10.26	1:08.36	1:06.38
			4級	1:45.58	1:36.39	1:29.50	1:22.91	1:17.67	1:13.59	1:10.63	1:08.36	1:06.57	1:04.60
			5級	1:42.48	1:33.27	1:26.97	1:20.57	1:15.57	1:11.48	1:08.74	1:06.45	1:04.78	1:02.82
			6級	1:39.39	1:30.15	1:24.43	1:18.23	1:13.48	1:09.36	1:06.85	1:04.55	1:02.99	1:01.04
			7級	1:36.29	1:27.03	1:21.89	1:15.88	1:11.39	1:07.24	1:04.95	1:02.65	1:01.19	59.26
	100m	A	8級	1:33.19	1:23.91	1:19.36	1:13.54	1:09.29	1:05.13	1:03.06	1:00.74	59.40	57.48
			9級	1:30.10	1:20.79	1:16.82	1:11.20	1:07.20	1:03.01	1:01.17	58.84	57.61	55.70
			10級	1:27.00	1:17.67	1:14.28	1:08.86	1:05.11	1:00.89	59.28	56.94	55.82	53.92
			11級	1:23.91	1:14.56	1:11.75	1:06.52	1:03.02	58.78	57.39	55.04	54.03	52.14
			12級	1:20.87	1:13.43	1:10.04	1:04.91	1:01.55	57.96	56.44	54.33	53.11	51.25
		AA	13級	1:17.83	1:12.30	1:08.33	1:03.30	1:00.08	57.14	55.50	53.62	52.20	50.37
			14級	1:14.79	1:11.17	1:06.62	1:01.69	58.61	56.32	54.56	52.91	51.28	49.49
			15級	1:11.75	1:10.04	1:04.91	1:00.08	57.14	55.50	53.62	52.20	50.37	48.61
			1級	4:14.59	3:54.38	3:35.25	3:18.96	3:05.70	2:56.85	2:48.81	2:43.85	2:39.17	2:34.75
			2級	4:07.63	3:47.32	3:29.49	3:13.68	3:00.98	2:52.23	2:44.56	2:39.53	2:35.17	2:30.87
		B	3級	4:00.67	3:40.27	3:23.74	3:08.41	2:56.26	2:47.61	2:40.31	2:35.21	2:31.17	2:26.99
			4級	3:53.71	3:33.22	3:17.98	3:03.13	2:51.54	2:42.99	2:36.06	2:30.89	2:27.17	2:23.12
			5級	3:46.76	3:26.17	3:12.23	2:57.86	2:46.82	2:38.37	2:31.81	2:26.57	2:23.18	2:19.24
			6級	3:39.80	3:19.12	3:06.47	2:52.58	2:42.11	2:33.75	2:27.57	2:22.26	2:19.18	2:15.37
			7級	3:32.84	3:12.07	3:00.72	2:47.31	2:37.39	2:29.13	2:23.32	2:17.94	2:15.18	2:11.49
	200m	A	8級	3:25.89	3:05.02	2:54.96	2:42.03	2:32.67	2:24.51	2:19.07	2:13.62	2:11.19	2:07.61
			9級	3:18.93	2:57.97	2:49.21	2:36.76	2:27.95	2:19.89	2:14.82	2:09.30	2:07.19	2:03.74
			10級	3:11.97	2:50.92	2:43.45	2:31.48	2:23.23	2:15.27	2:10.57	2:04.98	2:03.19	1:59.86
			11級	3:05.02	2:43.87	2:37.70	2:26.21	2:18.52	2:10.66	2:06.33	2:00.67	1:59.20	1:55.99
			12級	2:58.19	2:41.39	2:33.96	2:22.77	2:15.49	2:08.53	2:04.24	1:59.33	1:57.25	1:53.70
		AA	13級	2:51.36	2:38.91	2:30.23	2:19.33	2:12.46	2:06.41	2:02.16	1:57.99	1:55.31	1:51.42
			14級	2:44.53	2:36.43	2:26.50	2:15.89	2:09.43	2:04.28	2:00.07	1:56.65	1:53.36	1:49.13
			15級	2:37.70	2:33.96	2:22.77	2:12.46	2:06.41	2:02.16	1:57.99	1:55.31	1:51.42	1:46.85
個人メドレー			1級	1:55.33	1:46.18	1:37.51	1:30.23	1:24.21	1:20.20	1:16.56	1:14.30	1:12.18	1:10.18
			2級	1:52.20	1:43.02	1:34.97	1:27.93	1:22.17	1:18.22	1:14.80	1:12.54	1:10.55	1:08.24
		B	3級	1:49.08	1:39.87	1:32.43	1:25.63	1:20.13	1:16.25	1:13.05	1:10.79	1:08.92	1:06.30
			4級	1:45.96	1:36.72	1:29.89	1:23.33	1:18.09	1:14.27	1:11.30	1:09.04	1:07.29	1:04.36
			5級	1:42.83	1:33.56	1:27.35	1:21.03	1:16.05	1:12.30	1:09.55	1:07.29	1:05.66	1:02.42
			6級	1:39.71	1:30.41	1:24.82	1:18.74	1:14.02	1:10.32	1:07.80	1:05.54	1:04.04	1:00.48
			7級	1:36.59	1:27.26	1:22.28	1:16.44	1:11.98	1:08.35	1:06.04	1:03.79	1:02.41	58.54
	100m	A	8級	1:33.46	1:24.10	1:19.74	1:14.14	1:09.94	1:06.37	1:04.29	1:02.04	1:00.78	56.60
			9級	1:30.34	1:20.95	1:17.20	1:11.84	1:07.90	1:04.40	1:02.54	1:00.29	59.15	54.66
			10級	1:27.22	1:17.80	1:14.66	1:09.54	1:05.86	1:02.42	1:00.79	58.54	57.52	52.72
			11級	1:24.10	1:14.65	1:12.13	1:07.25	1:03.83	1:00.45	59.04	56.79	55.90	50.78
			12級	1:21.10	1:13.62	1:10.53	1:05.75	1:02.55	59.59	58.03	55.89	54.55	50.65
		AA	13級	1:18.11	1:12.59	1:08.94	1:04.26	1:01.28	58.73	57.02	55.00	53.21	50.53
			14級	1:15.12	1:11.56	1:07.34	1:02.77	1:00.00	57.87	56.01	54.10	51.87	50.40
			15級	1:12.13	1:10.53	1:05.75	1:01.28	58.73	57.02	55.00	53.21	50.53	50.28
			1級	4:19.65	3:59.04	3:39.53	3:23.01	3:09.48	3:00.46	2:52.25	2:47.19	2:42.41	2:37.90
			2級	4:12.25	3:51.42	3:33.31	3:17.37	3:04.45	2:55.60	2:47.90	2:42.85	2:38.36	2:33.88
		B	3級	4:04.86	3:43.80	3:27.09	3:11.74	2:59.43	2:50.74	2:43.55	2:38.52	2:34.31	2:29.86
			4級	3:57.46	3:36.18	3:20.87	3:06.11	2:54.40	2:45.88	2:39.20	2:34.19	2:30.27	2:25.84
			5級	3:50.07	3:28.56	3:14.65	3:00.48	2:49.38	2:41.02	2:34.86	2:29.86	2:26.22	2:21.82
			6級	3:42.67	3:20.94	3:08.44	2:54.85	2:44.35	2:36.16	2:30.51	2:25.53	2:22.18	2:17.80
			7級	3:35.28	3:13.32	3:02.22	2:49.22	2:39.33	2:31.30	2:26.16	2:21.19	2:18.13	2:13.78
	200m	A	8級	3:27.88	3:05.70	2:56.00	2:43.59	2:34.30	2:26.44	2:21.82	2:16.86	2:14.08	2:09.76
			9級	3:20.49	2:58.08	2:49.78	2:37.96	2:29.28	2:21.58	2:17.47	2:12.53	2:10.04	2:05.74
			10級	3:13.09	2:50.46	2:43.56	2:32.33	2:24.25	2:16.72	2:13.12	2:08.20	2:05.99	2:01.72
			11級	3:05.70	2:42.84	2:37.35	2:26.70	2:19.23	2:11.87	2:08.78	2:03.87	2:01.95	1:57.71
			12級	2:58.61	2:40.60	2:33.88	2:23.47	2:16.50	2:10.10	2:06.79	2:02.35	1:59.88	1:55.70
		AA	13級	2:51.52	2:38.36	2:30.41	2:20.24	2:13.78	2:08.34	2:04.81	2:00.84	1:57.82	1:53.69
			14級	2:44.43	2:36.12	2:26.94	2:17.01	2:11.06	2:06.57	2:02.82	1:59.33	1:55.75	1:51.68
			15級	2:37.35	2:33.88	2:23.47	2:13.78	2:08.34	2:04.81	2:00.84	1:57.82	1:53.69	1:49.67
			1級	9:12.30	8:28.44	7:46.97	7:14.82	6:45.83	6:26.50	6:08.93	5:58.08	5:47.85	5:38.19
			2級	8:56.42	8:12.03	7:33.54	7:02.36	6:34.69	6:15.73	5:59.36	5:48.44	5:38.96	5:29.59
		B	3級	8:40.55	7:55.62	7:20.12	6:49.90	6:23.55	6:04.97	5:49.80	5:38.80	5:30.07	5:20.99
			4級	8:24.68	7:39.21	7:06.70	6:37.44	6:12.41	5:54.21	5:40.24	5:29.16	5:21.18	5:12.39
			5級	8:08.80	7:22.80	6:53.28	6:24.98	6:01.27	5:43.45	5:30.68	5:19.52	5:12.30	5:03.79
			6級	7:52.93	7:06.39	6:39.86	6:12.52	5:50.13	5:32.69	5:21.12	5:09.88	5:03.41	4:55.19
			7級	7:37.06	6:49.98	6:26.43	6:00.06	5:38.99	5:21.92	5:11.55	5:00.24	4:54.52	4:46.59
	400m	A	8級	7:21.18	6:33.57	6:13.01	5:47.60	5:27.85	5:11.16	5:01.99	4:50.60	4:45.64	4:37.99
			9級	7:05.31	6:17.16	5:59.59	5:35.14	5:16.71	5:00.40	4:52.43	4:40.96	4:36.75	4:29.39
			10級	6:49.44	6:00.75	5:46.17	5:22.68	5:05.57	4:49.64	4:42.87	4:31.32	4:27.86	4:20.79
			11級	6:33.57	5:44.35	5:32.75	5:10.23	4:54.44	4:38.88	4:33.31	4:21.68	4:18.98	4:12.20
			12級	6:18.36	5:39.61	5:25.42	5:03.46	4:48.80	4:35.38	4:29.09	4:19.07	4:15.11	4:07.85
		AA	13級	6:03.16	5:34.88	5:18.10	4:56.69	4:43.16	4:31.88	4:24.88	4:16.46	4:11.24	4:03.50
			14級	5:47.95	5:30.15	5:10.78	4:49.92	4:37.52	4:28.38	4:20.67	4:13.85	4:07.37	3:59.15
			15級	5:32.75	5:25.42	5:03.46	4:43.16	4:31.88	4:24.88	4:16.46	4:11.24	4:03.50	3:54.81

2026年度水泳資格表【女子】

公益財団法人日本水泳連盟

				8歳以下	9歳	10歳	11歳	12歳	13歳	14歳	15～16歳	17～18歳	19歳以上
自由形	50m	B	1級	49.11	45.21	41.52	40.01	38.14	36.70	35.37	34.87	34.38	33.90
			2級	47.74	43.81	40.35	38.85	37.09	35.72	34.51	34.00	33.56	33.05
			3級	46.38	42.42	39.19	37.69	36.05	34.75	33.65	33.14	32.74	32.20
			4級	45.01	41.03	38.03	36.53	35.01	33.78	32.79	32.27	31.92	31.35
			5級	43.65	39.64	36.87	35.37	33.97	32.81	31.93	31.41	31.11	30.51
		A	6級	42.29	38.25	35.71	34.21	32.93	31.84	31.08	30.55	30.29	29.66
			7級	40.92	36.86	34.54	33.05	31.88	30.87	30.22	29.68	29.47	28.81
			8級	39.56	35.47	33.38	31.89	30.84	29.90	29.36	28.82	28.66	27.97
			9級	38.19	34.08	32.22	30.73	29.80	28.93	28.50	27.95	27.84	27.12
			10級	36.83	32.69	31.06	29.57	28.76	27.96	27.64	27.09	27.02	26.27
		AA	11級	35.47	31.30	29.90	28.41	27.72	26.99	26.79	26.23	26.21	25.43
			12級	34.07	30.82	29.40	27.90	27.27	26.64	26.39	25.88	25.76	24.92
			13級	32.68	30.35	28.90	27.39	26.83	26.29	25.99	25.54	25.31	24.41
			14級	31.29	29.87	28.40	26.88	26.38	25.94	25.59	25.20	24.86	23.90
			15級	29.90	29.40	27.90	26.38	25.94	25.59	25.20	24.86	24.41	23.39
	100m	B	1級	1:47.66	1:39.12	1:31.03	1:26.95	1:22.87	1:19.75	1:16.86	1:15.77	1:14.70	1:13.66
			2級	1:44.66	1:36.05	1:28.47	1:24.47	1:20.65	1:17.64	1:15.00	1:13.90	1:12.92	1:11.82
			3級	1:41.66	1:32.99	1:25.91	1:21.99	1:18.43	1:15.54	1:13.14	1:12.04	1:11.15	1:09.99
			4級	1:38.66	1:29.93	1:23.35	1:19.52	1:16.22	1:13.44	1:11.28	1:10.18	1:09.38	1:08.15
			5級	1:35.67	1:26.87	1:20.79	1:17.04	1:14.00	1:11.34	1:09.42	1:08.31	1:07.60	1:06.32
		A	6級	1:32.67	1:23.81	1:18.24	1:14.57	1:11.79	1:09.24	1:07.57	1:06.45	1:05.83	1:04.48
			7級	1:29.67	1:20.75	1:15.68	1:12.09	1:09.57	1:07.13	1:05.71	1:04.59	1:04.06	1:02.65
			8級	1:26.68	1:17.69	1:13.12	1:09.61	1:07.35	1:05.03	1:03.85	1:02.72	1:02.28	1:00.81
			9級	1:23.68	1:14.63	1:10.56	1:07.14	1:05.14	1:02.93	1:01.99	1:00.86	1:00.51	58.98
			10級	1:20.68	1:11.57	1:08.00	1:04.66	1:02.92	1:00.83	1:00.13	59.00	58.74	57.14
		AA	11級	1:17.69	1:08.51	1:05.45	1:02.19	1:00.71	58.73	58.28	57.14	56.97	55.31
			12級	1:14.63	1:07.46	1:04.34	1:01.01	59.64	57.96	57.41	56.36	55.98	54.17
			13級	1:11.57	1:06.42	1:03.23	59.84	58.57	57.20	56.54	55.58	55.00	53.04
			14級	1:08.51	1:05.38	1:02.12	58.67	57.50	56.43	55.67	54.80	54.02	51.90
			15級	1:05.45	1:04.34	1:01.01	57.50	56.43	55.67	54.80	54.02	53.04	50.77
	200m	B	1級	3:54.73	3:36.09	3:18.46	3:08.55	2:59.71	2:52.96	2:46.69	2:44.31	2:42.00	2:39.75
			2級	3:48.12	3:29.32	3:12.79	3:03.16	2:54.86	2:48.35	2:42.56	2:40.18	2:38.06	2:35.68
			3級	3:41.52	3:22.55	3:07.12	2:57.78	2:50.02	2:43.74	2:38.43	2:36.05	2:34.12	2:31.61
			4級	3:34.92	3:15.78	3:01.45	2:52.40	2:45.18	2:39.13	2:34.30	2:31.92	2:30.18	2:27.54
			5級	3:28.32	3:09.01	2:55.79	2:47.02	2:40.33	2:34.53	2:30.17	2:27.79	2:26.25	2:23.47
		A	6級	3:21.72	3:02.25	2:50.12	2:41.64	2:35.49	2:29.92	2:26.04	2:23.66	2:22.31	2:19.40
			7級	3:15.11	2:55.48	2:44.45	2:36.25	2:30.65	2:25.31	2:21.91	2:19.53	2:18.37	2:15.33
			8級	3:08.51	2:48.71	2:38.79	2:30.87	2:25.80	2:20.71	2:17.78	2:15.40	2:14.44	2:11.26
			9級	3:01.91	2:41.94	2:33.12	2:25.49	2:20.96	2:16.10	2:13.65	2:11.27	2:10.50	2:07.19
			10級	2:55.31	2:35.17	2:27.45	2:20.11	2:16.12	2:11.49	2:09.52	2:07.14	2:06.56	2:03.12
		AA	11級	2:48.71	2:28.41	2:21.79	2:14.73	2:11.28	2:06.89	2:05.40	2:03.01	2:02.63	1:59.05
			12級	2:41.98	2:26.14	2:19.36	2:12.09	2:08.92	2:05.21	2:03.66	2:01.48	2:00.72	1:57.03
			13級	2:35.25	2:23.88	2:16.94	2:09.46	2:06.56	2:03.53	2:01.92	1:59.96	1:58.82	1:55.02
			14級	2:28.52	2:21.62	2:14.51	2:06.83	2:04.20	2:01.85	2:00.18	1:58.44	1:56.92	1:53.01
			15級	2:21.79	2:19.36	2:12.09	2:04.20	2:01.85	2:00.18	1:58.44	1:56.92	1:55.02	1:51.00
	400m	B	1級	8:19.56	7:39.88	7:02.37	6:39.32	6:20.60	6:06.30	5:53.02	5:47.98	5:43.08	5:38.31
			2級	8:05.16	7:24.99	6:49.84	6:27.62	6:10.05	5:56.26	5:44.10	5:38.98	5:34.51	5:29.71
			3級	7:50.77	7:10.10	6:37.31	6:15.92	5:59.50	5:46.22	5:35.18	5:29.98	5:25.94	5:21.11
			4級	7:36.38	6:55.21	6:24.79	6:04.22	5:48.95	5:36.18	5:26.26	5:20.98	5:17.37	5:12.52
			5級	7:21.99	6:40.32	6:12.26	5:52.52	5:38.40	5:26.14	5:17.34	5:11.98	5:08.80	5:03.92
		A	6級	7:07.60	6:25.43	5:59.74	5:40.82	5:27.85	5:16.10	5:08.43	5:02.98	5:00.24	4:55.33
			7級	6:53.21	6:10.54	5:47.21	5:29.12	5:17.30	5:06.06	4:59.51	4:53.98	4:51.67	4:46.73
			8級	6:38.82	5:55.65	5:34.68	5:17.42	5:06.75	4:56.02	4:50.59	4:44.98	4:43.10	4:38.13
			9級	6:24.43	5:40.76	5:22.16	5:05.72	4:56.20	4:45.98	4:41.67	4:35.98	4:34.53	4:29.54
			10級	6:10.04	5:25.87	5:09.63	4:54.02	4:45.65	4:35.94	4:32.75	4:26.98	4:25.96	4:20.94
		AA	11級	5:55.65	5:10.98	4:57.11	4:42.32	4:35.10	4:25.91	4:23.84	4:17.98	4:17.40	4:12.35
			12級	5:41.01	5:06.25	4:52.08	4:37.01	4:30.43	4:22.75	4:20.32	4:15.24	4:13.94	4:07.97
			13級	5:26.38	5:01.53	4:47.06	4:31.70	4:25.76	4:19.59	4:16.80	4:12.51	4:10.49	4:03.59
			14級	5:11.74	4:56.80	4:42.03	4:26.39	4:21.09	4:16.43	4:13.28	4:09.77	4:07.04	3:59.21
			15級	4:57.11	4:52.08	4:37.01	4:21.09	4:16.43	4:13.28	4:09.77	4:07.04	4:03.59	3:54.83
	800m	B	1級	17:15.75	15:53.46	14:35.72	13:42.49	13:03.93	12:34.46	12:07.13	11:56.74	11:46.64	11:36.83
			2級	16:44.87	15:21.10	14:08.33	13:17.42	12:41.26	12:12.87	11:47.86	11:38.26	11:28.94	11:19.14
			3級	16:13.99	14:48.75	13:40.94	12:52.36	12:18.59	11:51.29	11:28.59	11:19.78	11:11.24	11:01.45
			4級	15:43.11	14:16.39	13:13.55	12:27.30	11:55.92	11:29.71	11:09.32	11:01.31	10:53.54	10:43.76
			5級	15:12.23	13:44.04	12:46.16	12:02.24	11:33.25	11:08.13	10:50.05	10:42.83	10:35.84	10:26.07
		A	6級	14:41.36	13:11.68	12:18.77	11:37.18	11:10.59	10:46.55	10:30.79	10:24.36	10:18.14	10:08.39
			7級	14:10.48	12:39.33	11:51.38	11:12.11	10:47.92	10:24.96	10:11.52	10:05.88	10:00.44	9:50.70
			8級	13:39.60	12:06.97	11:23.99	10:47.05	10:25.25	10:03.38	9:52.25	9:47.40	9:42.74	9:33.01
			9級	13:08.72	11:34.62	10:56.60	10:21.99	10:02.58	9:41.80	9:32.98	9:28.93	9:25.04	9:15.32
			10級	12:37.84	11:02.26	10:29.21	9:56.93	9:39.91	9:20.22	9:13.71	9:10.45	9:07.34	8:57.63
		AA	11級	12:06.97	10:29.91	10:01.82	9:31.87	9:17.25	8:58.64	8:54.45	8:51.98	8:49.64	8:39.95
			12級	11:35.68	10:20.40	9:51.87	9:22.03	9:09.00	8:53.85	8:49.46	8:46.16	8:42.66	8:30.83
			13級	11:04.39	10:10.89	9:41.92	9:12.19	9:00.76	8:49.07	8:44.48	8:40.34	8:35.68	8:21.72
			14級	10:33.10	10:01.38	9:31.97	9:02.35	8:52.52	8:44.28	8:39.50	8:34.52	8:28.70	8:12.60
			15級	10:01.82	9:51.87	9:22.03	8:52.52	8:44.28	8:39.50	8:34.52	8:28.70	8:21.72	8:03.49
	1500m	B	1級	33:02.79	30:25.27	27:56.44	26:16.18	25:02.29	24:05.81	23:13.43	22:53.52	22:34.18	22:15.37
			2級	32:03.76	29:23.45	27:04.12	25:28.15	24:18.84	23:24.45	22:36.50	22:18.11	22:00.25	21:41.47
			3級	31:04.74	28:21.63	26:11.80	24:40.12	23:35.40	22:43.09	21:59.58	21:42.70	21:26.33	21:07.57
			4級	30:05.71	27:19.81	25:19.48	23:52.09	22:51.96	22:01.73	21:22.65	21:07.30	20:52.41	20:33.68
			5級	29:06.69	26:17.99	24:27.17	23:04.06	22:08.52	21:20.37	20:45.73	20:31.89	20:18.49	19:59.78
		A	6級	28:07.66	25:16.18	23:34.85	22:16.03	21:25.08	20:39.01	20:08.81	19:56.49	19:44.57	19:25.89
			7級	27:08.64	24:14.36	22:42.53	21:28.00	20:41.63	19:57.65	19:31.88	19:21.08	19:10.65	18:51.99
			8級	26:09.61	23:12.54	21:50.22	20:39.97	19:58.19	19:16.29	18:54.96	18:45.67	18:36.73	18:18.09
			9級	25:10.59	22:10.72	20:57.90	19:51.94	19:14.75	18:34.93	18:18.03	18:10.27	18:02.81	17:44.20
			10級	24:11.56	21:08.90	20:05.58	19:03.91	18:31.31	17:53.57	17:41.11	17:34.86	17:28.89	17:10.30
		AA	11級	23:12.54	20:07.09	19:13.27	18:15.88	17:47.87	17:12.21	17:04.19	16:59.46	16:54.97	16:36.41
			12級	22:12.72	19:48.87	18:54.21	17:57.03	17:32.07	17:03.04	16:54.64	16:48.30	16:41.59	16:18.94
			13級	21:12.90	19:30.65	18:35.15	17:38.18	17:16.28	16:53.87	16:45.09	16:37.15	16:28.22	16:01.47
			14級	20:13.08	19:12.43	18:16.09	17:19.33	17:00.49	16:44.70	16:35.54	16:25.99	16:14.84	15:44.00
			15級	19:13.27	18:54.21	17:57.03	17:00.49	16:44.70	16:35.54	16:25.99	16:14.84	16:01.47	15:26.54
背泳ぎ	50m	B	1級	54.10	49.81	45.74	43.93	41.87	40.30	38.84	38.28	37.74	37.22
			2級	52.67	48.38	44.55	42.71	40.79	39.30	37.95	37.38	36.83	36.30
			3級	51.24	46.96	43.36	41.49	39.71	38.31	37.07	36.48	35.92	35.38
			4級	49.82	45.53	42.17	40.27	38.64	37.32	36.19	35.58	35.01	34.46
			5級	48.39	44.11	40.99	39.06	37.56	36.33	35.31	34.69	34.10	33.54
		A	6級	46.97	42.69	39.80	37.84	36.49	35.34	34.43	33.79	33.19	32.62
			7級	45.54	41.26	38.61	36.62	35.41	34.34	33.55	32.89	32.28	31.70
			8級	44.11	39.84	37.43	35.41	34.33	33.35	32.67	32.00	31.37	30.78
			9級	42.69	38.41	36.24	34.19	33.26	32.36	31.79	31.10	30.46	29.86
			10級	41.26	36.99	35.05	32.97	32.18	31.37	30.91	30.20	29.55	28.94
		AA	11級	39.84	35.57	33.87	31.76	31.11	30.38	30.03	29.31	28.65	28.02
			12級	38.34	34.97	33.19	31.17	30.54	29.86	29.46	28.79	28.18	27.41
			13級	36.85	34.38	32.52	30.58	29.97	29.35	28.90	28.28	27.72	26.80
			14級	35.36	33.78	31.84	29.99	29.40	28.84	28.33	27.77	27.26	26.19
			15級	33.87	33.19	31.17	29.40	28.84	28.33	27.77	27.26	26.80	25.59
	100m	B	1級	1:56.39	1:47.15	1:38.41	1:34.00	1:29.59	1:26.22	1:23.10	1:21.91	1:20.76	1:19.63
			2級	1:53.37	1:44.16	1:35.92	1:31.49	1:27.34	1:24.08	1:21.20	1:19.97	1:18.92	1:17.67
			3級	1:50.35	1:41.17	1:33.44	1:28.99	1:25.10	1:21.94	1:19.30	1:18.04	1:17.08	1:15.71
			4級	1:47.33	1:38.18	1:30.95	1:26.49	1:22.86	1:19.80	1:17.40	1:16.11	1:15.24	1:13.75
			5級	1:44.32	1:35.19	1:28.47	1:23.99	1:20.61	1:17.67	1:15.50	1:14.17	1:13.40	1:11.80
		A	6級	1:41.30	1:32.20	1:25.98	1:21.49	1:18.37	1:15.53	1:13.60	1:12.24	1:11.56	1:09.84
			7級	1:38.28	1:29.21	1:23.50	1:18.98	1:16.13	1:13.39	1:11.70	1:10.31	1:09.72	1:07.88
			8級	1:35.27	1:26.22	1:21.01	1:16.48	1:13.88	1:11.26	1:09.80	1:08.37	1:07.88	1:05.93
			9級	1:32.25	1:23.23	1:18.53	1:13.98	1:11.64	1:09.12	1:07.90	1:06.44	1:06.04	1:03.97
			10級	1:29.23	1:20.24	1:16.04	1:11.48	1:09.40	1:06.98	1:06.00	1:04.51	1:04.20	1:02.01
		AA	11級	1:26.22	1:17.25	1:13.56	1:08.98	1:07.16	1:04.85	1:04.10	1:02.58	1:02.37	1:00.06
			12級	1:23.05	1:15.94	1:12.04	1:07.50	1:05.80	1:03.81	1:02.97	1:01.58	1:01.11	58.70
			13級	1:19.89	1:14.64	1:10.53	1:06.03	1:04.45	1:02.78	1:01.84	1:00.58	59.85	57.34
			14級	1:16.72	1:13.34	1:09.01	1:04.56	1:03.09	1:01.74	1:00.71	59.58	58.59	55.98
			15級	1:13.56	1:12.04	1:07.50	1:03.09	1:01.74	1:00.71	59.58	58.59	57.34	54.62
	200m	B	1級	4:13.85	3:53.69	3:34.63	3:24.18	3:14.60	3:07.29	3:00.50	2:57.92	2:55.42	2:52.98
			2級	4:07.23	3:47.11	3:29.15	3:18.75	3:09.74	3:02.53	2:56.18	2:53.57	2:51.32	2:48.71
			3級	4:00.61	3:40.54	3:23.68	3:13.33	3:04.88	2:57.77	2:51.87	2:49.22	2:47.22	2:44.45
			4級	3:53.99	3:33.96	3:18.21	3:07.91	3:00.02	2:53.01	2:47.56	2:44.87	2:43.12	2:40.19
			5級	3:47.37	3:27.39	3:12.74	3:02.49	2:55.16	2:48.25	2:43.25	2:40.52	2:39.02	2:35.93
		A	6級	3:40.75	3:20.81	3:07.27	2:57.07	2:50.30	2:43.49	2:38.94	2:36.18	2:34.92	2:31.67
			7級	3:34.13	3:14.24	3:01.80	2:51.65	2:45.44	2:38.73	2:34.63	2:31.83	2:30.82	2:27.40
			8級	3:27.51	3:07.66	2:56.33	2:46.23	2:40.58	2:33.97	2:30.32	2:27.48	2:26.72	2:23.14
			9級	3:20.89	3:01.09	2:50.86	2:40.81	2:35.72	2:29.21	2:26.01	2:23.13	2:22.62	2:18.88
			10級	3:14.27	2:54.51	2:45.39	2:35.39	2:30.86	2:24.45	2:21.70	2:18.78	2:18.52	2:14.62
		AA	11級	3:07.66	2:47.94	2:39.92	2:29.97	2:26.01	2:19.70	2:17.39	2:14.44	2:14.43	2:10.36
			12級	3:00.72	2:45.10	2:36.58	2:26.57	2:22.80	2:17.52	2:15.26	2:12.58	2:11.96	2:07.45
			13級	2:53.79	2:42.26	2:33.24	2:23.17	2:19.59	2:15.35	2:13.13	2:10.73	2:09.49	2:04.55
			14級	2:46.85	2:39.42	2:29.90	2:19.77	2:16.38	2:13.17	2:11.00	2:08.87	2:07.02	2:01.65
			15級	2:39.92	2:36.58	2:26.57	2:16.38	2:13.17	2:11.00	2:08.87	2:07.02	2:04.55	1:58.75

				8歳以下	9歳	10歳	11歳	12歳	13歳	14歳	15～16歳	17～18歳	19歳以上
平泳ぎ	50m	B	1級	1:00.91	56.07	51.49	49.78	47.45	45.66	44.01	43.38	42.77	42.18
			2級	59.31	54.47	50.14	48.34	46.16	44.40	42.91	42.28	41.73	41.13
			3級	57.71	52.88	48.79	46.90	44.87	43.15	41.81	41.18	40.69	40.09
			4級	56.11	51.29	47.44	45.47	43.59	41.89	40.72	40.08	39.66	39.05
			5級	54.51	49.69	46.09	44.03	42.30	40.64	39.62	38.98	38.62	38.01
		A	6級	52.91	48.10	44.75	42.60	41.02	39.38	38.53	37.88	37.59	36.97
			7級	51.31	46.51	43.40	41.16	39.73	38.13	37.43	36.78	36.55	35.93
			8級	49.71	44.91	42.05	39.72	38.44	36.87	36.33	35.68	35.51	34.89
			9級	48.11	43.32	40.70	38.29	37.16	35.62	35.24	34.58	34.48	33.85
			10級	46.51	41.73	39.35	36.85	35.87	34.36	34.14	33.48	33.44	32.81
		AA	11級	44.91	40.14	38.01	35.42	34.59	33.11	33.05	32.39	32.41	31.77
			12級	43.18	39.40	37.19	34.73	33.95	32.75	32.60	32.01	31.90	31.07
			13級	41.46	38.66	36.37	34.05	33.32	32.40	32.15	31.63	31.39	30.37
			14級	39.73	37.92	35.55	33.36	32.68	32.05	31.70	31.25	30.88	29.67
			15級	38.01	37.19	34.73	32.68	32.05	31.70	31.25	30.88	30.37	28.97
	100m	B	1級	2:11.91	2:01.44	1:51.52	1:47.59	1:42.54	1:38.69	1:35.11	1:33.75	1:32.43	1:31.15
			2級	2:08.45	1:58.00	1:48.61	1:44.51	1:39.76	1:36.04	1:32.80	1:31.44	1:30.18	1:28.84
			3級	2:05.00	1:54.56	1:45.70	1:41.43	1:36.99	1:33.39	1:30.50	1:29.13	1:27.94	1:26.53
			4級	2:01.54	1:51.12	1:42.79	1:38.36	1:34.22	1:30.74	1:28.20	1:26.82	1:25.69	1:24.23
			5級	1:58.09	1:47.68	1:39.88	1:35.28	1:31.44	1:28.10	1:25.90	1:24.51	1:23.45	1:21.92
		A	6級	1:54.63	1:44.24	1:36.98	1:32.21	1:28.67	1:25.45	1:23.60	1:22.20	1:21.20	1:19.62
			7級	1:51.18	1:40.80	1:34.07	1:29.13	1:25.90	1:22.80	1:21.29	1:19.89	1:18.96	1:17.31
			8級	1:47.72	1:37.36	1:31.16	1:26.05	1:23.12	1:20.16	1:18.99	1:17.58	1:16.71	1:15.00
			9級	1:44.27	1:33.92	1:28.25	1:22.98	1:20.35	1:17.51	1:16.69	1:15.27	1:14.47	1:12.70
			10級	1:40.81	1:30.48	1:25.34	1:19.90	1:17.58	1:14.86	1:14.39	1:12.96	1:12.22	1:10.39
		AA	11級	1:37.36	1:27.05	1:22.44	1:16.83	1:14.81	1:12.22	1:12.09	1:10.66	1:09.98	1:08.09
			12級	1:33.63	1:25.45	1:20.66	1:15.35	1:13.51	1:11.36	1:10.99	1:09.67	1:08.89	1:06.86
			13級	1:29.90	1:23.85	1:18.89	1:13.88	1:12.22	1:10.50	1:09.89	1:08.68	1:07.80	1:05.63
			14級	1:26.17	1:22.25	1:17.12	1:12.40	1:10.93	1:09.64	1:08.79	1:07.69	1:06.71	1:04.40
			15級	1:22.44	1:20.66	1:15.35	1:10.93	1:09.64	1:08.79	1:07.69	1:06.71	1:05.63	1:03.18
	200m	B	1級	4:43.37	4:20.88	3:59.59	3:49.36	3:38.60	3:30.39	3:22.76	3:19.87	3:17.05	3:14.31
			2級	4:35.79	4:13.27	3:53.13	3:42.73	3:32.62	3:24.77	3:17.90	3:14.97	3:12.34	3:09.44
			3級	4:28.21	4:05.66	3:46.67	3:36.10	3:26.64	3:19.16	3:13.05	3:10.07	3:07.63	3:04.58
			4級	4:20.64	3:58.05	3:40.21	3:29.48	3:20.66	3:13.54	3:08.19	3:05.17	3:02.92	2:59.72
			5級	4:13.06	3:50.44	3:33.75	3:22.85	3:14.68	3:07.93	3:03.34	3:00.27	2:58.22	2:54.86
		A	6級	4:05.49	3:42.83	3:27.29	3:16.23	3:08.71	3:02.31	2:58.49	2:55.38	2:53.51	2:50.00
			7級	3:57.91	3:35.22	3:20.83	3:09.60	3:02.73	2:56.70	2:53.63	2:50.48	2:48.80	2:45.13
			8級	3:50.33	3:27.61	3:14.37	3:02.97	2:56.75	2:51.08	2:48.78	2:45.58	2:44.10	2:40.27
			9級	3:42.76	3:20.00	3:07.91	2:56.35	2:50.77	2:45.47	2:43.92	2:40.68	2:39.39	2:35.41
			10級	3:35.18	3:12.39	3:01.45	2:49.72	2:44.79	2:39.85	2:39.07	2:35.78	2:34.68	2:30.55
		AA	11級	3:27.61	3:04.78	2:55.00	2:43.10	2:38.82	2:34.24	2:34.22	2:30.89	2:29.98	2:25.69
			12級	3:19.45	3:01.40	2:51.28	2:40.14	2:36.30	2:32.41	2:31.79	2:28.77	2:27.46	2:22.80
			13級	3:11.30	2:58.03	2:47.57	2:37.19	2:33.79	2:30.59	2:29.37	2:26.65	2:24.94	2:19.91
			14級	3:03.15	2:54.65	2:43.85	2:34.23	2:31.28	2:28.77	2:26.95	2:24.53	2:22.42	2:17.02
			15級	2:55.00	2:51.28	2:40.14	2:31.28	2:28.77	2:26.95	2:24.53	2:22.42	2:19.91	2:14.13
バタフライ	50m	B	1級	51.80	47.69	43.80	41.90	39.93	38.43	37.04	36.51	36.00	35.50
			2級	50.39	46.26	42.63	40.74	38.89	37.43	36.15	35.61	35.16	34.64
			3級	48.98	44.84	41.46	39.58	37.86	36.43	35.26	34.72	34.32	33.78
			4級	47.58	43.42	40.29	38.42	36.83	35.44	34.38	33.82	33.48	32.92
			5級	46.17	42.00	39.13	37.26	35.79	34.44	33.49	32.93	32.65	32.06
		A	6級	44.77	40.58	37.96	36.11	34.76	33.45	32.61	32.03	31.81	31.21
			7級	43.36	39.16	36.79	34.95	33.73	32.45	31.72	31.14	30.97	30.35
			8級	41.95	37.74	35.63	33.79	32.69	31.45	30.83	30.24	30.14	29.49
			9級	40.55	36.32	34.46	32.63	31.66	30.46	29.95	29.35	29.30	28.63
			10級	39.14	34.90	33.29	31.47	30.63	29.46	29.06	28.45	28.46	27.77
		AA	11級	37.74	33.48	32.13	30.32	29.60	28.47	28.18	27.56	27.63	26.92
			12級	36.33	32.99	31.52	29.70	29.01	28.07	27.74	27.18	27.11	26.24
			13級	34.93	32.50	30.91	29.08	28.43	27.67	27.31	26.81	26.59	25.56
			14級	33.53	32.01	30.30	28.46	27.85	27.27	26.87	26.44	26.07	24.88
			15級	32.13	31.52	29.70	27.85	27.27	26.87	26.44	26.07	25.56	24.21
	100m	B	1級	1:54.87	1:45.75	1:37.12	1:32.59	1:28.25	1:24.93	1:21.85	1:20.68	1:19.54	1:18.44
			2級	1:51.78	1:42.64	1:34.57	1:30.09	1:25.97	1:22.77	1:19.93	1:18.74	1:17.71	1:16.50
			3級	1:48.69	1:39.53	1:32.02	1:27.59	1:23.70	1:20.62	1:18.02	1:16.81	1:15.88	1:14.56
			4級	1:45.60	1:36.42	1:29.47	1:25.09	1:21.43	1:18.47	1:16.11	1:14.88	1:14.05	1:12.62
			5級	1:42.51	1:33.31	1:26.92	1:22.59	1:19.16	1:16.31	1:14.20	1:12.95	1:12.22	1:10.68
		A	6級	1:39.42	1:30.20	1:24.38	1:20.10	1:16.89	1:14.16	1:12.29	1:11.02	1:10.39	1:08.75
			7級	1:36.33	1:27.09	1:21.83	1:17.60	1:14.61	1:12.01	1:10.38	1:09.08	1:08.56	1:06.81
			8級	1:33.24	1:23.98	1:19.28	1:15.10	1:12.34	1:09.85	1:08.47	1:07.15	1:06.73	1:04.87
			9級	1:30.15	1:20.87	1:16.73	1:12.60	1:10.07	1:07.70	1:06.56	1:05.22	1:04.90	1:02.93
			10級	1:27.06	1:17.76	1:14.18	1:10.10	1:07.80	1:05.55	1:04.65	1:03.29	1:03.07	1:00.99
		AA	11級	1:23.98	1:14.65	1:11.64	1:07.61	1:05.53	1:03.40	1:02.74	1:01.36	1:01.24	59.06
			12級	1:20.89	1:13.55	1:10.26	1:06.15	1:04.28	1:02.45	1:01.70	1:00.43	1:00.05	57.77
			13級	1:17.81	1:12.45	1:08.89	1:04.70	1:03.04	1:01.51	1:00.66	59.51	58.86	56.48
			14級	1:14.72	1:11.35	1:07.52	1:03.25	1:01.80	1:00.56	59.62	58.59	57.67	55.19
			15級	1:11.64	1:10.26	1:06.15	1:01.80	1:00.56	59.62	58.59	57.67	56.48	53.90
	200m	B	1級	4:14.59	3:54.38	3:35.25	3:25.60	3:15.96	3:08.60	3:01.76	2:59.17	2:56.64	2:54.19
			2級	4:07.90	3:47.71	3:29.82	3:20.23	3:11.09	3:03.70	2:57.33	2:54.71	2:52.39	2:49.74
			3級	4:01.22	3:41.05	3:24.40	3:14.87	3:06.22	2:58.81	2:52.90	2:50.25	2:48.14	2:45.29
			4級	3:54.53	3:34.39	3:18.97	3:09.50	3:01.35	2:53.91	2:48.47	2:45.79	2:43.89	2:40.84
			5級	3:47.85	3:27.73	3:13.55	3:04.14	2:56.48	2:49.02	2:44.04	2:41.33	2:39.65	2:36.39
		A	6級	3:41.16	3:21.07	3:08.12	2:58.77	2:51.61	2:44.13	2:39.61	2:36.87	2:35.40	2:31.95
			7級	3:34.48	3:14.40	3:02.70	2:53.41	2:46.74	2:39.23	2:35.18	2:32.41	2:31.15	2:27.50
			8級	3:27.79	3:07.74	2:57.27	2:48.04	2:41.87	2:34.34	2:30.75	2:27.95	2:26.91	2:23.05
			9級	3:21.11	3:01.08	2:51.85	2:42.68	2:37.00	2:29.44	2:26.32	2:23.49	2:22.66	2:18.60
			10級	3:14.42	2:54.42	2:46.42	2:37.31	2:32.13	2:24.55	2:21.89	2:19.03	2:18.41	2:14.15
		AA	11級	3:07.74	2:47.76	2:41.00	2:31.95	2:27.27	2:19.66	2:17.47	2:14.58	2:14.17	2:09.71
			12級	3:01.05	2:45.26	2:37.79	2:28.18	2:23.81	2:17.58	2:15.43	2:12.83	2:11.98	2:07.56
			13級	2:54.37	2:42.77	2:34.59	2:24.42	2:20.35	2:15.51	2:13.40	2:11.09	2:09.79	2:05.42
			14級	2:47.68	2:40.28	2:31.38	2:20.65	2:16.89	2:13.44	2:11.37	2:09.34	2:07.60	2:03.28
			15級	2:41.00	2:37.79	2:28.18	2:16.89	2:13.44	2:11.37	2:09.34	2:07.60	2:05.42	2:01.14
個人メドレー	100m	B	1級	1:55.33	1:46.18	1:37.51	1:33.04	1:28.68	1:25.35	1:22.26	1:21.08	1:19.94	1:18.83
			2級	1:52.29	1:43.14	1:35.06	1:30.61	1:26.51	1:23.31	1:20.48	1:19.30	1:18.25	1:16.65
			3級	1:49.25	1:40.11	1:32.61	1:28.18	1:24.35	1:21.27	1:18.70	1:17.52	1:16.57	1:14.48
			4級	1:46.21	1:37.07	1:30.16	1:25.75	1:22.19	1:19.23	1:16.92	1:15.74	1:14.88	1:12.30
			5級	1:43.17	1:34.04	1:27.72	1:23.32	1:20.03	1:17.19	1:15.14	1:13.96	1:13.20	1:10.13
		A	6級	1:40.13	1:31.00	1:25.27	1:20.90	1:17.87	1:15.16	1:13.36	1:12.19	1:11.52	1:07.96
			7級	1:37.09	1:27.97	1:22.82	1:18.47	1:15.71	1:13.12	1:11.58	1:10.41	1:09.83	1:05.78
			8級	1:34.05	1:24.93	1:20.38	1:16.04	1:13.55	1:11.08	1:09.80	1:08.63	1:08.15	1:03.61
			9級	1:31.01	1:21.90	1:17.93	1:13.61	1:11.39	1:09.04	1:08.02	1:06.85	1:06.46	1:01.43
			10級	1:27.97	1:18.86	1:15.48	1:11.18	1:09.23	1:07.00	1:06.24	1:05.07	1:04.78	59.26
		AA	11級	1:24.93	1:15.83	1:13.04	1:08.76	1:07.07	1:04.97	1:04.47	1:03.30	1:03.10	57.09
			12級	1:21.95	1:14.77	1:11.61	1:07.35	1:05.76	1:03.92	1:03.24	1:02.06	1:01.51	56.92
			13級	1:18.98	1:13.72	1:10.19	1:05.95	1:04.45	1:02.88	1:02.02	1:00.82	59.93	56.76
			14級	1:16.01	1:12.66	1:08.77	1:04.54	1:03.14	1:01.84	1:00.80	59.58	58.34	56.59
			15級	1:13.04	1:11.61	1:07.35	1:03.14	1:01.84	1:00.80	59.58	58.34	56.76	56.43
	200m	B	1級	4:19.65	3:59.04	3:39.53	3:29.59	3:19.76	3:12.25	3:05.28	3:02.64	3:00.07	2:57.56
			2級	4:12.40	3:51.63	3:33.46	3:23.59	3:14.37	3:07.16	3:00.78	2:58.15	2:55.79	2:53.09
			3級	4:05.16	3:44.23	3:27.40	3:17.59	3:08.99	3:02.07	2:56.28	2:53.66	2:51.51	2:48.63
			4級	3:57.91	3:36.83	3:21.34	3:11.59	3:03.61	2:56.98	2:51.78	2:49.17	2:47.24	2:44.16
			5級	3:50.67	3:29.42	3:15.28	3:05.59	2:58.23	2:51.90	2:47.28	2:44.68	2:42.96	2:39.70
		A	6級	3:43.43	3:22.02	3:09.22	2:59.60	2:52.85	2:46.81	2:42.78	2:40.19	2:38.69	2:35.24
			7級	3:36.18	3:14.62	3:03.16	2:53.60	2:47.47	2:41.72	2:38.28	2:35.70	2:34.41	2:30.77
			8級	3:28.94	3:07.21	2:57.10	2:47.60	2:42.09	2:36.64	2:33.78	2:31.21	2:30.13	2:26.31
			9級	3:21.69	2:59.81	2:51.04	2:41.60	2:36.71	2:31.55	2:29.28	2:26.72	2:25.86	2:21.84
			10級	3:14.45	2:52.41	2:44.98	2:35.60	2:31.33	2:26.46	2:24.78	2:22.23	2:21.58	2:17.38
		AA	11級	3:07.21	2:45.01	2:38.92	2:29.61	2:25.95	2:21.38	2:20.29	2:17.74	2:17.31	2:12.92
			12級	3:00.13	2:42.73	2:35.89	2:26.82	2:23.45	2:19.57	2:18.24	2:15.85	2:14.94	2:10.38
			13級	2:53.06	2:40.45	2:32.87	2:24.03	2:20.95	2:17.76	2:16.19	2:13.97	2:12.58	2:07.85
			14級	2:45.99	2:38.17	2:29.84	2:21.24	2:18.45	2:15.95	2:14.14	2:12.09	2:10.21	2:05.31
			15級	2:38.92	2:35.89	2:26.82	2:18.45	2:15.95	2:14.14	2:12.09	2:10.21	2:07.85	2:02.78
	400m	B	1級	9:12.30	8:28.44	7:46.97	7:22.77	7:02.01	6:46.15	6:31.43	6:25.84	6:20.40	6:15.12
			2級	8:56.67	8:12.38	7:33.77	7:10.03	6:50.58	6:35.34	6:21.76	6:16.17	6:11.20	6:05.71
			3級	8:41.05	7:56.33	7:20.58	6:57.30	6:39.15	6:24.54	6:12.09	6:06.50	6:02.00	5:56.31
			4級	8:25.42	7:40.27	7:07.39	6:44.57	6:27.72	6:13.73	6:02.42	5:56.83	5:52.80	5:46.91
			5級	8:09.80	7:24.22	6:54.20	6:31.83	6:16.29	6:02.93	5:52.75	5:47.17	5:43.61	5:37.50
		A	6級	7:54.17	7:08.16	6:41.01	6:19.10	6:04.87	5:52.12	5:43.09	5:37.50	5:34.41	5:28.10
			7級	7:38.55	6:52.11	6:27.82	6:06.37	5:53.44	5:41.32	5:33.42	5:27.83	5:25.21	5:18.70
			8級	7:22.92	6:36.05	6:14.63	5:53.63	5:42.01	5:30.51	5:23.75	5:18.17	5:16.02	5:09.29
			9級	7:07.30	6:20.00	6:01.44	5:40.90	5:30.58	5:19.71	5:14.08	5:08.50	5:06.82	4:59.89
			10級	6:51.67	6:03.94	5:48.25	5:28.17	5:19.15	5:08.90	5:04.41	4:58.83	4:57.62	4:50.49
		AA	11級	6:36.05	5:47.89	5:35.06	5:15.44	5:07.73	4:58.10	4:54.75	4:49.17	4:48.43	4:41.09
			12級	6:20.80	5:43.08	5:28.66	5:09.49	5:02.37	4:54.17	4:50.63	4:45.54	4:43.84	4:35.59
			13級	6:05.55	5:38.27	5:22.27	5:03.55	4:57.02	4:50.25	4:46.52	4:41.92	4:39.26	4:30.09
			14級	5:50.30	5:33.46	5:15.88	4:57.61	4:51.67	4:46.32	4:42.40	4:38.29	4:34.67	4:24.59
			15級	5:35.06	5:28.66	5:09.49	4:51.67	4:46.32	4:42.40	4:38.29	4:34.67	4:30.09	4:19.10