

2026年度水泳資格表《男子13歳以上》

2026/04/10現在

男子資格級		自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー				
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
19歳以上	AA	15級	20.42	45.53	1:39.95	3:34.56	7:27.12	14:15.07	22.46	48.90	1:46.68	25.43	55.52	1:59.93	21.74	48.61	1:46.85	50.28	1:49.67	3:54.81
		14級	20.86	46.32	1:41.61	3:37.72	7:34.03	14:28.28	23.00	49.92	1:49.11	25.88	56.33	2:01.83	22.19	49.49	1:49.13	50.40	1:51.68	3:59.15
		13級	21.30	47.12	1:43.28	3:40.88	7:40.94	14:41.50	23.55	50.94	1:51.55	26.33	57.15	2:03.74	22.64	50.37	1:51.42	50.53	1:53.69	4:03.50
		12級	21.74	47.92	1:44.95	3:44.04	7:47.85	14:54.71	24.09	51.96	1:53.98	26.78	57.97	2:05.65	23.09	51.25	1:53.70	50.65	1:55.70	4:07.85
		11級	22.19	48.72	1:46.62	3:47.21	7:54.76	15:07.93	24.64	52.99	1:56.42	27.23	58.79	2:07.56	23.54	52.14	1:55.99	50.78	1:57.71	4:12.20
	A	10級	22.92	50.39	1:50.30	3:55.16	8:11.30	15:39.56	25.44	54.76	2:00.27	28.16	1:00.84	2:11.99	24.33	53.92	1:59.86	52.72	2:01.72	4:20.79
		9級	23.66	52.06	1:53.98	4:03.12	8:27.84	16:11.20	26.25	56.54	2:04.12	29.09	1:02.90	2:16.42	25.12	55.70	2:03.74	54.66	2:05.74	4:29.39
		8級	24.40	53.73	1:57.66	4:11.07	8:44.38	16:42.84	27.05	58.31	2:07.97	30.02	1:04.96	2:20.85	25.91	57.48	2:07.61	56.60	2:09.76	4:37.99
		7級	25.14	55.40	2:01.34	4:19.03	9:00.93	17:14.47	27.86	1:00.09	2:11.82	30.96	1:07.02	2:25.28	26.70	59.26	2:11.49	58.54	2:13.78	4:46.59
		6級	25.88	57.08	2:05.03	4:26.99	9:17.47	17:46.11	28.67	1:01.87	2:15.67	31.89	1:09.08	2:29.71	27.49	1:01.04	2:15.37	1:00.48	2:17.80	4:55.19
	B	5級	26.62	58.75	2:08.71	4:34.94	9:34.01	18:17.75	29.47	1:03.64	2:19.52	32.82	1:11.13	2:34.14	28.28	1:02.82	2:19.24	1:02.42	2:21.82	5:03.79
		4級	27.36	1:00.42	2:12.39	4:42.90	9:50.56	18:49.38	30.28	1:05.42	2:23.37	33.76	1:13.19	2:38.57	29.07	1:04.60	2:23.12	1:04.36	2:25.84	5:12.39
		3級	28.10	1:02.09	2:16.07	4:50.85	10:07.10	19:21.02	31.08	1:07.19	2:27.22	34.69	1:15.25	2:43.00	29.86	1:06.38	2:26.99	1:06.30	2:29.86	5:20.99
		2級	28.84	1:03.76	2:19.75	4:58.81	10:23.64	19:52.66	31.89	1:08.97	2:31.07	35.62	1:17.31	2:47.43	30.65	1:08.16	2:30.87	1:08.24	2:33.88	5:29.59
		1級	29.58	1:05.44	2:23.44	5:06.77	10:40.19	20:24.30	32.70	1:10.75	2:34.93	36.56	1:19.37	2:51.86	31.44	1:09.95	2:34.75	1:10.18	2:37.90	5:38.19
17歳	AA	15級	21.30	47.12	1:43.28	3:40.88	7:40.94	14:41.50	23.55	50.94	1:51.55	26.33	57.15	2:03.74	22.64	50.37	1:51.42	50.53	1:53.69	4:03.50
		14級	21.72	47.86	1:44.73	3:43.49	7:46.72	14:52.55	24.05	52.03	1:53.90	26.84	58.18	2:05.96	23.11	51.28	1:53.36	51.87	1:55.75	4:07.37
		13級	22.15	48.61	1:46.19	3:46.10	7:52.50	15:03.61	24.55	53.12	1:56.25	27.36	59.21	2:08.19	23.58	52.20	1:55.31	53.21	1:57.82	4:11.24
		12級	22.58	49.35	1:47.65	3:48.71	7:58.28	15:14.66	25.05	54.21	1:58.60	27.87	1:00.24	2:10.42	24.05	53.11	1:57.25	54.55	1:59.88	4:15.11
		11級	23.01	50.10	1:49.11	3:51.32	8:04.06	15:25.72	25.56	55.30	2:00.95	28.39	1:01.28	2:12.65	24.52	54.03	1:59.20	55.90	2:01.95	4:18.98
	A	10級	23.75	51.82	1:52.95	3:59.74	8:21.50	15:59.07	26.36	57.04	2:04.79	29.31	1:03.31	2:17.06	25.30	55.82	2:03.19	57.52	2:05.99	4:27.86
		9級	24.49	53.54	1:56.79	4:08.16	8:38.94	16:32.43	27.17	58.79	2:08.63	30.23	1:05.35	2:21.47	26.08	57.61	2:07.19	59.15	2:10.04	4:36.75
		8級	25.23	55.26	2:00.63	4:16.58	8:56.38	17:05.78	27.98	1:00.54	2:12.47	31.15	1:07.38	2:25.88	26.86	59.4	2:11.19	1:00.78	2:14.08	4:45.64
		7級	25.97	56.98	2:04.48	4:25.00	9:13.82	17:39.14	28.79	1:02.28	2:16.31	32.07	1:09.42	2:30.29	27.64	1:01.19	2:15.18	1:02.41	2:18.13	4:54.52
		6級	26.71	58.70	2:08.32	4:33.43	9:31.27	18:12.50	29.60	1:04.03	2:20.15	33.00	1:11.46	2:34.71	28.43	1:02.99	2:19.18	1:04.04	2:22.18	5:03.41
	B	5級	27.45	1:00.42	2:12.16	4:41.85	9:48.71	18:45.85	30.40	1:05.78	2:23.99	33.92	1:13.49	2:39.12	29.21	1:04.78	2:23.18	1:05.66	2:26.22	5:12.30
		4級	28.19	1:02.14	2:16.01	4:50.27	10:06.15	19:19.21	31.21	1:07.52	2:27.83	34.84	1:15.53	2:43.53	29.99	1:06.57	2:27.17	1:07.29	2:30.27	5:21.18
		3級	28.93	1:03.86	2:19.85	4:58.69	10:23.59	19:52.56	32.02	1:09.27	2:31.67	35.76	1:17.56	2:47.94	30.77	1:08.36	2:31.17	1:08.92	2:34.31	5:30.07
		2級	29.67	1:05.58	2:23.69	5:07.11	10:41.03	20:25.92	32.83	1:11.02	2:35.51	36.68	1:19.60	2:52.35	31.55	1:10.15	2:35.17	1:10.55	2:38.36	5:38.96
		1級	30.42	1:07.31	2:27.54	5:15.54	10:58.48	20:59.28	33.64	1:12.77	2:39.35	37.61	1:21.64	2:56.77	32.34	1:11.95	2:39.17	1:12.18	2:42.41	5:47.85
15歳	AA	15級	22.15	48.61	1:46.19	3:46.10	7:52.50	15:03.61	24.55	53.12	1:56.25	27.36	59.21	2:08.19	23.58	52.20	1:55.31	53.21	1:57.82	4:11.24
		14級	22.46	49.16	1:47.51	3:48.34	7:57.74	15:13.64	24.84	53.84	1:57.85	27.66	1:00.00	2:09.51	23.83	52.91	1:56.65	54.10	1:59.33	4:13.85
		13級	22.77	49.72	1:48.83	3:50.58	8:02.99	15:23.67	25.13	54.56	1:59.45	27.96	1:00.79	2:10.83	24.09	53.62	1:57.99	55.00	2:00.84	4:16.46
		12級	23.08	50.28	1:50.15	3:52.82	8:08.23	15:33.70	25.42	55.28	2:01.05	28.26	1:01.58	2:12.15	24.35	54.33	1:59.33	55.89	2:02.35	4:19.07
		11級	23.40	50.84	1:51.48	3:55.07	8:13.48	15:43.74	25.72	56.01	2:02.65	28.56	1:02.37	2:13.48	24.61	55.04	2:00.67	56.79	2:03.87	4:21.68
	A	10級	24.19	52.68	1:55.52	4:04.04	8:31.91	16:18.99	26.61	57.90	2:06.78	29.57	1:04.53	2:18.32	25.47	56.94	2:04.98	58.54	2:08.20	4:31.32
		9級	24.98	54.53	1:59.56	4:13.02	8:50.35	16:54.25	27.50	59.79	2:10.92	30.59	1:06.70	2:23.17	26.34	58.84	2:09.30	1:00.29	2:12.53	4:40.96
		8級	25.77	56.37	2:03.60	4:21.99	9:08.79	17:29.51	28.39	1:01.68	2:15.06	31.60	1:08.87	2:28.02	27.21	1:00.74	2:13.62	1:02.04	2:16.86	4:50.60
		7級	26.56	58.22	2:07.64	4:30.97	9:27.22	18:04.77	29.28	1:03.57	2:19.20	32.62	1:11.03	2:32.87	28.08	1:02.65	2:17.94	1:03.79	2:21.19	5:00.24
		6級	27.36	1:00.06	2:11.68	4:39.94	9:45.66	18:40.03	30.17	1:05.46	2:23.34	33.64	1:13.20	2:37.72	28.95	1:04.55	2:22.26	1:05.54	2:25.53	5:09.88
	B	5級	28.15	1:01.91	2:15.72	4:48.92	10:04.10	19:15.28	31.06	1:07.35	2:27.48	34.65	1:15.37	2:42.57	29.81	1:06.45	2:26.57	1:07.29	2:29.86	5:19.52
		4級	28.94	1:03.75	2:19.76	4:57.89	10:22.53	19:50.54	31.95	1:09.24	2:31.62	35.67	1:17.53	2:47.42	30.68	1:08.36	2:30.89	1:09.04	2:34.19	5:29.16
		3級	29.73	1:05.60	2:23.80	5:06.87	10:40.97	20:25.80	32.84	1:11.13	2:35.76	36.68	1:19.70	2:52.27	31.55	1:10.26	2:35.21	1:10.79	2:38.52	5:38.80
		2級	30.52	1:07.44	2:27.84	5:15.84	10:59.41	21:01.06	33.73	1:13.02	2:39.90	37.70	1:21.87	2:57.12	32.42	1:12.16	2:39.53	1:12.54	2:42.85	5:48.44
		1級	31.32	1:09.29	2:31.88	5:24.82	11:17.85	21:36.32	34.63	1:14.91	2:44.04	38.72	1:24.04	3:01.97	33.29	1:14.07	2:43.85	1:14.30	2:47.19	5:58.08
14歳	AA	15級	22.77	49.72	1:48.83	3:50.58	8:02.99	15:23.67	25.13	54.56	1:59.45	27.96	1:00.79	2:10.83	24.09	53.62	1:57.99	55.00	2:00.84	4:16.46
		14級	23.16	50.54	1:50.12	3:53.95	8:08.05	15:33.34	25.56	55.55	2:01.53	28.38	1:01.77	2:12.94	24.48	54.56	2:00.07	56.01	2:02.82	4:20.67
		13級	23.55	51.36	1:51.41	3:57.33	8:13.11	15:43.02	26.00	56.54	2:03.61	28.80	1:02.76	2:15.05	24.87	55.50	2:02.16	57.02	2:04.81	4:24.88
		12級	23.94	52.18	1:52.70	4:00.71	8:18.17	15:52.70	26.44	57.53	2:05.69	29.22	1:03.74	2:17.16	25.26	56.44	2:04.24	58.03	2:06.79	4:29.09
		11級	24.34	53.00	1:54.00	4:04.09	8:23.23	16:02.38	26.88	58.53	2:07.78	29.64	1:04.73	2:19.28	25.66	57.				

2026年度水泳資格表《男子12歳以下》

男子資格級		自由形						背泳ぎ			平泳ぎ			バタフライ			個人メドレー			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
12歳	AA	15級	24.14	53.05	1:55.05	4:04.67	8:26.33	16:08.30	26.94	58.64	2:07.68	29.60	1:04.57	2:18.56	25.57	57.14	2:06.41	58.73	2:08.34	4:31.88
		14級	24.69	54.32	1:57.84	4:10.50	8:37.88	16:30.39	27.66	1:00.21	2:11.18	30.45	1:06.26	2:22.45	26.20	58.61	2:09.43	1:00.00	2:11.06	4:37.52
		13級	25.24	55.60	2:00.64	4:16.34	8:49.43	16:52.48	28.39	1:01.79	2:14.68	31.30	1:07.96	2:26.34	26.83	1:00.08	2:12.46	1:01.28	2:13.78	4:43.16
		12級	25.79	56.87	2:03.43	4:22.17	9:00.98	17:14.57	29.11	1:03.37	2:18.18	32.15	1:09.65	2:30.23	27.46	1:01.55	2:15.49	1:02.55	2:16.50	4:48.80
	A	11級	26.34	58.15	2:06.23	4:28.01	9:12.53	17:36.66	29.84	1:04.95	2:21.69	33.01	1:11.35	2:34.12	28.10	1:03.02	2:18.52	1:03.83	2:19.23	4:54.44
		10級	27.25	1:00.18	2:10.82	4:38.02	9:34.10	18:17.91	30.78	1:06.94	2:26.11	34.09	1:13.74	2:39.33	29.06	1:05.11	2:23.23	1:05.86	2:24.25	5:05.57
		9級	28.17	1:02.22	2:15.41	4:48.03	9:55.67	18:59.16	31.72	1:08.94	2:30.53	35.18	1:16.13	2:44.54	30.02	1:07.20	2:27.95	1:07.90	2:29.28	5:16.71
		8級	29.08	1:04.26	2:20.00	4:58.04	10:17.24	19:40.41	32.66	1:10.93	2:34.95	36.27	1:18.52	2:49.75	30.98	1:09.29	2:32.67	1:09.94	2:34.30	5:27.85
	B	7級	30.00	1:06.30	2:24.59	5:08.05	10:38.81	20:21.66	33.60	1:12.93	2:39.37	37.35	1:20.91	2:54.96	31.95	1:11.39	2:37.39	1:11.98	2:39.33	5:38.99
		6級	30.92	1:08.34	2:29.18	5:18.07	11:00.38	21:02.91	34.54	1:14.92	2:43.80	38.44	1:23.30	3:00.17	32.91	1:13.48	2:42.11	1:14.02	2:44.35	5:50.13
		5級	31.83	1:10.37	2:33.77	5:28.08	11:21.95	21:44.16	35.48	1:16.92	2:48.22	39.53	1:25.69	3:05.38	33.87	1:15.57	2:46.82	1:16.05	2:49.38	6:01.27
		4級	32.75	1:12.41	2:38.36	5:38.09	11:43.52	22:25.41	36.42	1:18.91	2:52.64	40.61	1:28.08	3:10.59	34.84	1:17.67	2:51.54	1:18.09	2:54.40	6:12.41
11歳	AA	3級	33.66	1:14.45	2:42.95	5:48.10	12:05.09	23:06.66	37.36	1:20.91	2:57.06	41.70	1:30.47	3:15.80	35.80	1:19.76	2:56.26	1:20.13	2:59.43	6:23.55
		2級	34.58	1:16.49	2:47.54	5:58.11	12:26.66	23:47.91	38.30	1:22.90	3:01.48	42.79	1:32.86	3:21.01	36.76	1:21.85	3:00.98	1:22.17	3:04.45	6:34.69
		1級	35.50	1:18.53	2:52.13	6:08.13	12:48.23	24:29.16	39.25	1:24.90	3:05.91	43.88	1:35.25	3:26.23	37.73	1:23.95	3:05.70	1:24.21	3:09.48	6:45.83
		15級	25.24	55.60	2:00.64	4:16.34	8:49.43	16:52.48	28.39	1:01.79	2:14.68	31.30	1:07.96	2:26.34	26.83	1:00.08	2:12.46	1:01.28	2:13.78	4:43.16
10歳	AA	14級	25.84	56.96	2:03.46	4:22.28	9:01.44	17:15.44	29.09	1:03.46	2:18.35	32.12	1:09.72	2:30.25	27.56	1:01.69	2:15.89	1:02.77	2:17.01	4:49.92
		13級	26.45	58.33	2:06.28	4:28.22	9:13.45	17:38.41	29.80	1:05.13	2:22.03	32.94	1:11.48	2:34.17	28.29	1:03.30	2:19.33	1:04.26	2:20.24	4:56.69
		12級	27.06	59.70	2:09.10	4:34.16	9:25.46	18:01.38	30.50	1:06.80	2:25.71	33.76	1:13.24	2:38.08	29.02	1:04.91	2:22.77	1:05.75	2:23.47	5:03.46
		11級	27.67	1:01.07	2:11.93	4:40.11	9:37.47	18:24.35	31.21	1:08.48	2:29.39	34.58	1:15.00	2:42.00	29.75	1:06.52	2:26.21	1:07.25	2:26.70	5:10.23
	A	10級	28.70	1:03.37	2:17.17	4:51.54	10:02.03	19:11.32	32.29	1:10.72	2:34.37	35.82	1:17.70	2:47.89	30.81	1:08.86	2:31.48	1:09.54	2:32.33	5:22.68
		9級	29.74	1:05.68	2:22.42	5:02.97	10:26.59	19:58.30	33.37	1:12.97	2:39.35	37.06	1:20.41	2:53.79	31.88	1:11.20	2:36.76	1:11.84	2:37.96	5:35.14
		8級	30.77	1:07.99	2:27.67	5:14.40	10:51.15	20:45.27	34.46	1:15.22	2:44.33	38.30	1:23.11	2:59.68	32.95	1:13.54	2:42.03	1:14.14	2:43.59	5:47.60
		7級	31.81	1:10.29	2:32.92	5:25.83	11:15.72	21:32.25	35.54	1:17.47	2:49.31	39.55	1:25.82	3:05.58	34.01	1:15.88	2:47.31	1:16.44	2:49.22	6:00.06
	B	6級	32.85	1:12.60	2:38.17	5:37.26	11:40.28	22:19.22	36.63	1:19.72	2:54.29	40.79	1:28.52	3:11.48	35.08	1:18.23	2:52.58	1:18.74	2:54.85	6:12.52
		5級	33.88	1:14.91	2:43.42	5:48.69	12:04.84	23:06.20	37.71	1:21.96	2:59.27	42.03	1:31.23	3:17.37	36.15	1:20.57	2:57.86	1:21.03	3:00.48	6:24.98
		4級	34.92	1:17.21	2:48.67	6:00.12	12:29.41	23:53.17	38.79	1:24.21	3:04.25	43.28	1:33.93	3:23.27	37.21	1:22.91	3:03.13	1:23.33	3:06.11	6:37.44
		3級	35.95	1:19.52	2:53.92	6:11.55	12:53.97	24:40.15	39.88	1:26.46	3:09.23	44.52	1:36.64	3:29.16	38.28	1:25.25	3:08.41	1:25.63	3:11.74	6:49.90
9歳	AA	2級	36.99	1:21.83	2:59.17	6:22.98	13:18.53	25:27.12	40.96	1:28.71	3:14.21	45.76	1:39.34	3:35.06	39.35	1:27.59	3:13.68	1:27.93	3:17.37	7:02.36
		1級	38.03	1:24.14	3:04.42	6:34.42	13:43.10	26:14.10	42.05	1:30.96	3:19.19	47.01	1:42.05	3:40.96	40.42	1:29.94	3:18.96	1:30.23	3:23.01	7:14.82
		15級	27.06	59.70	2:09.10	4:34.16	9:25.46	18:01.38	30.50	1:06.80	2:25.71	33.76	1:13.24	2:38.08	29.02	1:04.91	2:22.77	1:05.75	2:23.47	5:03.46
		14級	27.76	1:01.26	2:12.44	4:41.25	9:40.01	18:29.22	31.36	1:08.72	2:29.90	34.73	1:15.35	2:42.66	29.78	1:06.62	2:26.50	1:07.34	2:26.94	5:10.78
	A	13級	28.47	1:02.83	2:15.79	4:48.34	9:54.57	18:57.06	32.22	1:10.64	2:34.10	35.71	1:17.46	2:47.25	30.55	1:08.33	2:30.23	1:08.94	2:30.41	5:18.10
		12級	29.18	1:04.39	2:19.14	4:55.43	10:09.13	19:24.90	33.08	1:12.56	2:38.30	36.68	1:19.57	2:51.83	31.32	1:10.04	2:33.96	1:10.53	2:33.88	5:25.42
		11級	29.89	1:05.96	2:22.49	5:02.53	10:23.69	19:52.74	33.95	1:14.49	2:42.50	37.66	1:21.68	2:56.42	32.09	1:11.75	2:37.70	1:12.13	2:37.35	5:32.75
		10級	31.05	1:08.46	2:28.08	5:14.51	10:48.89	20:41.11	35.12	1:16.88	2:47.71	39.04	1:24.66	3:02.73	33.26	1:14.28	2:43.45	1:14.66	2:43.56	5:46.17
	B	9級	32.21	1:10.97	2:33.68	5:26.49	11:14.09	21:29.48	36.30	1:19.27	2:52.92	40.42	1:27.64	3:09.05	34.43	1:16.82	2:49.21	1:17.20	2:49.78	5:59.59
		8級	33.37	1:13.48	2:39.28	5:38.48	11:39.29	22:17.85	37.48	1:21.66	2:58.13	41.80	1:30.63	3:15.37	35.60	1:19.36	2:54.96	1:19.74	2:56.00	6:13.01
		7級	34.54	1:15.98	2:44.87	5:50.46	12:04.50	23:06.22	38.66	1:24.05	3:03.35	43.19	1:33.61	3:21.68	36.77	1:21.89	3:00.72	1:22.28	3:02.22	6:26.43
		6級	35.70	1:18.49	2:50.47	6:02.45	12:29.70	23:54.59	39.84	1:26.45	3:08.56	44.57	1:36.60	3:28.00	37.94	1:24.43	3:06.47	1:24.82	3:08.44	6:39.86
8歳以下	AA	5級	36.86	1:21.00	2:56.07	6:14.43	12:54.90	24:42.96	41.02	1:28.84	3:13.77	45.95	1:39.58	3:34.32	39.11	1:26.97	3:12.23	1:27.35	3:14.65	6:53.28
		4級	38.03	1:23.50	3:01.66	6:26.41	13:20.11	25:31.33	42.20	1:31.23	3:18.99	47.34	1:42.56	3:40.63	40.28	1:29.50	3:17.98	1:29.89	3:20.87	7:06.70
		3級	39.19	1:26.01	3:07.26	6:38.40	13:45.31	26:19.70	43.38	1:33.62	3:24.20	48.72	1:45.55	3:46.95	41.45	1:32.04	3:23.74	1:32.43	3:27.09	7:20.12
		2級	40.35	1:28.52	3:12.86	6:50.38	14:10.51	27:08.07	44.56	1:36.01	3:29.41	50.10	1:48.53	3:53.27	42.62	1:34.58	3:29.49	1:34.97	3:33.31	7:33.54
	A	1級	41.52	1:31.03	3:18.46	7:02.37	14:35.72	27:56.44	45.74	1:38.41	3:34.63	51.49	1:51.52	3:59.59	43.80	1:37.12	3:35.25	1:37.51	3:39.53	7:46.97
		15級	29.18	1:04.39	2:19.14	4:55.43	10:09.13	19:24.90	33.08	1:12.56	2:38.30	36.68	1:19.57	2:51.83	31.32	1:10.04	2:33.96	1:10.53	2:33.88	5:25.42
		14級	29.64	1:05.42	2:21.35	5:00.12	10:18.78	19:43.35	33.58	1:13.66	2:40.69	37.40	1:21.13	2:55.22	31.82	1:11.17	2:36.43	1:11.56	2:36.12	5:30.15
		13級	30.11	1:06.45	2:23.56	5:04.81	10:28.43	20:01.81	34.08	1:14.76	2:43.09	38.13	1:22.70	2:58.61	32.33	1:12.30	2:38.91	1:12.59	2:38.36	5:34.88
	B	12級	30.58	1:07.48	2:25.77	5:09.50	10:38.08	20:20.27	34.58	1:15.86	2:45.48	38.85	1:24.27	3:02.00	32.84	1:13.43				

## 2026年度水泳資格表《女子13歳以上》

女子資格級		自由形					背泳ぎ				平泳ぎ			バタフライ			個人メドレー			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
19歳以上	AA	15級	23.39	50.77	1:51.00	3:54.83	8:03.49	15:26.54	25.59	54.62	1:58.75	28.97	1:03.18	2:14.13	24.21	53.90	2:01.14	56.43	2:02.78	4:19.10
		14級	23.90	51.90	1:53.01	3:59.21	8:12.60	15:44.00	26.19	55.98	2:01.65	29.67	1:04.40	2:17.02	24.88	55.19	2:03.28	56.59	2:05.31	4:24.59
		13級	24.41	53.04	1:55.02	4:03.59	8:21.72	16:01.47	26.80	57.34	2:04.55	30.37	1:05.63	2:19.91	25.56	56.48	2:05.42	56.76	2:07.85	4:30.09
		12級	24.92	54.17	1:57.03	4:07.97	8:30.83	16:18.94	27.41	58.70	2:07.45	31.07	1:06.86	2:22.80	26.24	57.77	2:07.56	56.92	2:10.38	4:35.59
		11級	25.43	55.31	1:59.05	4:12.35	8:39.95	16:36.41	28.02	1:00.06	2:10.36	31.77	1:08.09	2:25.69	26.92	59.06	2:09.71	57.09	2:12.92	4:41.09
	A	10級	26.27	57.14	2:03.12	4:20.94	8:57.63	17:10.30	28.94	1:02.01	2:14.62	32.81	1:10.39	2:30.55	27.77	1:00.99	2:14.15	59.26	2:17.38	4:50.49
		9級	27.12	58.98	2:07.19	4:29.54	9:15.32	17:44.20	29.86	1:03.97	2:18.88	33.85	1:12.70	2:35.41	28.63	1:02.93	2:18.60	1:01.43	2:21.84	4:59.89
		8級	27.97	1:00.81	2:11.26	4:38.13	9:33.01	18:18.09	30.78	1:05.93	2:23.14	34.89	1:15.00	2:40.27	29.49	1:04.87	2:23.05	1:03.61	2:26.31	5:09.29
		7級	28.81	1:02.65	2:15.33	4:46.73	9:50.70	18:51.99	31.70	1:07.88	2:27.40	35.93	1:17.31	2:45.13	30.35	1:06.81	2:27.50	1:05.78	2:30.77	5:18.70
		6級	29.66	1:04.48	2:19.40	4:55.33	10:08.39	19:25.89	32.62	1:09.84	2:31.67	36.97	1:19.62	2:50.00	31.21	1:08.75	2:31.95	1:07.96	2:35.24	5:28.10
	B	5級	30.51	1:06.32	2:23.47	5:03.92	10:26.07	19:59.78	33.54	1:11.80	2:35.93	38.01	1:21.92	2:54.86	32.06	1:10.68	2:36.39	1:10.13	2:39.70	5:37.50
		4級	31.35	1:08.15	2:27.54	5:12.52	10:43.76	20:33.68	34.46	1:13.75	2:40.19	39.05	1:24.23	2:59.72	32.92	1:12.62	2:40.84	1:12.30	2:44.16	5:46.91
		3級	32.20	1:09.99	2:31.61	5:21.11	11:01.45	21:07.57	35.38	1:15.71	2:44.45	40.09	1:26.53	3:04.58	33.78	1:14.56	2:45.29	1:14.48	2:48.63	5:56.31
		2級	33.05	1:11.82	2:35.68	5:29.71	11:19.14	21:41.47	36.30	1:17.67	2:48.71	41.13	1:28.84	3:09.44	34.64	1:16.50	2:49.74	1:16.65	2:53.09	6:05.71
		1級	33.90	1:13.66	2:39.75	5:38.31	11:36.83	22:15.37	37.22	1:19.63	2:52.98	42.18	1:31.15	3:14.31	35.50	1:18.44	2:54.19	1:18.83	2:57.56	6:15.12
17歳	AA	15級	24.41	53.04	1:55.02	4:03.59	8:21.72	16:01.47	26.80	57.34	2:04.55	30.37	1:05.63	2:19.91	25.56	56.48	2:05.42	56.76	2:07.85	4:30.09
		14級	24.86	54.02	1:56.92	4:07.04	8:28.70	16:14.84	27.26	58.59	2:07.02	30.88	1:06.71	2:22.42	26.07	57.67	2:07.60	58.34	2:10.21	4:34.67
		13級	25.31	55.00	1:58.82	4:10.49	8:35.68	16:28.22	27.72	59.85	2:09.49	31.39	1:07.80	2:24.94	26.59	58.86	2:09.79	59.93	2:12.58	4:39.26
		12級	25.76	55.98	2:00.72	4:13.94	8:42.66	16:41.59	28.18	1:01.11	2:11.96	31.90	1:08.89	2:27.46	27.11	1:00.05	2:11.98	1:01.51	2:14.94	4:43.84
		11級	26.21	56.97	2:02.63	4:17.40	8:49.64	16:54.97	28.65	1:02.37	2:14.43	32.41	1:09.98	2:29.98	27.63	1:01.24	2:14.17	1:03.10	2:17.31	4:48.43
	A	10級	27.02	58.74	2:06.56	4:25.96	9:07.34	17:28.89	29.55	1:04.20	2:18.52	33.44	1:12.22	2:34.68	28.46	1:03.07	2:18.41	1:04.78	2:21.58	4:57.62
		9級	27.84	1:00.51	2:10.50	4:34.53	9:25.04	18:02.81	30.46	1:06.04	2:22.62	34.48	1:14.47	2:39.39	29.30	1:04.90	2:22.66	1:06.46	2:25.86	5:06.82
		8級	28.66	1:02.28	2:14.44	4:43.10	9:42.74	18:36.73	31.37	1:07.88	2:26.72	35.51	1:16.71	2:44.10	30.14	1:06.73	2:26.91	1:08.15	2:30.13	5:16.02
		7級	29.47	1:04.06	2:18.37	4:51.67	10:00.44	19:10.65	32.28	1:09.72	2:30.82	36.55	1:18.96	2:48.80	30.97	1:08.56	2:31.15	1:09.83	2:34.41	5:25.21
		6級	30.29	1:05.83	2:22.31	5:00.24	10:18.14	19:44.57	33.19	1:11.56	2:34.92	37.59	1:21.20	2:53.51	31.81	1:10.39	2:35.40	1:11.52	2:38.69	5:34.41
	B	5級	31.11	1:07.60	2:26.25	5:08.80	10:35.84	20:18.49	34.10	1:13.40	2:39.02	38.62	1:23.45	2:58.22	32.65	1:12.22	2:39.65	1:13.20	2:42.96	5:43.61
		4級	31.92	1:09.38	2:30.18	5:17.37	10:53.54	20:52.41	35.01	1:15.24	2:43.12	39.66	1:25.69	3:02.92	33.48	1:14.05	2:43.89	1:14.88	2:47.24	5:52.80
		3級	32.74	1:11.15	2:34.12	5:25.94	11:11.24	21:26.33	35.92	1:17.08	2:47.22	40.69	1:27.94	3:07.63	34.32	1:15.88	2:48.14	1:16.57	2:51.51	6:02.00
		2級	33.56	1:12.92	2:38.06	5:34.51	11:28.94	22:00.25	36.83	1:18.92	2:51.32	41.73	1:30.18	3:12.34	35.16	1:17.71	2:52.39	1:18.25	2:55.79	6:11.20
		1級	34.38	1:14.70	2:42.00	5:43.08	11:46.64	22:34.18	37.74	1:20.76	2:55.42	42.77	1:32.43	3:17.05	36.00	1:19.54	2:56.64	1:19.94	3:00.07	6:20.40
15歳	AA	15級	24.86	54.02	1:56.92	4:07.04	8:28.70	16:14.84	27.26	58.59	2:07.02	30.88	1:06.71	2:22.42	26.07	57.67	2:07.60	58.34	2:10.21	4:34.67
		14級	25.20	54.80	1:58.44	4:09.77	8:34.52	16:25.99	27.77	59.58	2:08.87	31.25	1:07.69	2:24.53	26.44	58.59	2:09.34	59.58	2:12.09	4:38.29
		13級	25.54	55.58	1:59.96	4:12.51	8:40.34	16:37.15	28.28	1:00.58	2:10.73	31.63	1:08.68	2:26.65	26.81	59.51	2:11.09	1:00.82	2:13.97	4:41.92
		12級	25.88	56.36	2:01.48	4:15.24	8:46.16	16:48.30	28.79	1:01.58	2:12.58	32.01	1:09.67	2:28.77	27.18	1:00.43	2:12.83	1:02.06	2:15.85	4:45.54
		11級	26.23	57.14	2:03.01	4:17.98	8:51.98	16:59.46	29.31	1:02.58	2:14.44	32.39	1:10.66	2:30.89	27.56	1:01.36	2:14.58	1:03.30	2:17.74	4:49.17
	A	10級	27.09	59.00	2:07.14	4:26.98	9:10.45	17:34.86	30.20	1:04.51	2:18.78	33.48	1:12.96	2:35.78	28.45	1:03.29	2:19.03	1:05.07	2:22.23	4:58.83
		9級	27.95	1:00.86	2:11.27	4:35.98	9:28.93	18:10.27	31.10	1:06.44	2:23.13	34.58	1:15.27	2:40.68	29.35	1:05.22	2:23.49	1:06.85	2:26.72	5:08.50
		8級	28.82	1:02.72	2:15.40	4:44.98	9:47.40	18:45.67	32.00	1:08.37	2:27.48	35.68	1:17.58	2:45.58	30.24	1:07.15	2:27.95	1:08.63	2:31.21	5:18.17
		7級	29.68	1:04.59	2:19.53	4:53.98	10:05.88	19:21.08	32.89	1:10.31	2:31.83	36.78	1:19.89	2:50.48	31.14	1:09.08	2:32.41	1:10.41	2:35.70	5:27.83
		6級	30.55	1:06.45	2:23.66	5:02.98	10:24.36	19:56.49	33.79	1:12.24	2:36.18	37.88	1:22.20	2:55.38	32.03	1:11.02	2:36.87	1:12.19	2:40.19	5:37.50
	B	5級	31.41	1:08.31	2:27.79	5:11.98	10:42.83	20:31.89	34.69	1:14.17	2:40.52	38.98	1:24.51	3:00.27	32.93	1:12.95	2:41.33	1:13.96	2:44.68	5:47.17
		4級	32.27	1:10.18	2:31.92	5:20.98	11:01.31	21:07.30	35.58	1:16.11	2:44.87	40.08	1:26.82	3:05.17	33.82	1:14.88	2:45.79	1:15.74	2:49.17	5:56.83
		3級	33.14	1:12.04	2:36.05	5:29.98	11:19.78	21:42.70	36.48	1:18.04	2:49.22	41.18	1:29.13	3:10.07	34.72	1:16.81	2:50.25	1:17.52	2:53.66	6:06.50
		2級	34.00	1:13.90	2:40.18	5:38.98	11:38.26	22:18.11	37.38	1:19.97	2:53.57	42.28	1:31.44	3:14.97	35.61	1:18.74	2:54.71	1:19.30	2:58.15	6:16.17
		1級	34.87	1:15.77	2:44.31	5:47.98	11:56.74	22:53.52	38.28	1:21.91	2:57.92	43.38	1:33.75	3:19.87	36.51	1:20.68	2:59.17	1:21.08	3:02.64	6:25.84
14歳	AA	15級	25.20	54.80	1:58.44	4:09.77	8:34.52	16:25.99	27.77	59.58	2:08.87	31.25	1:07.69	2:24.53	26.44	58.59	2:09.34	59.58	2:12.09	4:38.29
		14級	25.59	55.67	2:00.18	4:13.28	8:39.50	16:35.54	28.33	1:00.71	2:11.00	31.70	1:08.79	2:26.95	26.87	59.62	2:11.37	1:00.80	2:14.14	4:42.40
		13級	25.99	56.54	2:01.92	4:16.80	8:44.48	16:45.09	28.90	1:01.84	2:13.13	32.15	1:09.89	2:29.37	27.31	1:00.86	2:13.40	1:02.02	2:16.19	4:46.52
		12級	26.39	57.41	2:03.66	4:20.32	8:49.46	16:54.64	29.46	1:02.97	2:15.26	32.60	1:10.99	2:31.79	27.74	1:01.70	2:15.43	1:03.24	2:18.24	4:50.63
		11級	26.79	58.28	2:05.40	4:23.84	8:54.45													

2026年度水泳資格表《女子12歳以下》

女子資格級		自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー				
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m	
12歳	AA	15級	25.94	56.43	2:01.85	4:16.43	8:44.28	16:44.70	28.84	1:01.74	2:13.17	32.05	1:09.64	2:28.77	27.27	1:00.56	2:13.44	1:01.84	2:15.95	4:46.32
		14級	26.38	57.50	2:04.20	4:21.09	8:52.52	17:00.49	29.40	1:03.09	2:16.38	32.68	1:10.93	2:31.28	27.85	1:01.80	2:16.89	1:03.14	2:18.45	4:51.67
		13級	26.83	58.57	2:06.56	4:25.76	9:00.76	17:16.28	29.97	1:04.45	2:19.59	33.32	1:12.22	2:33.79	28.43	1:03.04	2:20.35	1:04.45	2:20.95	4:57.02
		12級	27.27	59.64	2:08.92	4:30.43	9:09.00	17:32.07	30.54	1:05.80	2:22.80	33.95	1:13.51	2:36.30	29.01	1:04.28	2:23.81	1:05.76	2:23.45	5:02.37
	A	11級	27.72	1:00.71	2:11.28	4:35.10	9:17.25	17:47.87	31.11	1:07.16	2:26.01	34.59	1:14.81	2:38.82	29.60	1:05.53	2:27.27	1:07.07	2:25.95	5:07.73
		10級	28.76	1:02.92	2:16.12	4:45.65	9:39.91	18:31.31	32.18	1:09.40	2:30.86	35.87	1:17.58	2:44.79	30.63	1:07.80	2:32.13	1:09.23	2:31.33	5:19.15
		9級	29.80	1:05.14	2:20.96	4:56.20	10:02.58	19:14.75	33.26	1:11.64	2:35.72	37.16	1:20.35	2:50.77	31.66	1:10.07	2:37.00	1:11.39	2:36.71	5:30.58
		8級	30.84	1:07.35	2:25.80	5:06.75	10:25.25	19:58.19	34.33	1:13.88	2:40.58	38.44	1:23.12	2:56.75	32.69	1:12.34	2:41.87	1:13.55	2:42.09	5:42.01
	B	7級	31.88	1:09.57	2:30.65	5:17.30	10:47.92	20:41.63	35.41	1:16.13	2:45.44	39.73	1:25.90	3:02.73	33.73	1:14.61	2:46.74	1:15.71	2:47.47	5:53.44
		6級	32.93	1:11.79	2:35.49	5:27.85	11:10.59	21:25.08	36.49	1:18.37	2:50.30	41.02	1:28.67	3:08.71	34.76	1:16.89	2:51.61	1:17.87	2:52.85	6:04.87
		5級	33.97	1:14.00	2:40.33	5:38.40	11:33.25	22:08.52	37.56	1:20.61	2:55.16	42.30	1:31.44	3:14.68	35.79	1:19.16	2:56.48	1:20.03	2:58.23	6:16.29
		4級	35.01	1:16.22	2:45.18	5:48.95	11:55.92	22:51.96	38.64	1:22.86	3:00.02	43.59	1:34.22	3:20.66	36.83	1:21.43	3:01.35	1:22.19	3:03.61	6:27.72
11歳	AA	3級	36.05	1:18.43	2:50.02	5:59.50	12:18.59	23:35.40	39.71	1:25.10	3:04.88	44.87	1:36.99	3:26.64	37.86	1:23.70	3:06.22	1:24.35	3:08.99	6:39.15
		2級	37.09	1:20.65	2:54.86	6:10.05	12:41.26	24:18.84	40.79	1:27.34	3:09.74	46.16	1:39.76	3:32.62	38.89	1:25.97	3:11.09	1:26.51	3:14.37	6:50.58
		1級	38.14	1:22.87	2:59.71	6:20.60	13:03.93	25:02.29	41.87	1:29.59	3:14.60	47.45	1:42.54	3:38.60	39.93	1:28.25	3:15.96	1:28.68	3:19.76	7:02.01
		15級	26.38	57.50	2:04.20	4:21.09	8:52.52	17:00.49	29.40	1:03.09	2:16.38	32.68	1:10.93	2:31.28	27.85	1:01.80	2:16.89	1:03.14	2:18.45	4:51.67
	A	14級	26.88	58.67	2:06.83	4:26.39	9:02.35	17:19.33	29.99	1:04.56	2:19.77	33.36	1:12.40	2:34.23	28.46	1:03.25	2:20.65	1:04.54	2:21.24	4:57.61
		13級	27.39	59.84	2:09.46	4:31.70	9:12.19	17:38.18	30.58	1:06.03	2:23.17	34.05	1:13.88	2:37.19	29.08	1:04.70	2:24.42	1:05.95	2:24.03	5:03.55
		12級	27.90	1:01.01	2:12.09	4:37.01	9:22.03	17:57.03	31.17	1:07.50	2:26.57	34.73	1:15.35	2:40.14	29.70	1:06.15	2:28.18	1:07.35	2:26.82	5:09.49
		11級	28.41	1:02.19	2:14.73	4:42.32	9:31.87	18:15.88	31.76	1:08.98	2:29.97	35.42	1:16.83	2:43.10	30.32	1:07.61	2:31.95	1:08.76	2:29.61	5:15.44
	B	10級	29.57	1:04.66	2:20.11	4:54.02	9:56.93	19:03.91	32.97	1:11.48	2:35.39	36.85	1:19.90	2:49.72	31.47	1:10.10	2:37.31	1:11.18	2:35.60	5:28.17
		9級	30.73	1:07.14	2:25.49	5:05.72	10:21.99	19:51.94	34.19	1:13.98	2:40.81	38.29	1:22.98	2:56.35	32.63	1:12.60	2:42.68	1:13.61	2:41.60	5:40.90
		8級	31.89	1:09.61	2:30.87	5:17.42	10:47.05	20:39.97	35.41	1:16.48	2:46.23	39.72	1:26.05	3:02.97	33.79	1:15.10	2:48.04	1:16.04	2:47.60	5:53.63
		7級	33.05	1:12.09	2:36.25	5:29.12	11:12.11	21:28.00	36.62	1:18.98	2:51.65	41.16	1:29.13	3:09.60	34.95	1:17.60	2:53.41	1:18.47	2:53.60	6:06.37
B	6級	34.21	1:14.57	2:41.64	5:40.82	11:37.18	22:16.03	37.84	1:21.49	2:57.07	42.60	1:32.21	3:16.23	36.11	1:20.10	2:58.77	1:20.90	2:59.60	6:19.10	
	5級	35.37	1:17.04	2:47.02	5:52.52	12:02.24	23:04.06	39.06	1:23.99	3:02.49	44.03	1:35.28	3:22.85	37.26	1:22.59	3:04.14	1:23.32	3:05.59	6:31.83	
	4級	36.53	1:19.52	2:52.40	6:04.22	12:27.30	23:52.09	40.27	1:26.49	3:07.91	45.47	1:38.36	3:29.48	38.42	1:25.09	3:09.50	1:25.75	3:11.59	6:44.57	
	3級	37.69	1:21.99	2:57.78	6:15.92	12:52.36	24:40.12	41.49	1:28.99	3:13.33	46.90	1:41.43	3:36.10	39.58	1:27.59	3:14.87	1:28.18	3:17.59	6:57.30	
10歳	AA	2級	38.85	1:24.47	3:03.16	6:27.62	13:17.42	25:28.15	42.71	1:31.49	3:18.75	48.34	1:44.51	3:42.73	40.74	1:30.09	3:20.23	1:30.61	3:23.59	7:10.03
		1級	40.01	1:26.95	3:08.55	6:39.32	13:42.49	26:16.18	43.93	1:34.00	3:24.18	49.78	1:47.59	3:49.36	41.90	1:32.59	3:25.60	1:33.04	3:29.59	7:22.77
		15級	27.90	1:01.01	2:12.09	4:37.01	9:22.03	17:57.03	31.17	1:07.50	2:26.57	34.73	1:15.35	2:40.14	29.70	1:06.15	2:28.18	1:07.35	2:26.82	5:09.49
		14級	28.40	1:02.12	2:14.51	4:42.03	9:31.97	18:16.09	31.84	1:09.01	2:29.90	35.55	1:17.12	2:43.85	30.30	1:07.52	2:31.38	1:08.77	2:29.84	5:15.88
	A	13級	28.90	1:03.23	2:16.94	4:47.06	9:41.92	18:35.15	32.52	1:10.53	2:33.24	36.37	1:18.89	2:47.57	30.91	1:08.89	2:34.59	1:10.19	2:32.87	5:22.27
		12級	29.40	1:04.34	2:19.36	4:52.08	9:51.87	18:54.21	33.19	1:12.04	2:36.58	37.19	1:20.66	2:51.28	31.52	1:10.26	2:37.79	1:11.61	2:35.89	5:28.66
		11級	29.90	1:05.45	2:21.79	4:57.11	10:01.82	19:13.27	33.87	1:13.56	2:39.92	38.01	1:22.44	2:55.00	32.13	1:11.64	2:41.00	1:13.04	2:38.92	5:35.06
		10級	31.06	1:08.00	2:27.45	5:09.63	10:29.21	20:05.58	35.05	1:16.04	2:45.39	39.35	1:25.34	3:01.45	33.29	1:14.18	2:46.42	1:15.48	2:44.98	5:48.25
	B	9級	32.22	1:10.56	2:33.12	5:22.16	10:56.60	20:57.90	36.24	1:18.53	2:50.86	40.70	1:28.25	3:07.91	34.46	1:16.73	2:51.85	1:17.93	2:51.04	6:01.44
		8級	33.38	1:13.12	2:38.79	5:34.68	11:23.99	21:50.22	37.43	1:21.01	2:56.33	42.05	1:31.16	3:14.37	35.63	1:19.28	2:57.27	1:20.38	2:57.10	6:14.63
		7級	34.54	1:15.68	2:44.45	5:47.21	11:51.38	22:42.53	38.61	1:23.50	3:01.80	43.40	1:34.07	3:20.83	36.79	1:21.83	3:02.70	1:22.82	3:03.16	6:27.82
		6級	35.71	1:18.24	2:50.12	5:59.74	12:18.77	23:34.85	39.80	1:25.98	3:07.27	44.75	1:36.98	3:27.29	37.96	1:24.38	3:08.12	1:25.27	3:09.22	6:41.01
B	5級	36.87	1:20.79	2:55.79	6:12.26	12:46.16	24:27.17	40.99	1:28.47	3:12.74	46.09	1:39.88	3:33.75	39.13	1:26.92	3:13.55	1:27.72	3:15.28	6:54.20	
	4級	38.03	1:23.35	3:01.45	6:24.79	13:13.55	25:19.48	42.17	1:30.95	3:18.21	47.44	1:42.79	3:40.21	40.29	1:29.47	3:18.97	1:30.16	3:21.34	7:07.39	
	3級	39.19	1:25.91	3:07.12	6:37.31	13:40.94	26:11.80	43.36	1:33.44	3:23.68	48.79	1:45.70	3:46.67	41.46	1:32.02	3:24.40	1:32.61	3:27.40	7:20.58	
	2級	40.35	1:28.47	3:12.79	6:49.84	14:08.33	27:04.12	44.55	1:35.92	3:29.15	50.14	1:48.61	3:53.13	42.63	1:34.57	3:29.82	1:35.06	3:33.46	7:33.77	
9歳	AA	1級	41.52	1:31.03	3:18.46	7:02.37	14:35.72	27:56.44	45.74	1:38.41	3:34.63	51.49	1:51.52	3:59.59	43.80	1:37.12	3:35.25	1:37.51	3:39.53	7:46.97
		15級	29.40	1:04.34	2:19.36	4:52.08	9:51.87	18:54.21	33.19	1:12.04	2:36.58	37.19	1:20.66	2:51.28	31.52	1:10.26	2:37.79	1:11.61	2:35.89	5:28.66
		14級	29.87	1:05.38	2:21.62	4:56.80	10:01.38	19:12.43	33.78	1:13.34	2:39.42	37.92	1:22.25	2:54.65	32.01	1:11.35	2:40.28	1:12.66	2:38.17	5:33.46
		13級	30.35	1:06.42	2:23.88	5:01.53	10:10.89	19:30.65	34.38	1:14.64	2:42.26	38.66	1:23.85	2:58.03	32.50	1:12.45	2:42.77	1:13.72	2:40.45	5:38.27
	A	12級	30.82	1:07.46	2:26.14	5:06.25	10:20.40	19:48.87	34.97	1:15.94	2:45.10	39.40	1:25.45	3:01.40	32.99	1:13.55				