

2026年度（財）日本水泳連盟 資格級

● 男子 19歳以上

		自由形						背泳			平泳			バタフライ			個人ドレー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
AA	15	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	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	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	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	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	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	23.66	52.06	1:53.98	4:03.12	8:23.58	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	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	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	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	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	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	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	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	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

● 男子 17～18歳

		自由形						背泳			平泳			バタフライ			個人ドレー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
AA	15	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	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	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	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	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	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	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	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	59.40	2:11.19	1:00.78	2:14.08	4:45.64
	7	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	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	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	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	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	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	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

● 男子 15～16歳

		自由形						背泳			平泳			バタフライ			個人ドレー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
AA	15	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	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	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	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	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	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	24.98	54.53	1:59.56	4:13.02	8:50.35	16:29.55	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	25.77	56.37	2:03.60	4:21.99	9:08.79	17:24.21	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	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	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	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	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	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	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	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

● 男子 14歳

		自由形						背泳			平泳			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
AA	15	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	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	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	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	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	57.39	2:06.33	59.04	2:08.78	4:33.31
A	10	25.13	54.83	1:58.24	4:13.14	8:42.74	16:39.70	27.76	1:00.39	2:11.90	30.66	1:06.91	2:24.10	26.52	59.28	2:10.57	1:00.79	2:13.12	4:42.87
	9	25.92	56.67	2:02.49	4:22.20	9:02.26	17:17.02	28.64	1:02.26	2:16.02	31.69	1:09.10	2:28.92	27.38	1:01.17	2:14.82	1:02.54	2:17.47	4:52.43
	8	26.71	58.51	2:06.74	4:31.26	9:21.77	17:54.34	29.52	1:04.12	2:20.14	32.71	1:11.28	2:33.74	28.25	1:03.06	2:19.07	1:04.29	2:21.82	5:01.99
	7	27.51	1:00.35	2:10.99	4:40.31	9:41.29	18:31.66	30.40	1:05.99	2:24.27	33.74	1:13.47	2:38.56	29.11	1:04.95	2:23.32	1:06.04	2:26.16	5:11.55
	6	28.30	1:02.19	2:15.24	4:49.37	10:00.81	19:08.99	31.28	1:07.85	2:28.39	34.76	1:15.66	2:43.38	29.98	1:06.82	2:27.57	1:07.80	2:30.51	5:21.12
B	5	29.09	1:04.03	2:19.48	4:58.43	10:20.32	19:46.31	32.16	1:09.72	2:32.51	35.79	1:17.84	2:48.20	30.84	1:08.74	2:31.81	1:09.55	2:34.86	5:30.68
	4	29.89	1:05.87	2:23.73	5:07.48	10:39.84	20:23.63	33.04	1:11.58	2:36.64	36.81	1:20.03	2:53.02	31.70	1:10.63	2:36.06	1:11.30	2:39.20	5:40.24
	3	30.68	1:07.71	2:27.98	5:16.54	10:59.35	21:00.95	33.92	1:13.45	2:40.76	37.84	1:22.21	2:57.84	32.57	1:12.52	2:40.31	1:13.05	2:43.55	5:49.80
	2	31.47	1:09.55	2:32.23	5:25.60	11:18.87	21:38.27	34.80	1:15.31	2:44.88	38.86	1:24.40	3:02.66	33.43	1:14.41	2:44.56	1:14.80	2:47.90	5:59.36
	1	32.27	1:11.39	2:36.28	5:34.66	11:38.39	22:15.60	35.68	1:17.18	2:49.01	39.89	1:26.59	3:07.48	34.30	1:16.31	2:48.81	1:16.56	2:52.05	6:08.93