

2026年度（財）日本水泳連盟 資格級

● 男子 12歳以下

		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	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	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	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	25.79	56.87	2:03.43	4:22.17	9:00.98	17:14.57	29.11	1:03.77	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
	11	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
A	10	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	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	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
	7	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	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
B	5	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	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
	3	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	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	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

● 男子 11歳以下

		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	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
	14	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	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	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	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	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	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	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	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
	6	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
B	5	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	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	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
	2	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	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

● 男子 10歳以下

		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	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	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
	13	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	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	29.89	1:05.96	2:22.49	5:02.53	10:23.69	19:52.74	33.95	1:14.46	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
A	10	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
	9	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	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	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	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
B	5	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	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	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	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
	1	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