

2024 年度 水泳資格表 [女子 13 歳以上] **SWIMMING STANDARDS** 有効期限 2025 年 3 月 31 日まで

A G E	C L A S S	 自由形 (FREE STYLE)						 背 泳 ぎ (BACK STROKE)			 平 泳 ぎ (BREAST STROKE)			 バタフライ (BUTTERFLY STROKE)			 個人メドレー (INDIVIDUAL MEDLEY)				
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m		
19歳以上	AA	15	23.44	50.93	1:51.48	3:55.35	8:05.20	15:26.54	25.65	55.06	1:59.56	28.97	1:03.19	2:15.16	24.54	54.68	2:01.29	57.13	2:02.90	4:20.83	
		14	23.93	52.00	1:53.41	3:59.52	8:13.49	15:42.37	26.28	56.36	2:02.16	29.69	1:04.36	2:17.73	25.15	55.79	2:03.41	58.32	2:05.46	4:25.71	
		13	24.43	53.07	1:55.35	4:03.68	8:21.77	15:58.19	26.91	57.66	2:04.76	30.41	1:05.54	2:20.29	25.76	56.90	2:05.54	59.51	2:08.02	4:30.58	
		12	24.92	54.14	1:57.29	4:07.85	8:30.06	16:14.02	27.53	58.95	2:07.36	31.14	1:06.71	2:22.86	26.37	58.01	2:07.67	1:00.70	2:10.58	4:35.45	
		11	25.41	55.21	1:59.23	4:12.01	8:38.35	16:29.84	28.16	1:00.25	2:09.96	31.86	1:07.89	2:25.42	26.98	59.12	2:09.80	1:01.89	2:13.14	4:40.32	
	A	10	26.41	57.37	2:03.85	4:21.48	8:57.56	17:07.30	29.26	1:02.57	2:14.91	33.09	1:10.57	2:31.00	28.06	1:01.50	2:14.87	1:04.31	2:18.36	4:51.31	
		9	27.41	59.53	2:08.46	4:30.95	9:16.78	17:44.75	30.37	1:04.90	2:19.87	34.33	1:13.25	2:36.57	29.14	1:03.87	2:19.94	1:06.73	2:23.59	5:02.29	
		8	28.40	1:01.68	2:13.08	4:40.41	9:35.99	18:22.21	31.47	1:07.22	2:24.82	35.56	1:15.93	2:42.15	30.22	1:06.25	2:25.01	1:09.15	2:28.81	5:13.28	
		7	29.40	1:03.84	2:17.69	4:49.88	9:55.21	18:59.66	32.57	1:09.55	2:29.77	36.79	1:18.61	2:47.73	31.30	1:08.63	2:30.08	1:11.57	2:34.04	5:24.27	
		6	30.40	1:06.00	2:22.31	4:59.35	10:14.42	19:37.12	33.67	1:11.87	2:34.72	38.02	1:21.29	2:53.30	32.39	1:11.00	2:35.15	1:13.99	2:39.27	5:35.25	
	B	5	31.40	1:08.16	2:26.93	5:08.82	10:33.63	20:14.57	34.78	1:14.19	2:39.68	39.26	1:23.97	2:58.88	33.47	1:13.38	2:40.21	1:16.41	2:44.49	5:46.24	
		4	32.40	1:10.32	2:31.54	5:18.29	10:52.85	20:52.03	35.88	1:16.52	2:44.63	40.49	1:26.65	3:04.46	34.55	1:15.76	2:45.28	1:18.83	2:49.72	5:57.23	
3		33.39	1:12.47	2:36.16	5:27.75	11:12.06	21:29.48	36.98	1:18.84	2:49.58	41.72	1:29.33	3:10.04	35.63	1:18.14	2:50.35	1:21.25	2:54.94	6:08.22		
2		34.39	1:14.63	2:40.77	5:37.22	11:31.28	22:06.94	38.09	1:21.17	2:54.54	42.96	1:32.01	3:15.61	36.71	1:20.51	2:55.42	1:23.67	3:00.16	6:19.20		
1		35.39	1:16.79	2:45.39	5:46.69	11:50.49	22:44.39	39.19	1:23.49	2:59.49	44.19	1:34.69	3:21.19	37.79	1:22.89	3:00.49	1:26.09	3:05.39	6:30.19		
17歳以上		AA	15	24.43	53.07	1:55.35	4:03.68	8:21.77	15:58.19	26.91	57.66	2:04.76	30.41	1:05.54	2:20.29	25.76	56.90	2:05.54	59.51	2:08.02	4:30.58
			14	24.89	54.10	1:57.17	4:07.13	8:28.34	16:10.73	27.37	58.83	2:07.08	30.91	1:06.76	2:22.84	26.24	57.98	2:07.70	1:00.54	2:10.24	4:34.84
	13		25.36	55.14	1:58.99	4:10.57	8:34.91	16:23.27	27.83	1:00.01	2:09.39	31.41	1:07.99	2:25.39	26.72	59.07	2:09.86	1:01.58	2:12.46	4:39.10	
	12		25.82	56.17	2:00.81	4:14.02	8:41.47	16:35.81	28.30	1:01.19	2:11.71	31.91	1:09.21	2:27.93	27.19	1:00.15	2:12.01	1:02.61	2:14.69	4:43.37	
	11		26.29	57.20	2:02.63	4:17.46	8:48.04	16:48.35	28.76	1:02.37	2:14.03	32.41	1:10.44	2:30.48	27.67	1:01.24	2:14.17	1:03.65	2:16.91	4:47.63	
	A	10	27.25	59.26	2:07.14	4:26.87	9:07.28	17:25.87	29.85	1:04.60	2:18.83	33.65	1:12.99	2:35.83	28.73	1:03.53	2:19.06	1:06.02	2:22.02	4:58.44	
		9	28.21	1:01.32	2:11.64	4:36.29	9:26.53	18:03.40	30.95	1:06.83	2:23.62	34.89	1:15.55	2:41.18	29.79	1:05.81	2:23.95	1:08.39	2:27.13	5:09.24	
		8	29.17	1:03.38	2:16.15	4:45.70	9:45.77	18:40.92	32.04	1:09.07	2:28.42	36.12	1:18.11	2:46.53	30.86	1:08.09	2:28.85	1:10.77	2:32.23	5:20.05	
		7	30.13	1:05.44	2:20.65	4:55.11	10:05.02	19:18.44	33.13	1:11.30	2:33.21	37.36	1:20.66	2:51.88	31.92	1:10.38	2:33.74	1:13.14	2:37.34	5:30.85	
		6	31.09	1:07.50	2:25.16	5:04.53	10:24.27	19:55.97	34.23	1:13.53	2:38.01	38.60	1:23.21	2:57.24	32.98	1:12.67	2:38.63	1:15.52	2:42.45	5:41.66	
	B	5	32.05	1:09.55	2:29.67	5:13.94	10:43.51	20:33.49	35.32	1:15.76	2:42.81	39.84	1:25.77	3:02.59	34.04	1:14.95	2:43.52	1:17.89	2:47.56	5:52.47	
		4	33.01	1:11.61	2:34.17	5:23.35	11:02.75	21:11.02	36.41	1:17.99	2:47.60	41.08	1:28.32	3:07.94	35.10	1:17.23	2:48.41	1:20.27	2:52.67	6:03.27	
3		33.97	1:13.67	2:38.68	5:32.76	11:22.00	21:48.54	37.50	1:20.23	2:52.40	42.31	1:30.88	3:13.29	36.17	1:19.52	2:53.31	1:22.64	2:57.77	6:14.08		
2		34.93	1:15.73	2:43.18	5:42.18	11:41.24	22:26.07	38.60	1:22.46	2:57.19	43.55	1:33.43	3:18.64	37.23	1:21.81	2:58.20	1:25.02	3:02.88	6:24.88		
1		35.89	1:17.79	2:47.69	5:51.59	12:00.49	23:03.59	39.69	1:24.69	3:01.99	44.79	1:35.99	3:23.99	38.29	1:24.09	3:03.09	1:27.39	3:07.99	6:35.69		
15歳以上		AA	15	24.89	54.10	1:57.17	4:07.13	8:28.34	16:10.73	27.37	58.83	2:07.08	30.91	1:06.76	2:22.84	26.24	57.98	2:07.70	1:00.54	2:10.24	4:34.84
			14	25.28	54.90	1:58.63	4:09.84	8:33.85	16:21.25	27.74	59.77	2:08.82	31.34	1:07.79	2:24.85	26.65	58.92	2:09.42	1:01.42	2:12.12	4:38.42
	13		25.67	55.69	2:00.09	4:12.55	8:39.36	16:31.77	28.11	1:00.71	2:10.56	31.77	1:08.83	2:26.86	27.06	59.85	2:11.14	1:02.29	2:13.99	4:42.01	
	12		26.05	56.48	2:01.55	4:15.27	8:44.87	16:42.29	28.48	1:01.64	2:12.30	32.19	1:09.86	2:28.88	27.47	1:00.78	2:12.86	1:03.16	2:15.87	4:45.59	
	11		26.44	57.27	2:03.01	4:17.98	8:50.38	16:52.82	28.86	1:02.58	2:14.04	32.62	1:10.89	2:30.89	27.88	1:01.71	2:14.58	1:04.03	2:17.74	4:49.17	
	A	10	27.44	59.44	2:07.72	4:27.84	9:10.42	17:31.87	30.00	1:04.91	2:19.09	33.90	1:13.54	2:36.50	28.98	1:04.07	2:19.69	1:06.49	2:23.03	5:00.39	
		9	28.43	1:01.61	2:12.43	4:37.70	9:30.46	18:10.93	31.14	1:07.24	2:24.15	35.19	1:16.19	2:42.11	30.08	1:06.43	2:24.80	1:08.94	2:28.33	5:11.61	
		8	29.43	1:03.79	2:17.13	4:47.56	9:50.50	18:49.99	32.29	1:09.57	2:29.20	36.48	1:18.84	2:47.72	31.18	1:08.78	2:29.91	1:11.40	2:33.62	5:22.84	
		7	30.42	1:05.96	2:21.84	4:57.42	10:10.54	19:29.05	33.43	1:11.90	2:34.26	37.77	1:21.49	2:53.33	32.29	1:11.14	2:35.02	1:13.85	2:38.92	5:34.06	
		6	31.42	1:08.13	2:26.55	5:07.29	10:30.58	20:08.10	34.57	1:14.23	2:39.31	39.05	1:24.14	2:58.94	33.39	1:13.50	2:40.14	1:16.31	2:44.22	5:45.28	
		B	5	32.41	1:10.30	2:31.26	5:17.15	10:50.63	20:47.16	35.72	1:16.57	2:44.37	40.34	1:26.79	3:04.55	34.49	1:15.86	2:45.25	1:18.77	2:49.51	5:56.50
			4	33.40	1:12.47	2:35.97	5:27.01	11:10.67	21:26.22	36.86	1:18.90	2:49.43	41.63	1:29.44	3:10.16	35.59	1:18.22	2:50.36	1:21.22	2:54.81	6:07.72
3	34.40		1:14.65	2:40.67	5:36.87	11:30.71	22:05.28	38.00	1:21.23	2:54.48	42.92	1:32.09	3:15.77	36.69	1:20.57	2:55.47	1:23.68	3:00.10	6:18.95		
2	35.39		1:16.82	2:45.38	5:46.73	11:50.75	22:44.33	39.15	1:23.56	2:59.53	44.20	1:34.74	3:21.38	37.79	1:22.93	3:00.58	1:26.13	3:05.40	6:30.17		
1	36.39		1:18.99	2:50.09	5:56.59	12:10.79	23:23.39	40.29	1:25.89	3:04.59	45.49	1:37.39	3:26.99	38.89	1:25.29	3:05.69	1:28.59	3:10.69	6:41.39		
14歳以上	AA	15	25.28	54.90	1:58.63	4:09.84	8:33.85	16:21.25	27.74	59.77	2:08.82										