

2010年度 日本水泳連盟 資格級

●男子8歳以下

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	
AA	15	31.00	1:07.91	2:27.45	5:13.48	11:11.55	20:54.64	35.50	1:16.45	2:46.20	39.90	1:26.41	3:04.91	33.90	1:13.84	2:43.27	1:14.97	2:42.60	5:46.74
	14	31.80	1:09.63	2:31.18	5:21.41	11:28.53	21:26.36	36.50	1:18.64	2:50.95	41.05	1:28.87	3:10.24	34.75	1:15.64	2:47.25	1:16.94	2:46.90	5:55.94
	13	32.60	1:11.34	2:34.91	5:29.34	11:45.51	21:58.09	37.50	1:20.83	2:55.71	42.20	1:31.33	3:15.57	35.60	1:17.44	2:51.23	1:18.92	2:51.20	6:05.14
	12	34.18	1:14.77	2:42.27	5:44.70	12:16.45	22:58.16	39.13	1:24.29	3:03.11	44.02	1:35.22	3:23.80	37.23	1:21.02	2:58.99	1:22.82	2:59.58	6:22.71
	11	35.77	1:18.20	2:49.64	6:00.06	12:47.39	23:58.23	40.76	1:27.76	3:10.50	45.85	1:39.11	3:32.02	38.86	1:24.61	3:06.75	1:26.73	3:07.96	6:40.27
A	10	37.35	1:21.63	2:57.00	6:15.42	13:18.33	24:58.29	42.40	1:31.22	3:17.90	47.67	1:43.00	3:40.25	40.50	1:28.20	3:14.52	1:30.64	3:16.35	6:57.83
	9	38.93	1:25.06	3:04.37	6:30.79	13:49.27	25:58.36	44.03	1:34.68	3:25.30	49.50	1:46.88	3:48.48	42.13	1:31.79	3:22.28	1:34.54	3:24.73	7:15.39
	8	40.51	1:28.49	3:11.73	6:46.15	14:20.21	26:58.42	45.66	1:38.15	3:32.70	51.32	1:50.77	3:56.70	43.76	1:35.38	3:30.04	1:38.45	3:33.11	7:32.95
	7	42.10	1:31.92	3:19.10	7:01.51	14:51.15	27:58.49	47.30	1:41.61	3:40.10	53.15	1:54.66	4:04.93	45.40	1:38.96	3:37.81	1:42.35	3:41.50	7:50.52
	6	43.68	1:35.35	3:26.46	7:16.88	15:22.09	28:58.56	48.93	1:45.07	3:47.50	54.97	1:58.55	4:13.16	47.03	1:42.55	3:45.57	1:46.26	3:49.88	8:08.08
B	5	45.26	1:38.77	3:33.83	7:32.24	15:53.03	29:58.62	50.56	1:48.54	3:54.90	56.79	2:02.44	4:21.38	48.66	1:46.14	3:53.34	1:50.17	3:58.26	8:25.64
	4	46.84	1:42.20	3:41.19	7:47.60	16:23.97	30:58.69	52.19	1:52.00	4:02.29	58.62	2:06.33	4:29.61	50.29	1:49.73	4:01.10	1:54.07	4:06.64	8:43.20
	3	48.43	1:45.63	3:48.56	8:02.96	16:54.91	31:58.76	53.82	1:55.46	4:09.69	1:00.44	2:10.21	4:37.84	51.93	1:53.31	4:08.86	1:57.98	4:15.03	9:00.77
	2	50.01	1:49.06	3:55.92	8:18.33	17:25.85	32:58.82	55.46	1:58.93	4:17.09	1:02.27	2:14.10	4:46.06	53.56	1:56.90	4:16.63	2:01.88	4:23.41	9:18.33
	1	51.59	1:52.49	4:03.29	8:33.69	17:56.79	33:58.89	57.09	2:02.39	4:24.49	1:04.09	2:17.99	4:54.29	55.19	2:00.49	4:24.39	2:05.79	4:31.79	9:35.89

●男子9歳

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	
AA	15	29.20	1:04.44	2:19.41	4:55.91	10:35.15	19:45.93	33.50	1:12.02	2:36.18	37.30	1:21.08	2:53.92	31.80	1:10.30	2:35.24	1:11.38	2:34.84	5:29.82
	14	29.82	1:06.15	2:23.28	5:04.26	10:52.74	20:18.97	34.25	1:14.22	2:41.06	38.18	1:23.63	2:59.34	32.45	1:12.08	2:39.23	1:13.26	2:37.93	5:38.64
	13	30.45	1:07.87	2:27.15	5:12.60	11:10.33	20:52.02	35.00	1:16.41	2:45.94	39.05	1:26.19	3:04.76	33.10	1:13.85	2:43.22	1:15.14	2:41.02	5:47.46
	12	31.08	1:09.58	2:31.03	5:20.95	11:27.91	21:25.06	35.75	1:18.61	2:50.82	39.93	1:28.74	3:10.18	33.76	1:15.63	2:47.21	1:17.02	2:44.11	5:56.28
	11	31.70	1:11.30	2:34.90	5:29.30	11:45.50	21:58.10	36.50	1:20.80	2:55.70	40.81	1:31.30	3:15.60	34.41	1:17.40	2:51.20	1:18.90	2:47.20	6:05.10
A	10	33.26	1:14.44	2:41.34	5:44.60	12:16.69	22:57.50	38.17	1:24.19	3:03.01	42.48	1:34.92	3:23.61	35.99	1:21.37	2:59.61	1:22.31	2:54.83	6:20.43
	9	34.82	1:17.58	2:47.78	5:59.90	12:47.88	23:56.90	39.84	1:27.58	3:10.32	44.15	1:38.54	3:31.62	37.57	1:25.34	3:08.02	1:25.72	3:02.46	6:35.76
	8	36.38	1:20.72	2:54.22	6:15.20	13:19.07	24:56.30	41.51	1:30.97	3:17.63	45.81	1:42.16	3:39.63	39.14	1:29.31	3:16.43	1:29.13	3:10.09	6:51.09
	7	37.94	1:23.86	3:00.66	6:30.50	13:50.26	25:55.70	43.18	1:34.36	3:24.94	47.48	1:45.78	3:47.64	40.72	1:33.28	3:24.84	1:32.54	3:17.72	7:06.42
	6	39.49	1:27.00	3:07.10	6:45.80	14:21.44	26:55.09	44.85	1:37.74	3:32.24	49.15	1:49.39	3:55.64	42.30	1:37.25	3:33.24	1:35.94	3:25.35	7:21.74
B	5	41.05	1:30.13	3:13.53	7:01.09	14:52.63	27:54.49	46.51	1:41.13	3:39.55	50.82	1:53.01	4:03.65	43.88	1:41.21	3:41.65	1:39.35	3:32.97	7:37.07
	4	42.61	1:33.27	3:19.97	7:16.39	15:23.82	28:53.89	48.18	1:44.52	3:46.86	52.49	1:56.63	4:11.66	45.46	1:45.18	3:50.06	1:42.76	3:40.60	7:52.40
	3	44.17	1:36.41	3:26.41	7:31.69	15:55.01	29:53.29	49.85	1:47.91	3:54.17	54.15	2:00.25	4:19.67	47.03	1:49.15	3:58.47	1:46.17	3:48.23	8:07.73
	2	45.73	1:39.55	3:32.85	7:46.99	16:26.20	30:52.69	51.52	1:51.30	4:01.48	55.82	2:03.87	4:27.68	48.61	1:53.12	4:06.88	1:49.58	3:55.86	8:23.06
	1	47.29	1:42.69	3:39.29	8:02.29	16:57.39	31:52.09	53.19	1:54.69	4:08.79	57.49	2:07.49	4:35.69	50.19	1:57.09	4:15.29	1:52.99	4:03.49	8:38.39

2010年度 日本水泳連盟 資格級

●男子10歳

	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
AA	15	27.84	1:00.96	2:11.37	4:38.34	9:58.76	18:37.22	31.82	1:07.59	2:26.16	35.19	1:15.75	2:42.93	30.18	1:06.77	2:27.22	1:07.79	2:27.07	5:12.91
	14	28.43	1:02.70	2:15.39	4:47.12	10:16.96	19:11.58	32.51	1:09.81	2:31.17	36.12	1:18.42	2:48.42	30.86	1:08.54	2:31.23	1:09.59	2:30.03	5:21.36
	13	29.03	1:04.44	2:19.41	4:55.91	10:35.15	19:45.93	33.21	1:12.02	2:36.18	37.05	1:21.08	2:53.92	31.54	1:10.30	2:35.24	1:11.38	2:32.99	5:29.82
	12	29.62	1:06.17	2:23.43	5:04.69	10:53.35	20:20.28	33.90	1:14.24	2:41.19	37.97	1:23.74	2:59.41	32.22	1:12.07	2:39.25	1:13.17	2:35.94	5:38.28
	11	30.21	1:07.91	2:27.45	5:13.48	11:11.55	20:54.64	34.60	1:16.45	2:46.20	38.90	1:26.41	3:04.91	32.90	1:13.84	2:43.27	1:14.97	2:38.90	5:46.74
A	10	31.56	1:10.64	2:33.28	5:25.57	11:35.44	21:41.56	35.97	1:19.16	2:51.94	40.43	1:29.43	3:11.31	34.28	1:16.64	2:49.29	1:18.11	2:46.00	6:00.76
	9	32.91	1:13.37	2:39.12	5:37.66	11:59.34	22:28.49	37.34	1:21.86	2:57.68	41.96	1:32.46	3:17.70	35.66	1:19.45	2:55.31	1:21.25	2:53.10	6:14.79
	8	34.25	1:16.09	2:44.95	5:49.75	12:23.23	23:15.41	38.71	1:24.56	3:03.41	43.49	1:35.49	3:24.10	37.04	1:22.25	3:01.33	1:24.39	3:00.20	6:28.81
	7	35.60	1:18.82	2:50.79	6:01.84	12:47.12	24:02.34	40.08	1:27.27	3:09.15	45.02	1:38.52	3:30.50	38.42	1:25.06	3:07.36	1:27.54	3:07.30	6:42.84
	6	36.95	1:21.55	2:56.62	6:13.94	13:11.02	24:49.26	41.44	1:29.97	3:14.89	46.55	1:41.55	3:36.90	39.79	1:27.86	3:13.38	1:30.68	3:14.39	6:56.86
B	5	38.30	1:24.28	3:02.45	6:26.03	13:34.91	25:36.19	42.81	1:32.68	3:20.63	48.07	1:44.58	3:43.30	41.17	1:30.67	3:19.40	1:33.82	3:21.49	7:10.89
	4	39.65	1:27.01	3:08.29	6:38.12	13:58.81	26:23.11	44.18	1:35.38	3:26.37	49.60	1:47.60	3:49.70	42.55	1:33.47	3:25.42	1:36.96	3:28.59	7:24.91
	3	40.99	1:29.73	3:14.12	6:50.21	14:22.70	27:10.04	45.55	1:38.08	3:32.11	51.13	1:50.63	3:56.09	43.93	1:36.28	3:31.45	1:40.11	3:35.69	7:38.94
	2	42.34	1:32.46	3:19.96	7:02.30	14:46.60	27:56.96	46.92	1:40.79	3:37.85	52.66	1:53.66	4:02.49	45.31	1:39.08	3:37.47	1:43.25	3:42.79	7:52.96
	1	43.69	1:35.19	3:25.79	7:14.39	15:10.49	28:43.89	48.29	1:43.49	3:43.59	54.19	1:56.69	4:08.89	46.69	1:41.89	3:43.49	1:46.39	3:49.89	8:06.99

●男子11歳

	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
AA	15	26.12	56.69	2:02.77	4:25.69	9:09.19	17:29.19	29.67	1:03.60	2:17.23	32.46	1:10.00	2:30.56	28.14	1:01.97	2:16.68	1:03.16	2:17.74	4:52.50
	14	26.76	58.11	2:05.78	4:35.79	9:30.07	18:09.08	30.38	1:05.24	2:20.75	33.30	1:11.90	2:34.65	28.88	1:03.60	2:20.28	1:04.57	2:20.74	4:58.86
	13	27.40	59.53	2:08.79	4:45.89	9:50.95	18:48.96	31.09	1:06.87	2:24.28	34.13	1:13.80	2:38.73	29.61	1:05.24	2:23.88	1:05.98	2:23.74	5:05.22
	12	28.05	1:00.96	2:11.79	4:55.99	10:11.83	19:28.85	31.80	1:08.51	2:27.81	34.97	1:15.70	2:42.82	30.35	1:06.87	2:27.48	1:07.39	2:26.73	5:11.58
	11	28.69	1:02.38	2:14.80	5:06.09	10:32.70	20:08.73	32.51	1:10.14	2:31.33	35.80	1:17.60	2:46.91	31.08	1:08.50	2:31.08	1:08.81	2:29.73	5:17.95
A	10	29.86	1:04.97	2:20.47	5:16.19	10:53.58	20:48.62	33.72	1:12.72	2:37.04	37.20	1:20.60	2:53.24	32.28	1:11.02	2:36.68	1:11.76	2:36.08	5:31.61
	9	31.03	1:07.56	2:26.14	5:26.29	11:14.46	21:28.50	34.93	1:15.29	2:42.74	38.60	1:23.60	2:59.57	33.48	1:13.54	2:42.28	1:14.72	2:42.42	5:45.28
	8	32.20	1:10.15	2:31.81	5:36.39	11:35.34	22:08.39	36.13	1:17.87	2:48.45	40.00	1:26.60	3:05.89	34.68	1:16.06	2:47.88	1:17.68	2:48.77	5:58.94
	7	33.37	1:12.74	2:37.48	5:46.49	11:56.22	22:48.28	37.34	1:20.44	2:54.15	41.40	1:29.60	3:12.22	35.88	1:18.58	2:53.48	1:20.64	2:55.11	6:12.60
	6	34.54	1:15.34	2:43.14	5:56.59	12:17.10	23:28.16	38.55	1:23.01	2:59.86	42.79	1:32.60	3:18.55	37.09	1:21.10	2:59.08	1:23.60	3:01.46	6:26.27
B	5	35.71	1:17.93	2:48.81	6:06.69	12:37.98	24:08.05	39.76	1:25.59	3:05.57	44.19	1:35.59	3:24.88	38.29	1:23.61	3:04.69	1:26.56	3:07.81	6:39.93
	4	36.88	1:20.52	2:54.48	6:16.79	12:58.85	24:47.93	40.97	1:28.16	3:11.27	45.59	1:38.59	3:31.21	39.49	1:26.13	3:10.29	1:29.51	3:14.15	6:53.60
	3	38.05	1:23.11	3:00.15	6:26.89	13:19.73	25:27.82	42.17	1:30.74	3:16.98	46.99	1:41.59	3:37.53	40.69	1:28.65	3:15.89	1:32.47	3:20.50	7:07.26
	2	39.22	1:25.70	3:05.82	6:36.99	13:40.61	26:07.70	43.38	1:33.31	3:22.68	48.39	1:44.59	3:43.86	41.89	1:31.17	3:21.49	1:35.43	3:26.84	7:20.93
	1	40.39	1:28.29	3:11.49	6:47.09	14:01.49	26:47.59	44.59	1:35.89	3:28.39	49.79	1:47.59	3:50.19	43.09	1:33.69	3:27.09	1:38.39	3:33.19	7:34.59

2010年度 日本水泳連盟 資格級

●男子12歳

	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
AA	15	25.09	54.58	1:58.16	4:10.45	8:43.03	16:36.98	28.26	1:00.53	2:10.59	31.12	1:07.07	2:24.25	26.91	58.96	2:10.03	1:00.76	2:12.52	4:41.40
	14	25.61	55.63	2:00.47	4:19.70	9:01.99	17:13.29	28.96	1:02.06	2:13.91	31.79	1:08.53	2:27.40	27.52	1:00.46	2:13.36	1:01.96	2:15.13	4:46.95
	13	26.12	56.69	2:02.77	4:28.94	9:20.95	17:49.61	29.67	1:03.60	2:17.23	32.46	1:10.00	2:30.56	28.14	1:01.97	2:16.68	1:03.16	2:17.74	4:52.50
	12	26.63	57.74	2:05.08	4:38.19	9:39.91	18:25.92	30.38	1:05.14	2:20.55	33.13	1:11.46	2:33.71	28.76	1:03.48	2:20.01	1:04.36	2:20.36	4:58.04
	11	27.14	58.79	2:07.39	4:47.43	9:58.87	19:02.24	31.09	1:06.68	2:23.87	33.80	1:12.93	2:36.87	29.38	1:04.99	2:23.34	1:05.56	2:22.97	5:03.59
A	10	28.19	1:01.15	2:12.53	4:56.68	10:17.84	19:38.55	32.14	1:08.97	2:28.94	35.07	1:15.69	2:42.67	30.46	1:07.24	2:28.33	1:08.18	2:28.57	5:15.66
	9	29.25	1:03.51	2:17.67	5:05.92	10:36.80	20:14.87	33.19	1:11.26	2:34.01	36.34	1:18.44	2:48.47	31.54	1:09.49	2:33.33	1:10.80	2:34.17	5:27.73
	8	30.30	1:05.87	2:22.81	5:15.17	10:55.76	20:51.18	34.24	1:13.55	2:39.08	37.61	1:21.20	2:54.27	32.62	1:11.74	2:38.32	1:13.43	2:39.78	5:39.80
	7	31.36	1:08.23	2:27.95	5:24.42	11:14.72	21:27.50	35.29	1:15.84	2:44.16	38.88	1:23.95	3:00.08	33.70	1:13.99	2:43.32	1:16.05	2:45.38	5:51.87
	6	32.42	1:10.59	2:33.09	5:33.66	11:33.68	22:03.81	36.34	1:18.14	2:49.23	40.14	1:26.71	3:05.88	34.78	1:16.24	2:48.31	1:18.67	2:50.98	6:03.94
B	5	33.47	1:12.95	2:38.23	5:42.91	11:52.64	22:40.13	37.39	1:20.43	2:54.30	41.41	1:29.47	3:11.68	35.87	1:18.49	2:53.31	1:21.30	2:56.58	6:16.01
	4	34.53	1:15.31	2:43.37	5:52.15	12:11.61	23:16.44	38.44	1:22.72	2:59.37	42.68	1:32.22	3:17.48	36.95	1:20.74	2:58.30	1:23.92	3:02.18	6:28.08
	3	35.58	1:17.67	2:48.51	6:01.40	12:30.57	23:52.76	39.49	1:25.01	3:04.45	43.95	1:34.98	3:23.29	38.03	1:22.99	3:03.30	1:26.54	3:07.79	6:40.15
	2	36.64	1:20.03	2:53.65	6:10.64	12:49.53	24:29.07	40.54	1:27.30	3:09.52	45.22	1:37.73	3:29.09	39.11	1:25.24	3:08.29	1:29.17	3:13.39	6:52.22
	1	37.69	1:22.39	2:58.79	6:19.89	13:08.49	25:05.39	41.59	1:29.59	3:14.59	46.49	1:40.49	3:34.89	40.19	1:27.49	3:13.29	1:31.79	3:18.99	7:04.29

●男子13歳

	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
AA	15	24.33	52.79	1:54.51	4:02.50	8:26.43	16:05.62	27.27	58.36	2:06.19	30.28	1:05.13	2:20.20	26.05	56.86	2:05.41	58.88	2:08.39	4:32.19
	14	24.71	53.69	1:56.33	4:06.48	8:34.73	16:21.30	27.76	59.44	2:08.39	30.70	1:06.10	2:22.23	26.48	57.91	2:07.72	59.82	2:10.46	4:36.79
	13	25.09	54.58	1:58.16	4:10.45	8:43.03	16:36.98	28.26	1:00.53	2:10.59	31.12	1:07.07	2:24.25	26.91	58.96	2:10.03	1:00.76	2:12.52	4:41.40
	12	25.48	55.48	1:59.98	4:14.43	8:51.33	16:52.66	28.75	1:01.61	2:12.79	31.54	1:08.03	2:26.28	27.33	1:00.00	2:12.34	1:01.71	2:14.58	4:46.00
	11	25.86	56.37	2:01.81	4:18.40	8:59.63	17:08.34	29.24	1:02.69	2:14.99	31.96	1:09.00	2:28.30	27.76	1:01.05	2:14.65	1:02.65	2:16.64	4:50.60
A	10	26.86	58.58	2:06.66	4:28.74	9:20.77	17:48.87	30.27	1:04.95	2:20.02	33.19	1:11.67	2:33.94	28.81	1:03.27	2:19.59	1:05.12	2:21.92	5:01.95
	9	27.87	1:00.79	2:11.51	4:39.08	9:41.90	18:29.41	31.31	1:07.21	2:25.05	34.43	1:14.34	2:39.58	29.87	1:05.50	2:24.54	1:07.60	2:27.21	5:13.30
	8	28.87	1:03.01	2:16.35	4:49.42	10:03.04	19:09.94	32.34	1:09.47	2:30.08	35.66	1:17.01	2:45.22	30.92	1:07.72	2:29.48	1:10.07	2:32.50	5:24.65
	7	29.87	1:05.22	2:21.20	4:59.76	10:24.17	19:50.48	33.38	1:11.73	2:35.11	36.89	1:19.68	2:50.86	31.97	1:09.95	2:34.43	1:12.55	2:37.78	5:36.00
	6	30.87	1:07.43	2:26.05	5:10.09	10:45.31	20:31.01	34.42	1:13.99	2:40.14	38.12	1:22.34	2:56.50	33.03	1:12.17	2:39.37	1:15.02	2:43.07	5:47.35
B	5	31.88	1:09.64	2:30.90	5:20.43	11:06.45	21:11.55	35.45	1:16.25	2:45.17	39.36	1:25.01	3:02.13	34.08	1:14.39	2:44.31	1:17.49	2:48.35	5:58.69
	4	32.88	1:11.85	2:35.75	5:30.77	11:27.58	21:52.08	36.49	1:18.51	2:50.20	40.59	1:27.68	3:07.77	35.13	1:16.62	2:49.26	1:19.97	2:53.64	6:10.04
	3	33.88	1:14.07	2:40.59	5:41.11	11:48.72	22:32.62	37.52	1:20.77	2:55.23	41.82	1:30.35	3:13.41	36.18	1:18.84	2:54.20	1:22.44	2:58.92	6:21.39
	2	34.89	1:16.28	2:45.44	5:51.45	12:09.85	23:13.15	38.56	1:23.03	3:00.26	43.06	1:33.02	3:19.05	37.24	1:21.07	2:59.15	1:24.92	3:04.21	6:32.74
	1	35.89	1:18.49	2:50.29	6:01.79	12:30.99	23:53.69	39.59	1:25.29	3:05.29	44.29	1:35.69	3:24.69	38.29	1:23.29	3:04.09	1:27.39	3:09.49	6:44.09

2010年度 日本水泳連盟 資格級

●男子14歳

	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
AA	15	23.54	51.17	1:51.28	3:56.00	8:12.85	15:40.30	26.36	56.44	2:02.05	29.38	1:03.06	2:16.40	25.20	54.92	2:00.81	57.00	2:04.29	4:24.59
	14	23.93	51.98	1:52.90	3:59.25	8:19.64	15:52.96	26.81	57.40	2:04.12	29.83	1:04.10	2:18.30	25.63	55.89	2:03.11	57.94	2:06.34	4:28.39
	13	24.33	52.79	1:54.51	4:02.50	8:26.43	16:05.62	27.27	58.36	2:06.19	30.28	1:05.13	2:20.20	26.05	56.86	2:05.41	58.88	2:08.39	4:32.19
	12	24.72	53.60	1:56.12	4:05.75	8:33.21	16:18.27	27.73	59.33	2:08.25	30.74	1:06.17	2:22.10	26.48	57.83	2:07.70	59.81	2:10.45	4:36.00
	11	25.12	54.41	1:57.73	4:09.00	8:40.00	16:30.93	28.19	1:00.29	2:10.32	31.19	1:07.20	2:24.00	26.90	58.80	2:10.00	1:00.75	2:12.50	4:39.80
A	10	26.04	56.46	2:02.21	4:18.64	8:59.69	17:08.68	29.15	1:02.40	2:14.98	32.29	1:09.62	2:29.14	27.87	1:00.87	2:14.57	1:03.02	2:17.34	4:50.39
	9	26.95	58.51	2:06.68	4:28.28	9:19.38	17:46.44	30.11	1:04.51	2:19.63	33.39	1:12.04	2:34.28	28.84	1:02.94	2:19.14	1:05.30	2:22.18	5:00.98
	8	27.87	1:00.55	2:11.16	4:37.92	9:39.07	18:24.20	31.07	1:06.62	2:24.29	34.49	1:14.46	2:39.42	29.81	1:05.01	2:23.71	1:07.57	2:27.02	5:11.57
	7	28.79	1:02.60	2:15.63	4:47.56	9:58.76	19:01.95	32.03	1:08.73	2:28.95	35.59	1:16.88	2:44.56	30.78	1:07.08	2:28.28	1:09.85	2:31.86	5:22.16
	6	29.71	1:04.65	2:20.11	4:57.19	10:18.44	19:39.71	32.99	1:10.84	2:33.60	36.69	1:19.30	2:49.70	31.75	1:09.14	2:32.84	1:12.12	2:36.69	5:32.75
B	5	30.62	1:06.70	2:24.59	5:06.83	10:38.13	20:17.46	33.95	1:12.95	2:38.26	37.79	1:21.71	2:54.83	32.71	1:11.21	2:37.41	1:14.39	2:41.53	5:43.33
	4	31.54	1:08.75	2:29.06	5:16.47	10:57.82	20:55.22	34.91	1:15.06	2:42.92	38.89	1:24.13	2:59.97	33.68	1:13.28	2:41.98	1:16.67	2:46.37	5:53.92
	3	32.46	1:10.79	2:33.54	5:26.11	11:17.51	21:32.98	35.87	1:17.17	2:47.58	39.99	1:26.55	3:05.11	34.65	1:15.35	2:46.55	1:18.94	2:51.21	6:04.51
	2	33.37	1:12.84	2:38.01	5:35.75	11:37.20	22:10.73	36.83	1:19.28	2:52.23	41.09	1:28.97	3:10.25	35.62	1:17.42	2:51.12	1:21.22	2:56.05	6:15.10
	1	34.29	1:14.89	2:42.49	5:45.39	11:56.89	22:48.49	37.79	1:21.39	2:56.89	42.19	1:31.39	3:15.39	36.59	1:19.49	2:55.69	1:23.49	3:00.89	6:25.69

●男子15歳

	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
AA	15	22.89	49.87	1:49.09	3:51.50	8:03.46	15:23.51	25.61	54.92	1:59.06	28.65	1:01.52	2:13.11	24.52	53.60	1:57.82	55.73	2:01.48	4:19.17
	14	23.22	50.52	1:50.19	3:53.75	8:08.16	15:31.91	25.98	55.68	2:00.56	29.01	1:02.29	2:14.76	24.86	54.26	1:59.31	56.36	2:02.88	4:21.88
	13	23.54	51.17	1:51.28	3:56.00	8:12.85	15:40.30	26.36	56.44	2:02.05	29.38	1:03.06	2:16.40	25.20	54.92	2:00.81	57.00	2:04.29	4:24.59
	12	23.86	51.83	1:52.38	3:58.25	8:17.55	15:48.70	26.73	57.19	2:03.55	29.74	1:03.83	2:18.05	25.54	55.58	2:02.31	57.64	2:05.69	4:27.29
	11	24.18	52.48	1:53.48	4:00.50	8:22.25	15:57.10	27.10	57.95	2:05.05	30.10	1:04.60	2:19.70	25.88	56.24	2:03.80	58.28	2:07.10	4:30.00
A	10	25.09	54.50	1:57.90	4:09.97	8:41.60	16:34.22	28.06	1:00.05	2:09.71	31.19	1:07.01	2:24.69	26.84	58.34	2:08.48	1:00.55	2:11.95	4:40.44
	9	26.00	56.52	2:02.32	4:19.44	9:00.96	17:11.34	29.02	1:02.16	2:14.38	32.28	1:09.42	2:29.68	27.80	1:00.43	2:13.16	1:02.82	2:16.80	4:50.88
	8	26.91	58.54	2:06.74	4:28.91	9:20.31	17:48.46	29.98	1:04.26	2:19.04	33.37	1:11.83	2:34.67	28.76	1:02.53	2:17.84	1:05.09	2:21.65	5:01.32
	7	27.82	1:00.56	2:11.16	4:38.38	9:39.66	18:25.58	30.94	1:06.37	2:23.71	34.46	1:14.24	2:39.66	29.72	1:04.62	2:22.52	1:07.36	2:26.50	5:11.76
	6	28.74	1:02.58	2:15.58	4:47.85	9:59.02	19:02.69	31.90	1:08.47	2:28.37	35.55	1:16.65	2:44.64	30.68	1:06.72	2:27.20	1:09.63	2:31.34	5:22.20
B	5	29.65	1:04.61	2:20.01	4:57.31	10:18.37	19:39.81	32.85	1:10.57	2:33.03	36.63	1:19.05	2:49.63	31.65	1:08.81	2:31.87	1:11.90	2:36.19	5:32.63
	4	30.56	1:06.63	2:24.43	5:06.78	10:37.73	20:16.93	33.81	1:12.68	2:37.70	37.72	1:21.46	2:54.62	32.61	1:10.91	2:36.55	1:14.18	2:41.04	5:43.07
	3	31.47	1:08.65	2:28.85	5:16.25	10:57.08	20:54.05	34.77	1:14.78	2:42.36	38.81	1:23.87	2:59.61	33.57	1:13.00	2:41.23	1:16.45	2:45.89	5:53.51
	2	32.38	1:10.67	2:33.27	5:25.72	11:16.44	21:31.17	35.73	1:16.89	2:47.03	39.90	1:26.28	3:04.60	34.53	1:15.10	2:45.91	1:18.72	2:50.74	6:03.95
	1	33.29	1:12.69	2:37.69	5:35.19	11:35.79	22:08.29	36.69	1:18.99	2:51.69	40.99	1:28.69	3:09.59	35.49	1:17.19	2:50.59	1:20.99	2:55.59	6:14.39

2010年度 日本水泳連盟 資格級

●男子17歳

	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
AA	15	22.03	48.09	1:45.90	3:45.41	7:50.75	14:57.12	24.53	52.70	1:54.43	27.76	59.35	2:08.32	23.60	51.63	1:54.58	53.96	1:57.56	4:11.03
	14	22.46	48.98	1:47.49	3:48.46	7:57.10	15:10.32	25.07	53.81	1:56.74	28.21	1:00.43	2:10.72	24.06	52.61	1:56.20	54.84	1:59.52	4:15.10
	13	22.89	49.87	1:49.09	3:51.50	8:03.46	15:23.51	25.61	54.92	1:59.06	28.65	1:01.52	2:13.11	24.52	53.60	1:57.82	55.73	2:01.48	4:19.17
	12	23.33	50.76	1:50.68	3:54.55	8:09.81	15:36.71	26.16	56.03	2:01.38	29.10	1:02.61	2:15.51	24.98	54.59	1:59.44	56.61	2:03.43	4:23.24
	11	23.76	51.65	1:52.28	3:57.59	8:16.17	15:49.90	26.70	57.14	2:03.69	29.54	1:03.70	2:17.90	25.44	55.57	2:01.06	57.49	2:05.39	4:27.31
A	10	24.61	53.54	1:56.37	4:06.40	8:34.14	16:23.94	27.60	59.11	2:08.00	30.57	1:05.94	2:22.53	26.34	57.51	2:05.52	59.61	2:09.91	4:36.95
	9	25.47	55.44	2:00.46	4:15.21	8:52.11	16:57.98	28.50	1:01.07	2:12.31	31.59	1:08.18	2:27.16	27.25	59.45	2:09.99	1:01.73	2:14.43	4:46.59
	8	26.32	57.33	2:04.55	4:24.02	9:10.09	17:32.02	29.40	1:03.04	2:16.62	32.61	1:10.42	2:31.79	28.16	1:01.40	2:14.45	1:03.85	2:18.95	4:56.22
	7	27.17	59.23	2:08.64	4:32.83	9:28.06	18:06.06	30.30	1:05.00	2:20.93	33.64	1:12.66	2:36.42	29.06	1:03.34	2:18.91	1:05.97	2:23.47	5:05.86
	6	28.03	1:01.12	2:12.74	4:41.64	9:46.03	18:40.10	31.20	1:06.97	2:25.24	34.67	1:14.90	2:41.04	29.97	1:05.28	2:23.37	1:08.09	2:27.99	5:15.50
B	5	28.88	1:03.01	2:16.83	4:50.45	10:04.00	19:14.13	32.09	1:08.93	2:29.55	35.69	1:17.13	2:45.67	30.87	1:07.22	2:27.84	1:10.21	2:32.51	5:25.14
	4	29.73	1:04.91	2:20.92	4:59.26	10:21.97	19:48.17	32.99	1:10.89	2:33.86	36.72	1:19.37	2:50.30	31.78	1:09.16	2:32.30	1:12.33	2:37.03	5:34.78
	3	30.58	1:06.80	2:25.01	5:08.07	10:39.95	20:22.21	33.89	1:12.86	2:38.17	37.74	1:21.61	2:54.93	32.68	1:11.11	2:36.76	1:14.45	2:41.55	5:44.41
	2	31.44	1:08.70	2:29.10	5:16.88	10:57.92	20:56.25	34.79	1:14.83	2:42.48	38.77	1:23.85	2:59.56	33.59	1:13.05	2:41.23	1:16.57	2:46.07	5:54.05
	1	32.29	1:10.59	2:33.19	5:25.69	11:15.89	21:30.29	35.69	1:16.79	2:46.79	39.79	1:26.09	3:04.19	34.49	1:14.99	2:45.69	1:18.69	2:50.59	6:03.69

●男子19歳以上

	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
AA	15	21.00	45.88	1:42.30	3:37.21	7:36.54	14:24.52	23.16	50.11	1:48.86	26.70	57.20	2:03.29	22.55	49.42	1:50.85	52.01	1:53.18	4:02.18
	14	21.51	46.98	1:44.10	3:41.31	7:43.64	14:40.82	23.84	51.41	1:51.64	27.23	58.27	2:05.80	23.08	50.53	1:52.71	52.98	1:55.37	4:06.61
	13	22.03	48.09	1:45.90	3:45.41	7:50.75	14:57.12	24.53	52.70	1:54.43	27.76	59.35	2:08.32	23.60	51.63	1:54.58	53.96	1:57.56	4:11.03
	12	22.54	49.19	1:47.70	3:49.52	7:57.85	15:13.42	25.21	53.99	1:57.21	28.29	1:00.42	2:10.84	24.13	52.74	1:56.45	54.93	1:59.75	4:15.46
	11	23.06	50.29	1:49.50	3:53.62	8:04.95	15:29.72	25.89	55.29	2:00.00	28.82	1:01.49	2:13.35	24.66	53.84	1:58.31	55.91	2:01.94	4:19.89
A	10	23.89	52.13	1:53.45	4:01.92	8:22.16	16:02.20	26.77	57.22	2:04.21	29.81	1:03.71	2:17.92	25.55	55.75	2:02.59	57.97	2:06.33	4:29.26
	9	24.73	53.97	1:57.40	4:10.21	8:39.38	16:34.67	27.65	59.15	2:08.42	30.79	1:05.93	2:22.50	26.45	57.65	2:06.87	1:00.03	2:10.73	4:38.63
	8	25.56	55.81	2:01.35	4:18.51	8:56.59	17:07.15	28.53	1:01.08	2:12.63	31.78	1:08.15	2:27.07	27.34	59.56	2:11.14	1:02.08	2:15.12	4:48.00
	7	26.39	57.65	2:05.30	4:26.81	9:13.81	17:39.63	29.41	1:03.01	2:16.84	32.77	1:10.37	2:31.65	28.23	1:01.46	2:15.42	1:04.14	2:19.52	4:57.37
	6	27.23	59.49	2:09.25	4:35.10	9:31.02	18:12.11	30.29	1:04.94	2:21.04	33.75	1:12.59	2:36.22	29.13	1:03.37	2:19.70	1:06.20	2:23.92	5:06.74
B	5	28.06	1:01.33	2:13.19	4:43.40	9:48.23	18:44.58	31.17	1:06.87	2:25.25	34.74	1:14.81	2:40.79	30.02	1:05.27	2:23.98	1:08.26	2:28.31	5:16.11
	4	28.89	1:03.17	2:17.14	4:51.70	10:05.45	19:17.06	32.05	1:08.80	2:29.46	35.73	1:17.03	2:45.37	30.91	1:07.18	2:28.26	1:10.32	2:32.71	5:25.48
	3	29.72	1:05.01	2:21.09	5:00.00	10:22.66	19:49.54	32.93	1:10.73	2:33.67	36.72	1:19.25	2:49.94	31.80	1:09.08	2:32.53	1:12.37	2:37.10	5:34.85
	2	30.56	1:06.85	2:25.04	5:08.29	10:39.88	20:22.01	33.81	1:12.66	2:37.88	37.70	1:21.47	2:54.52	32.70	1:10.99	2:36.81	1:14.43	2:41.49	5:44.22
	1	31.39	1:08.69	2:28.99	5:16.59	10:57.09	20:54.49	34.69	1:14.59	2:42.09	38.69	1:23.69	2:59.09	33.59	1:12.89	2:41.09	1:16.49	2:45.89	5:53.59

2010年度 日本水泳連盟 資格級

●女子8歳以下

	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
AA	15	31.00	1:07.91	2:27.45	5:13.48	11:11.55	20:54.64	35.50	1:16.45	2:46.20	39.90	1:26.41	3:04.91	33.90	1:13.84	2:43.27	1:14.97	2:42.60	5:46.74
	14	31.80	1:09.63	2:31.18	5:21.41	11:28.53	21:26.36	36.50	1:18.64	2:50.95	41.05	1:28.87	3:10.24	34.75	1:15.64	2:47.25	1:16.94	2:46.90	5:55.94
	13	32.60	1:11.34	2:34.91	5:29.34	11:45.51	21:58.09	37.50	1:20.83	2:55.71	42.20	1:31.33	3:15.57	35.60	1:17.44	2:51.23	1:18.92	2:51.20	6:05.14
	12	34.18	1:14.77	2:42.27	5:44.70	12:16.45	22:58.16	39.13	1:24.29	3:03.11	44.02	1:35.22	3:23.80	37.23	1:21.02	2:58.99	1:22.82	2:59.58	6:22.71
	11	35.77	1:18.20	2:49.64	6:00.06	12:47.39	23:58.23	40.76	1:27.76	3:10.50	45.85	1:39.11	3:32.02	38.86	1:24.61	3:06.75	1:26.73	3:07.96	6:40.27
A	10	37.35	1:21.63	2:57.00	6:15.42	13:18.33	24:58.29	42.40	1:31.22	3:17.90	47.67	1:43.00	3:40.25	40.50	1:28.20	3:14.52	1:30.64	3:16.35	6:57.83
	9	38.93	1:25.06	3:04.37	6:30.79	13:49.27	25:58.36	44.03	1:34.68	3:25.30	49.50	1:46.88	3:48.48	42.13	1:31.79	3:22.28	1:34.54	3:24.73	7:15.39
	8	40.51	1:28.49	3:11.73	6:46.15	14:20.21	26:58.42	45.66	1:38.15	3:32.70	51.32	1:50.77	3:56.70	43.76	1:35.38	3:30.04	1:38.45	3:33.11	7:32.95
	7	42.10	1:31.92	3:19.10	7:01.51	14:51.15	27:58.49	47.30	1:41.61	3:40.10	53.15	1:54.66	4:04.93	45.40	1:38.96	3:37.81	1:42.35	3:41.50	7:50.52
	6	43.68	1:35.35	3:26.46	7:16.88	15:22.09	28:58.56	48.93	1:45.07	3:47.50	54.97	1:58.55	4:13.16	47.03	1:42.55	3:45.57	1:46.26	3:49.88	8:08.08
B	5	45.26	1:38.77	3:33.83	7:32.24	15:53.03	29:58.62	50.56	1:48.54	3:54.90	56.79	2:02.44	4:21.38	48.66	1:46.14	3:53.34	1:50.17	3:58.26	8:25.64
	4	46.84	1:42.20	3:41.19	7:47.60	16:23.97	30:58.69	52.19	1:52.00	4:02.29	58.62	2:06.33	4:29.61	50.29	1:49.73	4:01.10	1:54.07	4:06.64	8:43.20
	3	48.43	1:45.63	3:48.56	8:02.96	16:54.91	31:58.76	53.82	1:55.46	4:09.69	1:00.44	2:10.21	4:37.84	51.93	1:53.31	4:08.86	1:57.98	4:15.03	9:00.77
	2	50.01	1:49.06	3:55.92	8:18.33	17:25.85	32:58.82	55.46	1:58.93	4:17.09	1:02.27	2:14.10	4:46.06	53.56	1:56.90	4:16.63	2:01.88	4:23.41	9:18.33
	1	51.59	1:52.49	4:03.29	8:33.69	17:56.79	33:58.89	57.09	2:02.39	4:24.49	1:04.09	2:17.99	4:54.29	55.19	2:00.49	4:24.39	2:05.79	4:31.79	9:35.89

●女子9歳

	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
AA	15	29.20	1:04.44	2:19.41	4:55.91	10:35.15	19:45.93	33.50	1:12.02	2:36.18	37.30	1:21.08	2:53.92	31.80	1:10.30	2:35.24	1:11.38	2:34.84	5:29.82
	14	29.88	1:06.15	2:23.28	5:04.26	10:52.74	20:18.97	34.20	1:14.22	2:41.06	38.28	1:23.63	2:59.34	32.50	1:12.08	2:39.23	1:13.26	2:37.98	5:38.64
	13	30.56	1:07.87	2:27.15	5:12.60	11:10.33	20:52.02	34.90	1:16.41	2:45.94	39.25	1:26.19	3:04.76	33.20	1:13.85	2:43.22	1:15.14	2:41.13	5:47.46
	12	31.24	1:09.58	2:31.03	5:20.95	11:27.91	21:25.06	35.60	1:18.61	2:50.82	40.23	1:28.74	3:10.18	33.90	1:15.63	2:47.21	1:17.02	2:44.27	5:56.28
	11	31.92	1:11.30	2:34.90	5:29.30	11:45.50	21:58.10	36.30	1:20.80	2:55.70	41.20	1:31.30	3:15.60	34.60	1:17.40	2:51.20	1:18.90	2:47.42	6:05.10
A	10	33.46	1:14.44	2:41.34	5:44.60	12:16.69	22:57.50	37.99	1:24.19	3:03.01	42.83	1:34.92	3:23.61	36.16	1:21.37	2:59.61	1:22.31	2:55.03	6:20.43
	9	34.99	1:17.58	2:47.78	5:59.90	12:47.88	23:56.90	39.68	1:27.58	3:10.32	44.46	1:38.54	3:31.62	37.72	1:25.34	3:08.02	1:25.72	3:02.63	6:35.76
	8	36.53	1:20.72	2:54.22	6:15.20	13:19.07	24:56.30	41.37	1:30.97	3:17.63	46.09	1:42.16	3:39.63	39.28	1:29.31	3:16.43	1:29.13	3:10.24	6:51.09
	7	38.07	1:23.86	3:00.66	6:30.50	13:50.26	25:55.70	43.06	1:34.36	3:24.94	47.72	1:45.78	3:47.64	40.84	1:33.28	3:24.84	1:32.54	3:17.85	7:06.42
	6	39.60	1:27.00	3:07.10	6:45.80	14:21.44	26:55.09	44.75	1:37.74	3:32.24	49.35	1:49.39	3:55.64	42.39	1:37.25	3:33.24	1:35.94	3:25.45	7:21.74
B	5	41.14	1:30.13	3:13.53	7:01.09	14:52.63	27:54.49	46.43	1:41.13	3:39.55	50.97	1:53.01	4:03.65	43.95	1:41.21	3:41.65	1:39.35	3:33.06	7:37.07
	4	42.68	1:33.27	3:19.97	7:16.39	15:23.82	28:53.89	48.12	1:44.52	3:46.86	52.60	1:56.63	4:11.66	45.51	1:45.18	3:50.06	1:42.76	3:40.67	7:52.40
	3	44.22	1:36.41	3:26.41	7:31.69	15:55.01	29:53.29	49.81	1:47.91	3:54.17	54.23	2:00.25	4:19.67	47.07	1:49.15	3:58.47	1:46.17	3:48.28	8:07.73
	2	45.75	1:39.55	3:32.85	7:46.99	16:26.20	30:52.69	51.50	1:51.30	4:01.48	55.86	2:03.87	4:27.68	48.63	1:53.12	4:06.88	1:49.58	3:55.88	8:23.06
	1	47.29	1:42.69	3:39.29	8:02.29	16:57.39	31:52.09	53.19	1:54.69	4:08.79	57.49	2:07.49	4:35.69	50.19	1:57.09	4:15.29	1:52.99	4:03.49	8:38.39

2010年度 日本水泳連盟 資格級

●女子10歳

	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
AA	15	27.84	1:00.96	2:11.37	4:38.34	9:58.76	18:37.22	31.82	1:07.59	2:26.16	35.19	1:15.75	2:42.93	30.18	1:06.77	2:27.22	1:07.79	2:27.07	5:12.91
	14	28.48	1:02.70	2:15.39	4:47.12	10:16.96	19:11.58	32.49	1:09.82	2:31.17	36.12	1:18.42	2:48.42	30.86	1:08.53	2:31.24	1:09.60	2:30.18	5:21.35
	13	29.12	1:04.44	2:19.41	4:55.91	10:35.15	19:45.93	33.16	1:12.05	2:36.18	37.05	1:21.08	2:53.91	31.54	1:10.28	2:35.26	1:11.40	2:33.29	5:29.80
	12	29.76	1:06.17	2:23.43	5:04.69	10:53.35	20:20.28	33.83	1:14.27	2:41.19	37.97	1:23.74	2:59.41	32.22	1:12.04	2:39.28	1:13.20	2:36.39	5:38.25
	11	30.40	1:07.91	2:27.45	5:13.48	11:11.55	20:54.64	34.50	1:16.50	2:46.20	38.90	1:26.40	3:04.90	32.90	1:13.80	2:43.30	1:15.00	2:39.50	5:46.70
A	10	31.73	1:10.64	2:33.28	5:25.57	11:35.44	21:41.56	35.88	1:19.20	2:51.94	40.43	1:29.43	3:11.30	34.28	1:16.61	2:49.32	1:18.14	2:46.54	6:00.73
	9	33.06	1:13.37	2:39.12	5:37.66	11:59.34	22:28.49	37.26	1:21.90	2:57.68	41.96	1:32.46	3:17.70	35.66	1:19.42	2:55.34	1:21.28	2:53.58	6:14.76
	8	34.39	1:16.09	2:44.95	5:49.75	12:23.23	23:15.41	38.64	1:24.60	3:03.42	43.49	1:35.49	3:24.10	37.04	1:22.23	3:01.36	1:24.42	3:00.62	6:28.79
	7	35.72	1:18.82	2:50.79	6:01.84	12:47.12	24:02.34	40.02	1:27.30	3:09.16	45.02	1:38.52	3:30.50	38.42	1:25.04	3:07.38	1:27.56	3:07.66	6:42.82
	6	37.04	1:21.55	2:56.62	6:13.94	13:11.02	24:49.26	41.39	1:29.99	3:14.90	46.55	1:41.54	3:36.89	39.79	1:27.85	3:13.39	1:30.69	3:14.69	6:56.85
B	5	38.37	1:24.28	3:02.45	6:26.03	13:34.91	25:36.19	42.77	1:32.69	3:20.63	48.07	1:44.57	3:43.29	41.17	1:30.65	3:19.41	1:33.83	3:21.73	7:10.87
	4	39.70	1:27.01	3:08.29	6:38.12	13:58.81	26:23.11	44.15	1:35.39	3:26.37	49.60	1:47.60	3:49.69	42.55	1:33.46	3:25.43	1:36.97	3:28.77	7:24.90
	3	41.03	1:29.73	3:14.12	6:50.21	14:22.70	27:10.04	45.53	1:38.09	3:32.11	51.13	1:50.63	3:56.09	43.93	1:36.27	3:31.45	1:40.11	3:35.81	7:38.93
	2	42.36	1:32.46	3:19.96	7:02.30	14:46.60	27:56.96	46.91	1:40.79	3:37.85	52.66	1:53.66	4:02.49	45.31	1:39.08	3:37.47	1:43.25	3:42.85	7:52.96
	1	43.69	1:35.19	3:25.79	7:14.39	15:10.49	28:43.89	48.29	1:43.49	3:43.59	54.19	1:56.69	4:08.89	46.69	1:41.89	3:43.49	1:46.39	3:49.89	8:06.99

●女子11歳

	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
AA	15	27.02	58.31	2:05.18	4:28.61	9:11.85	17:42.39	29.91	1:03.78	2:17.13	33.93	1:12.59	2:34.93	28.86	1:03.24	2:18.11	1:05.55	2:20.54	4:55.13
	14	27.51	59.43	2:07.72	4:38.65	9:32.86	18:21.53	30.56	1:05.28	2:20.35	34.58	1:14.07	2:38.10	29.44	1:04.63	2:21.15	1:06.73	2:23.08	5:00.46
	13	27.99	1:00.55	2:10.26	4:48.70	9:53.86	19:00.67	31.21	1:06.77	2:23.56	35.22	1:15.56	2:41.27	30.02	1:06.02	2:24.18	1:07.92	2:25.62	5:05.80
	12	28.48	1:01.68	2:12.80	4:58.74	10:14.86	19:39.82	31.85	1:08.27	2:26.77	35.86	1:17.04	2:44.44	30.60	1:07.41	2:27.22	1:09.10	2:28.16	5:11.14
	11	28.97	1:02.80	2:15.34	5:08.78	10:35.86	20:18.96	32.50	1:09.76	2:29.99	36.50	1:18.53	2:47.61	31.18	1:08.80	2:30.25	1:10.29	2:30.70	5:16.47
A	10	30.24	1:05.58	2:21.33	5:18.82	10:56.87	20:58.10	33.87	1:12.63	2:36.17	38.06	1:21.85	2:54.60	32.52	1:11.71	2:36.53	1:13.43	2:37.51	5:30.89
	9	31.51	1:08.36	2:27.31	5:28.86	11:17.87	21:37.25	35.24	1:15.51	2:42.35	39.62	1:25.16	3:01.59	33.86	1:14.62	2:42.82	1:16.57	2:44.32	5:45.30
	8	32.79	1:11.14	2:33.30	5:38.90	11:38.87	22:16.39	36.61	1:18.38	2:48.53	41.18	1:28.48	3:08.58	35.20	1:17.53	2:49.10	1:19.71	2:51.13	5:59.71
	7	34.06	1:13.92	2:39.28	5:48.94	11:59.87	22:55.53	37.98	1:21.25	2:54.71	42.74	1:31.79	3:15.56	36.54	1:20.44	2:55.39	1:22.85	2:57.94	6:14.12
	6	35.33	1:16.70	2:45.26	5:58.98	12:20.88	23:34.68	39.34	1:24.13	3:00.89	44.29	1:35.11	3:22.55	37.89	1:23.35	3:01.67	1:25.99	3:04.74	6:28.53
B	5	36.60	1:19.47	2:51.25	6:09.03	12:41.88	24:13.82	40.71	1:27.00	3:07.07	45.85	1:38.43	3:29.54	39.23	1:26.25	3:07.95	1:29.13	3:11.55	6:42.94
	4	37.87	1:22.25	2:57.23	6:19.07	13:02.88	24:52.96	42.08	1:29.87	3:13.25	47.41	1:41.74	3:36.53	40.57	1:29.16	3:14.24	1:32.27	3:18.36	6:57.36
	3	39.15	1:25.03	3:03.22	6:29.11	13:23.88	25:32.10	43.45	1:32.74	3:19.43	48.97	1:45.06	3:43.51	41.91	1:32.07	3:20.52	1:35.41	3:25.17	7:11.77
	2	40.42	1:27.81	3:09.20	6:39.15	13:44.89	26:11.25	44.82	1:35.62	3:25.61	50.53	1:48.37	3:50.50	43.25	1:34.98	3:26.81	1:38.55	3:31.98	7:26.18
	1	41.69	1:30.59	3:15.19	6:49.19	14:05.89	26:50.39	46.19	1:38.49	3:31.79	52.09	1:51.69	3:57.49	44.59	1:37.89	3:33.09	1:41.69	3:38.79	7:40.59

2010年度 日本水泳連盟 資格級

●女子12歳

	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
AA	15	26.59	57.35	2:03.14	4:19.28	8:52.82	17:06.04	29.43	1:02.59	2:14.58	33.45	1:11.32	2:32.22	28.38	1:02.09	2:15.60	1:04.63	2:18.57	4:50.99
	14	27.02	58.31	2:05.18	4:28.61	9:11.85	17:42.39	29.91	1:03.78	2:17.13	33.93	1:12.59	2:34.93	28.86	1:03.24	2:18.11	1:05.55	2:20.54	4:55.13
	13	27.44	59.26	2:07.23	4:37.95	9:30.89	18:18.73	30.39	1:04.97	2:19.69	34.42	1:13.86	2:37.65	29.34	1:04.40	2:20.63	1:06.46	2:22.50	4:59.26
	12	27.87	1:00.22	2:09.27	4:47.29	9:49.92	18:55.08	30.87	1:06.16	2:22.25	34.91	1:15.13	2:40.36	29.82	1:05.55	2:23.15	1:07.38	2:24.47	5:03.39
	11	28.29	1:01.17	2:11.31	4:56.62	10:08.95	19:31.43	31.35	1:07.35	2:24.81	35.40	1:16.40	2:43.07	30.30	1:06.70	2:25.66	1:08.30	2:26.44	5:07.53
A	10	29.44	1:03.69	2:16.78	5:05.96	10:27.99	20:07.77	32.62	1:10.00	2:30.51	36.83	1:19.41	2:49.39	31.52	1:09.36	2:31.41	1:11.16	2:32.64	5:20.67
	9	30.59	1:06.21	2:22.25	5:15.30	10:47.02	20:44.12	33.90	1:12.66	2:36.22	38.26	1:22.42	2:55.71	32.74	1:12.02	2:37.15	1:14.02	2:38.85	5:33.82
	8	31.74	1:08.74	2:27.71	5:24.63	11:06.05	21:20.47	35.17	1:15.31	2:41.93	39.69	1:25.43	3:02.03	33.96	1:14.68	2:42.89	1:16.88	2:45.05	5:46.97
	7	32.89	1:11.26	2:33.18	5:33.97	11:25.09	21:56.81	36.45	1:17.97	2:47.64	41.12	1:28.44	3:08.36	35.18	1:17.34	2:48.63	1:19.74	2:51.26	6:00.11
	6	34.04	1:13.78	2:38.65	5:43.31	11:44.12	22:33.16	37.72	1:20.62	2:53.35	42.54	1:31.44	3:14.68	36.39	1:20.00	2:54.38	1:22.60	2:57.46	6:13.26
B	5	35.19	1:16.30	2:44.12	5:52.64	12:03.16	23:09.50	38.99	1:23.27	2:59.06	43.97	1:34.45	3:21.00	37.61	1:22.65	3:00.12	1:25.45	3:03.67	6:26.41
	4	36.34	1:18.82	2:49.59	6:01.98	12:22.19	23:45.85	40.27	1:25.93	3:04.76	45.40	1:37.46	3:27.32	38.83	1:25.31	3:05.86	1:28.31	3:09.88	6:39.55
	3	37.49	1:21.35	2:55.05	6:11.32	12:41.22	24:22.20	41.54	1:28.58	3:10.47	46.83	1:40.47	3:33.65	40.05	1:27.97	3:11.60	1:31.17	3:16.08	6:52.70
	2	38.64	1:23.87	3:00.52	6:20.65	13:00.26	24:58.54	42.82	1:31.24	3:16.18	48.26	1:43.48	3:39.97	41.27	1:30.63	3:17.35	1:34.03	3:22.29	7:05.84
	1	39.79	1:26.39	3:05.99	6:29.99	13:19.29	25:34.89	44.09	1:33.89	3:21.89	49.69	1:46.49	3:46.29	42.49	1:33.29	3:23.09	1:36.89	3:28.49	7:18.99

●女子13歳

	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
AA	15	26.26	56.66	2:01.51	4:16.22	8:46.38	16:53.70	29.03	1:01.68	2:12.64	33.03	1:10.37	2:30.17	28.00	1:01.23	2:13.40	1:03.83	2:16.82	4:47.52
	14	26.59	57.35	2:03.14	4:19.28	8:52.82	17:06.04	29.43	1:02.59	2:14.58	33.45	1:11.32	2:32.22	28.38	1:02.09	2:15.60	1:04.63	2:18.57	4:50.99
	13	26.93	58.05	2:04.77	4:22.33	8:59.26	17:18.39	29.84	1:03.50	2:16.51	33.86	1:12.27	2:34.28	28.77	1:02.95	2:17.80	1:05.43	2:20.31	4:54.47
	12	27.26	58.75	2:06.40	4:25.39	9:05.70	17:30.73	30.25	1:04.41	2:18.45	34.28	1:13.21	2:36.34	29.15	1:03.80	2:20.00	1:06.23	2:22.06	4:57.94
	11	27.59	59.45	2:08.03	4:28.45	9:12.14	17:43.08	30.66	1:05.32	2:20.38	34.70	1:14.16	2:38.40	29.54	1:04.66	2:22.20	1:07.04	2:23.80	5:01.41
A	10	28.66	1:01.81	2:13.13	4:39.14	9:33.86	18:24.49	31.83	1:07.83	2:25.77	36.01	1:16.99	2:44.34	30.68	1:07.17	2:27.52	1:09.66	2:29.49	5:13.52
	9	29.73	1:04.18	2:18.22	4:49.84	9:55.57	19:05.90	33.01	1:10.33	2:31.16	37.32	1:19.83	2:50.28	31.81	1:09.69	2:32.84	1:12.29	2:35.18	5:25.63
	8	30.80	1:06.54	2:23.32	5:00.53	10:17.29	19:47.31	34.18	1:12.84	2:36.55	38.63	1:22.66	2:56.22	32.94	1:12.20	2:38.16	1:14.91	2:40.87	5:37.73
	7	31.87	1:08.91	2:28.41	5:11.23	10:39.00	20:28.72	35.35	1:15.35	2:41.94	39.94	1:25.49	3:02.16	34.08	1:14.71	2:43.48	1:17.54	2:46.56	5:49.84
	6	32.94	1:11.27	2:33.51	5:21.92	11:00.72	21:10.13	36.53	1:17.86	2:47.33	41.24	1:28.33	3:08.10	35.22	1:17.23	2:48.79	1:20.16	2:52.25	6:01.95
B	5	34.01	1:13.63	2:38.61	5:32.61	11:22.43	21:51.54	37.70	1:20.36	2:52.73	42.55	1:31.16	3:14.03	36.35	1:19.74	2:54.11	1:22.79	2:57.93	6:14.06
	4	35.08	1:16.00	2:43.70	5:43.31	11:44.15	22:32.96	38.87	1:22.87	2:58.12	43.86	1:33.99	3:19.97	37.49	1:22.25	2:59.43	1:25.41	3:03.62	6:26.17
	3	36.15	1:18.36	2:48.80	5:54.00	12:05.86	23:14.37	40.04	1:25.38	3:03.51	45.17	1:36.82	3:25.91	38.62	1:24.76	3:04.75	1:28.04	3:09.31	6:38.27
	2	37.22	1:20.73	2:53.89	6:04.70	12:27.58	23:55.78	41.22	1:27.88	3:08.90	46.48	1:39.66	3:31.85	39.76	1:27.28	3:10.07	1:30.66	3:15.00	6:50.38
	1	38.29	1:23.09	2:58.99	6:15.39	12:49.29	24:37.19	42.39	1:30.39	3:14.29	47.79	1:42.49	3:37.79	40.89	1:29.79	3:15.39	1:33.29	3:20.69	7:02.49

2010年度 日本水泳連盟 資格級

●女子14歳

	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
AA	15	25.90	55.96	2:00.10	4:13.18	8:39.92	16:41.34	28.66	1:00.91	2:11.10	32.61	1:09.43	2:28.25	27.60	1:00.42	2:11.46	1:03.05	2:15.13	4:44.05
	14	26.26	56.66	2:01.51	4:16.22	8:46.38	16:53.70	29.03	1:01.68	2:12.64	33.03	1:10.37	2:30.17	28.00	1:01.23	2:13.40	1:03.83	2:16.82	4:47.52
	13	26.63	57.35	2:02.92	4:19.26	8:52.83	17:06.05	29.39	1:02.46	2:14.18	33.44	1:11.32	2:32.08	28.39	1:02.05	2:15.33	1:04.60	2:18.52	4:51.00
	12	26.99	58.05	2:04.33	4:22.30	8:59.29	17:18.41	29.76	1:03.23	2:15.72	33.86	1:12.26	2:34.00	28.79	1:02.86	2:17.27	1:05.38	2:20.21	4:54.47
	11	27.36	58.74	2:05.74	4:25.34	9:05.74	17:30.76	30.12	1:04.00	2:17.26	34.27	1:13.21	2:35.91	29.18	1:03.67	2:19.21	1:06.15	2:21.90	4:57.94
A	10	28.31	1:00.88	2:10.43	4:34.99	9:25.31	18:08.05	31.20	1:06.31	2:22.26	35.45	1:15.77	2:41.32	30.20	1:05.95	2:24.13	1:08.53	2:27.05	5:08.86
	9	29.27	1:03.01	2:15.11	4:44.63	9:44.87	18:45.35	32.27	1:08.62	2:27.27	36.63	1:18.33	2:46.73	31.22	1:08.23	2:29.05	1:10.90	2:32.20	5:19.79
	8	30.22	1:05.15	2:19.80	4:54.28	10:04.44	19:22.64	33.35	1:10.93	2:32.27	37.82	1:20.88	2:52.13	32.24	1:10.52	2:33.96	1:13.27	2:37.35	5:30.71
	7	31.17	1:07.28	2:24.48	5:03.92	10:24.00	19:59.93	34.43	1:13.24	2:37.27	39.00	1:23.44	2:57.54	33.26	1:12.80	2:38.88	1:15.65	2:42.50	5:41.64
	6	32.12	1:09.42	2:29.16	5:13.57	10:43.57	20:37.22	35.50	1:15.55	2:42.28	40.18	1:26.00	3:02.95	34.28	1:15.08	2:43.80	1:18.02	2:47.64	5:52.56
B	5	33.08	1:11.55	2:33.85	5:23.21	11:03.13	21:14.52	36.58	1:17.85	2:47.28	41.36	1:28.56	3:08.36	35.31	1:17.36	2:48.72	1:20.39	2:52.79	6:03.49
	4	34.03	1:13.68	2:38.54	5:32.85	11:22.70	21:51.81	37.66	1:20.16	2:52.28	42.54	1:31.12	3:13.77	36.33	1:19.64	2:53.64	1:22.77	2:57.94	6:14.42
	3	34.98	1:15.82	2:43.22	5:42.50	11:42.26	22:29.10	38.74	1:22.47	2:57.28	43.73	1:33.67	3:19.17	37.35	1:21.93	2:58.55	1:25.14	3:03.09	6:25.34
	2	35.94	1:17.95	2:47.90	5:52.15	12:01.83	23:06.40	39.81	1:24.78	3:02.29	44.91	1:36.23	3:24.58	38.37	1:24.21	3:03.47	1:27.52	3:08.24	6:36.27
	1	36.89	1:20.09	2:52.59	6:01.79	12:21.39	23:43.69	40.89	1:27.09	3:07.29	46.09	1:38.79	3:29.99	39.39	1:26.49	3:08.39	1:29.89	3:13.39	6:47.19

●女子15歳

	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
AA	15	25.56	55.35	1:58.84	4:10.58	8:34.94	16:31.84	28.28	1:00.09	2:09.44	32.15	1:08.47	2:26.30	27.24	59.63	2:09.85	1:02.36	2:13.61	4:41.07
	14	25.90	55.96	2:00.10	4:13.18	8:39.92	16:41.34	28.66	1:00.91	2:11.10	32.61	1:09.43	2:28.25	27.60	1:00.42	2:11.46	1:03.05	2:15.13	4:44.05
	13	26.23	56.57	2:01.37	4:15.78	8:44.91	16:50.85	29.04	1:01.73	2:12.77	33.07	1:10.39	2:30.20	27.97	1:01.21	2:13.07	1:03.74	2:16.65	4:47.03
	12	26.56	57.18	2:02.63	4:18.38	8:49.90	17:00.35	29.42	1:02.56	2:14.44	33.53	1:11.34	2:32.16	28.33	1:02.01	2:14.68	1:04.43	2:18.18	4:50.02
	11	26.89	57.79	2:03.90	4:20.98	8:54.89	17:09.85	29.80	1:03.38	2:16.11	33.99	1:12.30	2:34.11	28.70	1:02.80	2:16.29	1:05.13	2:19.70	4:53.00
A	10	27.84	59.91	2:08.52	4:30.54	9:14.48	17:47.21	30.85	1:05.63	2:20.96	35.14	1:14.81	2:39.40	29.72	1:05.05	2:21.23	1:07.47	2:24.80	5:03.84
	9	28.79	1:02.03	2:13.14	4:40.10	9:34.07	18:24.56	31.90	1:07.88	2:25.81	36.29	1:17.32	2:44.69	30.74	1:07.30	2:26.17	1:09.82	2:29.90	5:14.68
	8	29.74	1:04.15	2:17.76	4:49.66	9:53.66	19:01.91	32.95	1:10.13	2:30.65	37.44	1:19.83	2:49.97	31.76	1:09.55	2:31.11	1:12.17	2:35.00	5:25.52
	7	30.69	1:06.27	2:22.38	4:59.22	10:13.25	19:39.27	34.00	1:12.38	2:35.50	38.59	1:22.34	2:55.26	32.78	1:11.80	2:36.05	1:14.51	2:40.10	5:36.36
	6	31.64	1:08.39	2:27.00	5:08.78	10:32.84	20:16.62	35.04	1:14.64	2:40.35	39.74	1:24.84	3:00.55	33.79	1:14.05	2:40.99	1:16.86	2:45.19	5:47.20
B	5	32.59	1:10.51	2:31.61	5:18.35	10:52.43	20:53.98	36.09	1:16.89	2:45.20	40.89	1:27.35	3:05.84	34.81	1:16.29	2:45.93	1:19.20	2:50.29	5:58.03
	4	33.54	1:12.63	2:36.23	5:27.91	11:12.02	21:31.33	37.14	1:19.14	2:50.05	42.04	1:29.86	3:11.13	35.83	1:18.54	2:50.87	1:21.55	2:55.39	6:08.87
	3	34.49	1:14.75	2:40.85	5:37.47	11:31.61	22:08.68	38.19	1:21.39	2:54.89	43.19	1:32.37	3:16.41	36.85	1:20.79	2:55.81	1:23.90	3:00.49	6:19.71
	2	35.44	1:16.87	2:45.47	5:47.03	11:51.20	22:46.04	39.24	1:23.64	2:59.74	44.34	1:34.88	3:21.70	37.87	1:23.04	3:00.75	1:26.24	3:05.59	6:30.55
	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

2010年度 日本水泳連盟 資格級

●女子17歳

	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
AA	15	25.15	54.54	1:57.22	4:07.29	8:28.64	16:19.85	27.78	59.02	2:07.27	31.55	1:07.23	2:23.73	26.75	58.72	2:08.06	1:01.47	2:11.66	4:37.15
	14	25.56	55.35	1:58.84	4:10.58	8:34.94	16:31.84	28.28	1:00.09	2:09.44	32.15	1:08.47	2:26.30	27.24	59.63	2:09.85	1:02.36	2:13.61	4:41.07
	13	25.97	56.16	2:00.45	4:13.87	8:41.23	16:43.83	28.78	1:01.16	2:11.60	32.76	1:09.71	2:28.86	27.72	1:00.53	2:11.63	1:03.24	2:15.55	4:44.99
	12	26.38	56.97	2:02.07	4:17.17	8:47.53	16:55.81	29.29	1:02.24	2:13.76	33.37	1:10.95	2:31.43	28.20	1:01.44	2:13.42	1:04.13	2:17.50	4:48.90
	11	26.79	57.78	2:03.69	4:20.46	8:53.82	17:07.80	29.79	1:03.31	2:15.92	33.98	1:12.19	2:34.00	28.68	1:02.34	2:15.20	1:05.01	2:19.45	4:52.82
A	10	27.70	59.78	2:08.09	4:29.57	9:12.49	17:43.38	30.78	1:05.45	2:20.53	35.06	1:14.57	2:39.00	29.64	1:04.51	2:19.99	1:07.25	2:24.30	5:03.11
	9	28.61	1:01.78	2:12.49	4:38.69	9:31.15	18:18.96	31.77	1:07.59	2:25.13	36.14	1:16.95	2:44.00	30.60	1:06.69	2:24.78	1:09.49	2:29.16	5:13.39
	8	29.52	1:03.78	2:16.89	4:47.80	9:49.82	18:54.54	32.76	1:09.72	2:29.74	37.22	1:19.33	2:49.00	31.56	1:08.86	2:29.57	1:11.72	2:34.01	5:23.68
	7	30.43	1:05.78	2:21.29	4:56.91	10:08.49	19:30.12	33.75	1:11.86	2:34.35	38.30	1:21.71	2:54.00	32.52	1:11.04	2:34.36	1:13.96	2:38.87	5:33.97
	6	31.34	1:07.78	2:25.69	5:06.03	10:27.15	20:05.70	34.74	1:14.00	2:38.96	39.38	1:24.09	2:59.00	33.49	1:13.21	2:39.14	1:16.20	2:43.72	5:44.25
B	5	32.25	1:09.79	2:30.09	5:15.14	10:45.82	20:41.27	35.73	1:16.14	2:43.56	40.47	1:26.47	3:03.99	34.45	1:15.39	2:43.93	1:18.44	2:48.57	5:54.54
	4	33.16	1:11.79	2:34.49	5:24.25	11:04.49	21:16.85	36.72	1:18.28	2:48.17	41.55	1:28.85	3:08.99	35.41	1:17.56	2:48.72	1:20.68	2:53.43	6:04.83
	3	34.07	1:13.79	2:38.89	5:33.36	11:23.16	21:52.43	37.71	1:20.41	2:52.78	42.63	1:31.23	3:13.99	36.37	1:19.74	2:53.51	1:22.91	2:58.28	6:15.12
	2	34.98	1:15.79	2:43.29	5:42.48	11:41.82	22:28.01	38.70	1:22.55	2:57.38	43.71	1:33.61	3:18.99	37.33	1:21.92	2:58.30	1:25.15	3:03.14	6:25.40
	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

●女子19歳以上

	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
AA	15	24.11	52.53	1:52.75	3:58.55	8:08.85	15:42.28	26.27	56.07	2:01.91	30.07	1:04.37	2:18.07	25.40	56.33	2:03.12	59.36	2:06.92	4:27.41
	14	24.63	53.54	1:54.98	4:02.92	8:18.75	16:01.07	27.03	57.54	2:04.59	30.81	1:05.80	2:20.90	26.08	57.53	2:05.59	1:00.42	2:09.29	4:32.28
	13	25.15	54.54	1:57.22	4:07.29	8:28.64	16:19.85	27.78	59.02	2:07.27	31.55	1:07.23	2:23.73	26.75	58.72	2:08.06	1:01.47	2:11.66	4:37.15
	12	25.68	55.55	1:59.45	4:11.65	8:38.53	16:38.64	28.53	1:00.49	2:09.96	32.28	1:08.66	2:26.56	27.43	59.92	2:10.54	1:02.53	2:14.03	4:42.02
	11	26.20	56.55	2:01.69	4:16.02	8:48.43	16:57.42	29.29	1:01.96	2:12.64	33.02	1:10.09	2:29.39	28.11	1:01.12	2:13.01	1:03.59	2:16.40	4:46.89
A	10	27.12	58.57	2:06.06	4:25.09	9:06.64	17:32.12	30.28	1:04.11	2:17.32	34.14	1:12.55	2:34.57	29.08	1:03.30	2:17.76	1:05.84	2:21.30	4:57.22
	9	28.04	1:00.60	2:10.43	4:34.15	9:24.84	18:06.82	31.27	1:06.27	2:22.01	35.25	1:15.01	2:39.75	30.05	1:05.47	2:22.51	1:08.09	2:26.20	5:07.55
	8	28.96	1:02.62	2:14.80	4:43.22	9:43.05	18:41.51	32.26	1:08.42	2:26.70	36.37	1:17.47	2:44.93	31.01	1:07.65	2:27.25	1:10.34	2:31.10	5:17.88
	7	29.88	1:04.65	2:19.17	4:52.29	10:01.25	19:16.21	33.25	1:10.57	2:31.38	37.49	1:19.93	2:50.11	31.98	1:09.83	2:32.00	1:12.59	2:36.00	5:28.21
	6	30.79	1:06.67	2:23.54	5:01.36	10:19.46	19:50.91	34.24	1:12.73	2:36.07	38.60	1:22.39	2:55.29	32.95	1:12.01	2:36.75	1:14.84	2:40.89	5:38.54
B	5	31.71	1:08.69	2:27.91	5:10.42	10:37.67	20:25.60	35.23	1:14.88	2:40.75	39.72	1:24.85	3:00.47	33.92	1:14.18	2:41.50	1:17.09	2:45.79	5:48.87
	4	32.63	1:10.72	2:32.28	5:19.49	10:55.87	21:00.30	36.22	1:17.03	2:45.44	40.84	1:27.31	3:05.65	34.89	1:16.36	2:46.25	1:19.34	2:50.69	5:59.20
	3	33.55	1:12.74	2:36.65	5:28.56	11:14.08	21:35.00	37.21	1:19.18	2:50.12	41.96	1:29.77	3:10.83	35.85	1:18.54	2:50.99	1:21.59	2:55.59	6:09.53
	2	34.47	1:14.77	2:41.02	5:37.62	11:32.28	22:09.69	38.20	1:21.34	2:54.81	43.07	1:32.23	3:16.01	36.82	1:20.71	2:55.74	1:23.84	3:00.49	6:19.86
	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