

2025年度（財）日本水泳連盟 資格級（男子） その1

	級	自由形						背泳ぎ			平泳ぎ			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
19歳以上	15	20.42	45.53	1:39.95	3:35.09	7:27.12	14:16.41	22.46	48.99	1:46.94	25.43	55.52	2:00.25	21.75	48.62	1:46.85	50.28	1:49.67	3:54.81
	14	20.86	46.32	1:41.61	3:38.12	7:33.84	14:29.29	23.00	49.99	1:49.31	25.88	56.33	2:02.07	22.19	49.50	1:49.13	50.40	1:51.68	3:59.15
	13	21.30	47.12	1:43.28	3:41.15	7:40.56	14:42.17	23.55	50.99	1:51.68	26.33	57.15	2:03.90	22.64	50.38	1:51.42	50.53	1:53.69	4:03.50
	12	21.74	47.92	1:44.95	3:44.18	7:47.28	14:55.05	24.09	51.99	1:54.05	26.78	57.97	2:05.73	23.09	51.26	1:53.70	50.65	1:55.70	4:07.85
	11	22.19	48.72	1:46.62	3:47.21	7:54.01	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
	10	22.92	50.39	1:50.30	3:55.20	8:10.57	15:39.66	25.44	54.77	2:00.28	28.16	1:00.84	2:12.01	24.33	53.92	1:59.86	52.72	2:01.72	4:20.79
	9	23.66	52.06	1:53.98	4:03.19	8:27.14	16:11.39	26.25	56.55	2:04.15	29.09	1:02.90	2:16.46	25.12	55.70	2:03.74	54.66	2:05.74	4:29.39
	8	24.40	53.73	1:57.66	4:11.19	8:43.70	16:43.12	27.05	58.33	2:08.02	30.02	1:04.96	2:20.91	25.91	57.48	2:07.61	56.60	2:09.76	4:37.99
	7	25.14	55.40	2:01.34	4:19.18	9:00.27	17:14.85	27.86	1:00.11	2:11.89	30.96	1:07.02	2:25.36	26.70	59.27	2:11.49	58.54	2:13.78	4:46.59
	6	25.88	57.08	2:05.03	4:27.18	9:16.83	17:46.58	28.67	1:01.90	2:15.76	31.89	1:09.08	2:29.82	27.49	1:01.05	2:15.37	1:00.48	2:17.80	4:55.19
	5	26.62	58.75	2:08.71	4:35.17	9:33.40	18:18.31	29.47	1:03.68	2:19.63	32.82	1:11.13	2:34.27	28.28	1:02.83	2:19.24	1:02.42	2:21.82	5:03.79
	4	27.36	1:00.42	2:12.39	4:43.16	9:49.96	18:50.04	30.28	1:05.46	2:23.50	33.76	1:13.19	2:38.72	29.07	1:04.62	2:23.12	1:04.36	2:25.84	5:12.39
	3	28.10	1:02.09	2:16.07	4:51.16	10:06.50	19:21.77	31.08	1:07.24	2:27.37	34.69	1:15.25	2:43.17	29.86	1:06.40	2:26.99	1:06.30	2:29.86	5:20.99
	2	28.84	1:03.76	2:19.75	4:59.15	10:23.00	19:53.50	31.89	1:09.02	2:31.24	35.62	1:17.31	2:47.62	30.65	1:08.18	2:30.87	1:08.24	2:33.88	5:29.59
	1	29.58	1:05.44	2:23.44	5:07.15	10:39.60	20:25.23	32.70	1:10.81	2:35.11	36.56	1:19.37	2:52.08	31.44	1:09.97	2:34.75	1:10.18	2:37.90	5:38.19
17歳	15	21.30	47.12	1:43.28	3:41.15	7:40.56	14:42.17	23.55	50.99	1:51.68	26.33	57.15	2:03.90	22.64	50.38	1:51.42	50.53	1:53.69	4:03.50
	14	21.72	47.86	1:44.93	3:43.98	7:46.24	14:53.05	24.05	52.06	1:54.01	26.84	58.18	2:06.08	23.12	51.29	1:53.36	51.88	1:55.78	4:07.37
	13	22.15	48.61	1:46.58	3:46.82	7:51.93	15:03.94	24.55	53.14	1:56.35	27.36	59.21	2:08.27	23.61	52.20	1:55.31	52.24	1:57.87	4:11.24
	12	22.58	49.35	1:48.23	3:49.65	7:57.61	15:14.83	25.05	54.22	1:58.69	27.87	1:00.24	2:10.46	24.09	53.11	1:57.25	54.59	1:59.96	4:15.11
	11	23.01	50.10	1:49.88	3:52.49	8:03.30	15:25.72	25.56	55.30	2:01.03	28.39	1:01.28	2:12.65	24.58	54.03	1:59.20	55.95	2:02.05	4:18.98
	10	23.75	51.82	1:53.64	4:00.83	8:20.76	15:59.17	26.36	57.05	2:04.88	29.31	1:03.31	2:17.08	25.35	55.82	2:03.19	57.57	2:06.08	4:27.86
	9	24.49	53.54	1:57.41	4:09.17	8:38.22	16:32.62	27.17	58.80	2:08.73	30.23	1:05.35	2:21.52	26.13	57.61	2:07.19	59.19	2:10.12	4:36.75
	8	25.23	55.26	2:01.17	4:17.51	8:55.69	17:06.07	27.98	1:00.56	2:12.58	31.15	1:07.38	2:25.95	26.90	59.41	2:11.19	1:00.81	2:14.15	4:45.64
	7	25.97	56.98	2:04.94	4:25.86	9:13.15	17:39.52	28.79	1:02.31	2:16.43	32.07	1:09.42	2:30.39	27.68	1:01.20	2:15.18	1:02.44	2:18.19	4:54.52
	6	26.71	58.70	2:08.71	4:34.20	9:30.62	18:12.98	29.60	1:04.07	2:20.28	33.00	1:11.46	2:34.82	28.46	1:03.00	2:19.18	1:04.06	2:22.23	5:03.41
	5	27.45	1:00.42	2:12.47	4:42.54	9:48.08	18:46.43	30.40	1:05.82	2:24.13	33.92	1:13.49	2:39.26	29.23	1:04.79	2:23.18	1:05.68	2:26.26	5:12.30
	4	28.19	1:02.14	2:16.24	4:50.89	10:05.50	19:19.88	31.21	1:07.57	2:27.98	34.84	1:15.53	2:43.69	30.01	1:06.58	2:27.17	1:07.31	2:30.30	5:21.18
	3	28.93	1:03.86	2:20.00	4:59.23	10:23.00	19:53.33	32.02	1:09.33	2:31.83	35.76	1:17.56	2:48.13	30.78	1:08.38	2:31.17	1:08.93	2:34.33	5:30.07
	2	29.67	1:05.58	2:23.77	5:07.57	10:40.40	20:26.78	32.83	1:11.08	2:35.68	36.68	1:19.60	2:52.56	31.56	1:10.17	2:35.17	1:10.55	2:38.37	5:38.96
	1	30.42	1:07.31	2:27.54	5:15.92	10:57.90	21:00.24	33.64	1:12.84	2:39.54	37.61	1:21.64	2:57.00	32.34	1:11.97	2:39.17	1:12.18	2:42.41	5:47.85
15歳	15	22.15	48.61	1:46.58	3:46.82	7:51.93	15:03.94	24.55	53.14	1:56.35	27.36	59.21	2:08.27	23.61	52.20	1:55.31	52.24	1:57.87	4:11.24
	14	22.46	49.20	1:47.81	3:48.68	7:57.12	15:13.89	24.86	53.94	1:57.92	27.69	1:00.07	2:09.88	23.86	52.91	1:56.83	54.12	1:59.37	4:14.04
	13	22.77	49.80	1:49.05	3:50.54	8:02.32	15:23.84	25.18	54.74	1:59.50	28.03	1:00.94	2:11.50	24.11	53.62	1:58.36	55.01	2:00.87	4:16.85
	12	23.08	50.40	1:50.28	3:52.40	8:07.51	15:33.79	25.50	55.54	2:01.07	28.36	1:01.80	2:13.11	24.36	54.33	1:59.88	55.90	2:02.37	4:19.66
	11	23.40	51.00	1:51.52	3:54.27	8:12.71	15:43.74	25.82	56.34	2:02.65	28.70	1:02.67	2:14.73	24.62	55.04	2:01.41	56.79	2:03.87	4:22.47
	10	24.19	52.82	1:55.55	4:03.36	8:31.16	16:19.09	26.70	58.20	2:06.80	29.70	1:04.80	2:19.47	25.48	56.94	2:05.65	58.54	2:08.20	4:32.03
	9	24.98	54.65	1:59.59	4:12.46	8:49.62	16:54.45	27.58	1:00.06	2:10.96	30.70	1:06.94	2:24.22	26.35	58.84	2:09.89	1:00.29	2:12.53	4:41.59
	8	25.77	56.48	2:03.62	4:21.55	9:08.08	17:29.80	28.46	1:01.93	2:15.12	31.70	1:09.08	2:28.97	27.22	1:00.75	2:14.14	1:02.04	2:16.86	4:51.15
	7	26.56	58.31	2:07.66	4:30.65	9:26.54	18:05.16	29.34	1:03.79	2:19.28	32.70	1:11.21	2:33.71	28.08	1:02.65	2:18.38	1:03.79	2:21.19	5:00.71
	6	27.36	1:00.14	2:11.70	4:39.74	9:45.00	18:40.52	30.22	1:05.66	2:23.44	33.71	1:13.35	2:38.46	28.95	1:04.56	2:22.63	1:05.54	2:25.53	5:10.27
	5	28.15	1:01.97	2:15.73	4:48.84	10:03.40	19:15.87	31.10	1:07.52	2:27.59	34.71	1:15.49	2:43.21	29.82	1:06.46	2:26.87	1:07.29	2:29.86	5:19.83
	4	28.94	1:03.80	2:19.77	4:57.93	10:21.90	19:51.23	31.98	1:09.38	2:31.75	35.71	1:17.62	2:47.95	30.68	1:08.36	2:31.11	1:09.04	2:34.19	5:29.39
	3	29.73	1:05.63	2:23.80	5:07.03	10:40.30	20:26.58	32.86	1:11.25	2:35.91	36.71	1:19.76	2:52.70	31.55	1:10.27	2:35.36	1:10.79	2:38.52	5:38.95
	2	30.52	1:07.46	2:27.84	5:16.12	10:58.80	21:01.94	33.74	1:13.11	2:40.07	37.71	1:21.90	2:57.45	32.42	1:12.17	2:39.60	1:12.54	2:42.85	5:48.51
	1	31.32	1:09.29	2:31.88	5:25.22	11:17.20	21:37.30	34.63	1:14.98	2:44.23	38.72	1:24.04	3:02.20	33.29	1:14.08	2:43.85	1:14.30	2:47.19	5:58.08
14歳	15	22.77	49.80	1:49.05	3:50.54	8:02.32	15:23.84	25.18	54.74	1:59.50	28.03	1:00.94	2:11.50	24.11	53.62	1:58.36	55.01	2:00.87	4:16.85

2025年度（財）日本水泳連盟 資格級（男子） その2

	級	自由形						背泳ぎ			平泳ぎ			バタフライ			個人外レー		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
12歳	15	24.34	53.09	1:55.44	4:04.66	8:24.35	16:06.05	26.87	58.58	2:07.60	29.73	1:04.85	2:18.83	25.65	57.28	2:06.20	58.80	2:08.49	4:32.25
	14	24.84	54.30	1:58.03	4:10.28	8:35.31	16:27.05	27.61	1:00.12	2:11.03	30.52	1:06.42	2:22.64	26.26	58.66	2:09.16	1:00.05	2:11.17	4:37.77
	13	25.34	55.52	2:00.63	4:15.91	8:46.28	16:48.05	28.35	1:01.66	2:14.47	31.32	1:08.00	2:26.46	26.87	1:00.05	2:12.12	1:01.31	2:13.86	4:43.30
	12	25.84	56.73	2:03.23	4:21.54	8:57.25	17:09.05	29.09	1:03.20	2:17.90	32.11	1:09.57	2:30.28	27.48	1:01.43	2:15.08	1:02.57	2:16.54	4:48.83
	11	26.34	57.95	2:05.83	4:27.17	9:08.22	17:30.06	29.84	1:04.75	2:21.34	32.91	1:11.15	2:34.10	28.10	1:02.82	2:18.05	1:03.83	2:19.23	4:54.36
	10	27.25	1:00.00	2:10.46	4:37.31	9:30.15	18:12.08	30.78	1:06.77	2:25.81	34.00	1:13.56	2:39.34	29.06	1:04.93	2:22.81	1:05.86	2:24.25	5:05.50
	9	28.17	1:02.06	2:15.09	4:47.45	9:52.09	18:54.10	31.72	1:08.79	2:30.29	35.10	1:15.97	2:44.58	30.02	1:07.04	2:27.58	1:07.90	2:29.28	5:16.65
	8	29.08	1:04.12	2:19.72	4:57.59	10:14.10	19:36.12	32.66	1:10.81	2:34.77	36.20	1:18.38	2:49.82	30.98	1:09.16	2:32.34	1:09.94	2:34.30	5:27.80
	7	30.00	1:06.18	2:24.35	5:07.73	10:35.9	20:18.14	33.60	1:12.84	2:39.25	37.29	1:20.79	2:55.06	31.95	1:11.27	2:37.11	1:11.98	2:39.33	5:38.94
	6	30.92	1:08.24	2:28.98	5:17.87	10:57.9	21:00.17	34.54	1:14.86	2:43.73	38.39	1:23.20	3:00.30	32.91	1:13.39	2:41.87	1:14.02	2:44.35	5:50.09
	5	31.83	1:10.29	2:33.61	5:28.01	11:19.8	21:42.19	35.48	1:16.88	2:48.21	39.49	1:25.61	3:05.54	33.87	1:15.50	2:46.64	1:16.05	2:49.38	6:01.24
	4	32.75	1:12.35	2:38.24	5:38.15	11:41.7	22:24.21	36.42	1:18.91	2:52.69	40.58	1:28.02	3:10.78	34.84	1:17.61	2:51.40	1:18.09	2:54.40	6:12.38
11歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	25.34	55.52	2:00.63	4:15.91	8:46.28	16:48.05	28.35	1:01.66	2:14.47	31.32	1:08.00	2:26.46	26.87	1:00.05	2:12.12	1:01.31	2:13.86	4:43.30
	14	25.89	56.85	2:03.35	4:21.75	8:57.97	17:10.43	29.06	1:03.31	2:18.11	32.13	1:09.75	2:30.45	27.56	1:01.61	2:15.52	1:02.79	2:17.07	4:50.01
	13	26.45	58.19	2:06.08	4:27.59	9:09.66	17:32.82	29.78	1:04.97	2:21.75	32.95	1:11.50	2:34.45	28.26	1:03.18	2:18.93	1:04.28	2:20.28	4:56.72
	12	27.01	59.53	2:08.80	4:33.43	9:21.35	17:55.21	30.49	1:06.62	2:25.39	33.76	1:13.25	2:38.44	28.95	1:04.75	2:22.33	1:05.76	2:23.49	5:03.43
	11	27.57	1:00.87	2:11.53	4:39.27	9:33.04	18:17.60	31.21	1:08.28	2:29.04	34.58	1:15.00	2:42.44	29.65	1:06.32	2:25.74	1:07.25	2:26.70	5:10.15
	10	28.61	1:03.19	2:16.81	4:50.83	9:57.97	19:05.37	32.29	1:10.55	2:34.07	35.82	1:17.70	2:48.32	30.72	1:08.68	2:31.06	1:09.54	2:32.33	5:22.61
	9	29.66	1:05.52	2:22.10	5:02.39	10:22.9	19:53.14	33.37	1:12.83	2:39.11	37.06	1:20.41	2:54.20	31.80	1:11.04	2:36.38	1:11.84	2:37.96	5:35.08
	8	30.70	1:07.85	2:27.39	5:13.96	10:47.8	20:40.91	34.46	1:15.11	2:44.15	38.30	1:23.11	3:00.08	32.88	1:13.41	2:41.70	1:14.14	2:43.59	5:47.55
	7	31.75	1:10.17	2:32.68	5:25.52	11:12.7	21:28.68	35.54	1:17.38	2:49.19	39.55	1:25.82	3:05.96	33.95	1:15.77	2:47.02	1:16.44	2:49.22	6:00.01
	6	32.80	1:12.50	2:37.97	5:37.09	11:37.7	22:16.45	36.63	1:19.66	2:54.23	40.79	1:28.52	3:11.84	35.03	1:18.14	2:52.35	1:18.74	2:54.85	6:12.48
	5	33.84	1:14.83	2:43.26	5:48.65	12:02.6	23:04.22	37.71	1:21.94	2:59.26	42.03	1:31.23	3:17.72	36.11	1:20.50	2:57.67	1:21.03	3:00.48	6:24.95
10歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	27.01	59.53	2:08.80	4:33.43	9:21.35	17:55.21	30.49	1:06.62	2:25.39	33.76	1:13.25	2:38.44	28.95	1:04.75	2:22.33	1:05.76	2:23.49	5:03.43
	14	27.73	1:01.14	2:12.24	4:40.76	9:36.31	18:23.87	31.35	1:08.53	2:29.57	34.71	1:15.30	2:42.93	29.73	1:06.50	2:26.17	1:07.35	2:26.95	5:10.73
	13	28.45	1:02.76	2:15.69	4:48.09	9:51.28	18:52.53	32.22	1:10.44	2:33.75	35.66	1:17.35	2:47.43	30.52	1:08.26	2:30.02	1:08.94	2:30.42	5:18.04
	12	29.17	1:04.37	2:19.14	4:55.42	10:06.2	19:21.19	33.08	1:12.35	2:37.93	36.61	1:19.40	2:51.93	31.30	1:10.01	2:33.86	1:10.53	2:33.88	5:25.35
	11	29.89	1:05.99	2:22.59	5:02.75	10:21.2	19:49.86	33.95	1:14.27	2:42.11	37.56	1:21.46	2:56.43	32.09	1:11.77	2:37.71	1:12.13	2:37.35	5:32.66
	10	31.05	1:08.50	2:28.19	5:14.73	10:46.6	20:38.43	35.13	1:16.68	2:47.45	38.95	1:24.46	3:02.76	33.26	1:14.31	2:43.46	1:14.66	2:43.56	5:46.09
	9	32.21	1:11.01	2:33.80	5:26.72	11:12.1	21:27.00	36.31	1:19.10	2:52.79	40.34	1:27.47	3:09.09	34.44	1:16.85	2:49.21	1:17.20	2:49.78	5:59.52
	8	33.37	1:13.52	2:39.41	5:38.71	11:37.6	22:15.57	37.49	1:21.52	2:58.13	41.73	1:30.47	3:15.42	35.61	1:19.39	2:54.97	1:19.74	2:56.00	6:12.95
	7	34.54	1:16.03	2:45.01	5:50.70	12:03.1	23:04.14	38.67	1:23.94	3:03.47	43.13	1:33.48	3:21.75	36.79	1:21.93	3:00.72	1:22.28	3:02.22	6:26.38
	6	35.70	1:18.54	2:50.62	6:02.69	12:28.6	23:52.71	39.86	1:26.36	3:08.81	44.52	1:36.49	3:28.08	37.97	1:24.47	3:06.48	1:24.82	3:08.44	6:39.81
	5	36.86	1:21.05	2:56.23	6:14.67	12:54.1	24:41.28	41.04	1:28.77	3:14.15	45.91	1:39.49	3:34.41	39.14	1:27.01	3:12.23	1:27.35	3:14.65	6:53.24
9歳	級	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100m	200m	400m
	15	29.17	1:04.37	2:19.14	4:55.42	10:06.2	19:21.19	33.08	1:12.35	2:37.93	36.61	1:19.40	2:51.93	31.30	1:10.01	2:33.86	1:10.53	2:33.88	5:25.35
	14	29.61	1:05.36	2:21.26	4:59.93	10:15.4	19:38.88	33.58	1:13.44	2:40.32	37.32	1:20.95	2:55.30	31.81	1:11.15	2:36.36	1:11.56	2:36.12	5:30.07
	13	30.06	1:06.35	2:23.39	5:04.44	10:24.7	19:56.58	34.08	1:14.54	2:42.71	38.04	1:22.51	2:58.68	32.32	1:12.29	2:38.87	1:12.59	2:38.36	5:34.80
	12	30.50	1:07.34	2:25.51	5:08.95	10:33.9	20:14.27	34.58	1:15.64	2:45.10	38.76	1:24.06	3:02.05	32.83	1:13.43	2:41.37	1:13.62	2:40.60	5:39.53
	11	30.95	1:08.33	2:27.64	5:13.47	10:43.2	20:31.97	35.08	1:16.74	2:47.50	39.48	1:25.62	3:05.43	33.35	1:14.58	2:43.88	1:14.65	2:42.84	5:44.26
	10	32.37	1:11.41	2:34.50	5:28.13	11:14.2	21:31.20	36.55	1:19.78	2:54.21	41.13	1:29.20	3:12.99	34.79	1:17.70	2:50.93	1:17.80	2:50.46	6:00.67
	9	33.80	1:14.50	2:41.37	5:42.80	11:45.3	22:30.43	38.03	1:22.83	3:00.93	42.79	1:32.78	3:20.55	36.23	1:20.82	2:57.98	1:20.95	2:58.08	6:17.09
	8	35.22	1:17.58	2:48.24	5:57.47	12:16.4	23:29.67	39.50	1:25.87	3:07.64	44.45	1:36.36	3:28.11	37.67	1:23.94	3:05.03	1:24.10	3:05.70	6:33.51
	7	36.65	1:20.67	2:55.10	6:12.14	12:47.4	24:28.90	40.98	1:28.92	3:14.36	46.11	1:39.94	3:35.67	39.11	1:27.06	3:12.08	1:27.26	3:13.32	6:49.93
	6	38.08	1:23.76	3:01.97	6:26.81	13:18.5	25:28.14	42.46	1:31.97	3:21.08	47.77	1:43.53	3:43.24	40.55	1:30.19	3:19.13	1:30.41	3:20.94	7:06.35
	5	39.50	1:26.84	3:08.84	6:41.48	13:49.6	26:27.37	43.93	1:35.01	3:27.79									