

学年	区分	種目 距離	自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー	
			50	100	200	400	1500	50	100	200	50	100	200	50	100	200	200	400
高3	国体強化	強化S	22.90	0:50.07	1:50.69	3:53.68	15:22.49	-	0:55.33	2:00.80	-	1:01.97	2:14.13	-	0:53.49	1:59.40	2:02.11	4:20.63
		強化A	24.05	0:52.57	1:56.22	4:05.36	16:08.61	-	0:58.10	2:06.84	-	1:05.07	2:20.84	-	0:56.16	2:05.37	2:08.22	4:33.66
		強化B	24.50	0:53.57	1:58.44	4:10.04	16:27.06	-	0:59.20	2:09.26	-	1:06.31	2:23.52	-	0:57.23	2:07.76	2:10.66	4:38.87
		強化C	25.19	0:55.08	2:01.76	4:17.05	16:54.74	-	1:00.86	2:12.88	-	1:08.17	2:27.54	-	0:58.84	2:11.34	2:14.32	4:46.69
高2		強化S	23.15	0:50.60	1:51.57	3:54.91	15:32.31	-	0:55.77	2:01.76	-	1:02.46	2:15.19	-	0:53.91	2:00.35	2:03.41	4:22.69
		強化A	24.30	0:53.14	1:57.15	4:06.66	16:18.92	-	0:58.56	2:07.85	-	1:05.59	2:21.95	-	0:56.61	2:06.36	2:09.58	4:35.83
		強化B	24.77	0:54.15	1:59.39	4:11.35	16:37.57	-	0:59.67	2:10.28	-	1:06.84	2:24.65	-	0:57.69	2:08.77	2:12.05	4:41.08
		強化C	25.46	0:55.67	2:02.73	4:18.40	17:05.54	-	1:01.35	2:13.94	-	1:08.71	2:28.71	-	0:59.31	2:12.38	2:15.75	4:48.96
高1		強化S	23.39	0:51.14	1:52.46	3:56.14	15:42.12	-	0:56.21	2:02.72	-	1:02.96	2:16.25	-	0:54.34	2:01.29	2:04.71	4:24.76
		強化A	24.56	0:53.70	1:58.08	4:07.95	16:29.23	-	0:59.02	2:08.86	-	1:06.11	2:23.06	-	0:57.06	2:07.35	2:10.95	4:38.00
		強化B	25.03	0:54.72	2:00.33	4:12.67	16:48.07	-	1:00.14	2:11.31	-	1:07.37	2:25.79	-	0:58.14	2:09.78	2:13.44	4:43.29
		強化C	25.73	0:56.25	2:03.71	4:19.75	17:16.33	-	1:01.83	2:14.99	-	1:09.26	2:29.88	-	0:59.77	2:13.42	2:17.18	4:51.24
中3		強化S	23.92	0:52.36	1:54.31	4:02.01	16:05.80	-	0:57.14	2:04.73	-	1:03.99	2:18.11	-	0:55.24	2:03.28	2:06.42	4:29.10
		強化A	25.12	0:54.98	2:00.03	4:14.11	16:54.10	-	1:00.00	2:10.97	-	1:07.19	2:25.01	-	0:58.00	2:09.44	2:12.74	4:42.56
		強化B	25.59	0:56.03	2:02.31	4:18.95	17:13.41	-	1:01.14	2:13.46	-	1:08.47	2:27.77	-	0:59.10	2:11.91	2:15.26	4:47.94
		強化C	26.31	0:57.60	2:05.74	4:26.21	17:42.39	-	1:02.85	2:17.20	-	1:10.39	2:31.92	-	1:00.76	2:15.61	2:19.06	4:56.01
中2	強化S	24.45	0:53.58	1:56.16	4:07.88	16:29.49	-	0:58.07	2:06.74	-	1:05.03	2:19.96	-	0:56.13	2:05.27	2:08.12	4:33.44	
	強化A	25.67	0:56.26	2:01.97	4:20.27	17:18.96	-	1:00.97	2:13.08	-	1:08.28	2:26.96	-	0:58.94	2:11.53	2:14.53	4:47.11	
	強化B	26.16	0:57.33	2:04.29	4:25.23	17:38.75	-	1:02.13	2:15.61	-	1:09.58	2:29.76	-	1:00.06	2:14.04	2:17.09	4:52.58	
	強化C	26.90	0:58.94	2:07.78	4:32.67	18:08.44	-	1:03.88	2:19.41	-	1:11.53	2:33.96	-	1:01.74	2:17.80	2:20.93	5:00.78	
中1	強化S	25.62	0:55.80	2:02.24	4:18.21	-	-	1:02.93	2:16.50	-	1:08.69	2:29.15	-	0:59.84	2:15.02	2:16.59	4:50.17	
	強化A	26.90	0:58.59	2:08.35	4:31.12	-	-	1:06.08	2:23.33	-	1:12.12	2:36.61	-	1:02.83	2:21.77	2:23.42	5:04.68	
	強化B	27.41	0:59.71	2:10.80	4:36.28	-	-	1:07.34	2:26.05	-	1:13.50	2:39.59	-	1:04.03	2:24.47	2:26.15	5:10.48	
	強化C	28.18	1:01.38	2:14.46	4:44.03	-	-	1:09.22	2:30.15	-	1:15.56	2:44.06	-	1:05.82	2:28.52	2:30.25	5:19.19	
小6	強化S	27.11	0:59.22	2:08.80	-	-	31.20	1:07.66	-	33.69	1:13.08	-	28.90	1:04.50	-	2:24.87	-	
	強化A	28.47	1:02.18	2:15.24	-	-	32.76	1:11.04	-	35.37	1:16.73	-	30.35	1:07.73	-	2:32.11	-	
	強化B	29.01	1:03.37	2:17.82	-	-	33.38	1:12.40	-	36.05	1:18.20	-	30.92	1:09.02	-	2:35.01	-	
	強化C	29.82	1:05.14	2:21.68	-	-	34.32	1:14.43	-	37.06	1:20.39	-	31.79	1:10.95	-	2:39.36	-	
小5	強化S	28.51	1:02.67	2:15.25	-	-	32.67	1:10.93	-	35.60	1:17.77	-	30.48	1:08.34	-	2:31.06	-	
	強化A	29.94	1:05.80	2:22.01	-	-	34.30	1:14.48	-	37.38	1:21.66	-	32.00	1:11.76	-	2:38.61	-	
	強化B	30.51	1:07.06	2:24.72	-	-	34.96	1:15.90	-	38.09	1:23.21	-	32.61	1:13.12	-	2:41.63	-	
	強化C	31.36	1:08.94	2:28.77	-	-	35.94	1:18.02	-	39.16	1:25.55	-	33.53	1:15.17	-	2:46.17	-	
小4	強化S	30.51	-	-	-	-	35.20	-	-	38.72	-	-	32.55	-	-	2:41.95	-	
	強化A	32.04	-	-	-	-	36.96	-	-	40.66	-	-	34.18	-	-	2:50.05	-	
	強化B	32.65	-	-	-	-	37.66	-	-	41.43	-	-	34.83	-	-	2:53.29	-	
	強化C	33.56	-	-	-	-	38.72	-	-	42.59	-	-	35.81	-	-	2:58.14	-	

学年	区分	種目	自由形					背泳ぎ			平泳ぎ			バタフライ			個人メドレー	
			距離	50	100	200	400	800	50	100	200	50	100	200	50	100	200	200
高3	国体強化	強化S	25.60	00:55.83	02:01.85	04:13.99	08:41.44	-	01:01.77	02:13.14	-	01:08.99	02:27.98	-	00:59.30	02:12.16	02:14.88	04:45.95
		強化A	26.88	00:58.62	02:07.94	04:26.69	09:07.51	-	01:04.86	02:19.80	-	01:12.44	02:35.38	-	01:02.27	02:18.77	02:21.62	05:00.25
		強化B	27.39	00:59.74	02:10.38	04:31.77	09:17.94	-	01:06.09	02:22.46	-	01:13.82	02:38.34	-	01:03.45	02:21.41	02:24.32	05:05.97
		強化C	28.16	01:01.41	02:14.04	04:39.39	09:33.58	-	01:07.95	02:26.45	-	01:15.89	02:42.78	-	01:05.23	02:25.38	02:28.37	05:14.54
高2		強化S	25.81	00:56.13	02:02.17	04:15.33	08:44.18	-	01:02.26	02:14.19	-	01:09.54	02:29.14	-	00:59.77	02:12.85	02:15.94	04:47.44
		強化A	27.10	00:58.94	02:08.28	04:28.09	09:10.39	-	01:05.37	02:20.90	-	01:13.01	02:36.60	-	01:02.76	02:19.49	02:22.74	05:01.81
		強化B	27.61	01:00.06	02:10.72	04:33.20	09:20.88	-	01:06.62	02:23.58	-	01:14.40	02:39.58	-	01:03.95	02:22.15	02:25.46	05:07.56
		強化C	28.39	01:01.74	02:14.39	04:40.86	09:36.60	-	01:08.49	02:27.61	-	01:16.49	02:44.05	-	01:05.75	02:26.14	02:29.54	05:16.18
高1		強化S	26.01	00:56.43	02:02.49	04:16.66	08:46.93	-	01:02.75	02:15.24	-	01:10.08	02:30.30	-	01:00.24	02:13.54	02:17.01	04:48.93
		強化A	27.31	00:59.25	02:08.61	04:29.49	09:13.28	-	01:05.89	02:22.00	-	01:13.58	02:37.81	-	01:03.25	02:20.22	02:23.86	05:03.38
		強化B	27.83	01:00.38	02:11.06	04:34.63	09:23.82	-	01:07.14	02:24.71	-	01:14.99	02:40.82	-	01:04.46	02:22.89	02:26.60	05:09.16
		強化C	28.61	01:02.07	02:14.74	04:42.33	09:39.62	-	01:09.03	02:28.76	-	01:17.09	02:45.33	-	01:06.26	02:26.89	02:30.71	05:17.82
中3	強化S	26.22	00:57.04	02:04.49	04:20.85	08:55.52	-	01:03.26	02:16.32	-	01:10.65	02:31.91	-	01:00.73	02:14.24	02:18.11	04:51.22	
	強化A	27.53	00:59.89	02:10.71	04:33.89	09:22.30	-	01:06.42	02:23.14	-	01:14.18	02:39.51	-	01:03.77	02:20.96	02:25.02	05:05.78	
	強化B	28.06	01:01.03	02:13.20	04:39.10	09:33.01	-	01:07.68	02:25.87	-	01:15.60	02:42.54	-	01:04.98	02:23.64	02:27.78	05:11.61	
	強化C	28.84	01:02.74	02:16.94	04:46.93	09:49.07	-	01:09.58	02:29.96	-	01:17.72	02:47.10	-	01:06.80	02:27.67	02:31.92	05:20.34	
中2	強化S	26.43	00:57.65	02:06.49	04:25.03	09:04.11	-	01:03.76	02:17.41	-	01:11.22	02:33.52	-	01:01.22	02:14.95	02:19.21	04:53.51	
	強化A	27.75	01:00.53	02:12.81	04:38.28	09:31.32	-	01:06.95	02:24.28	-	01:14.78	02:41.20	-	01:04.28	02:21.70	02:26.17	05:08.19	
	強化B	28.28	01:01.69	02:15.34	04:43.58	09:42.20	-	01:08.22	02:27.03	-	01:16.21	02:44.27	-	01:05.51	02:24.40	02:28.95	05:14.06	
	強化C	29.07	01:03.42	02:19.14	04:51.53	09:58.52	-	01:10.14	02:31.15	-	01:18.34	02:48.87	-	01:07.34	02:28.44	02:33.13	05:22.86	
中1	強化S	27.55	00:59.74	02:09.59	04:31.59	-	-	01:06.88	02:22.50	-	01:14.13	02:38.66	-	01:04.33	02:22.86	02:24.08	05:04.07	
	強化A	28.93	01:02.73	02:16.07	04:45.17	-	-	01:10.22	02:29.63	-	01:17.84	02:46.59	-	01:07.55	02:30.00	02:31.28	05:19.27	
	強化B	29.48	01:03.92	02:18.66	04:50.60	-	-	01:11.56	02:32.47	-	01:19.32	02:49.77	-	01:08.83	02:32.86	02:34.17	05:25.35	
	強化C	30.31	01:05.71	02:22.55	04:58.75	-	-	01:13.57	02:36.75	-	01:21.54	02:54.53	-	01:10.76	02:37.15	02:38.49	05:34.48	
小6	ジュニア強化	強化S	28.25	01:01.36	02:11.87	-	-	32.12	01:09.16	-	35.30	01:16.52	-	30.02	01:06.77	-	02:28.97	-
	強化A	29.66	01:04.43	02:18.46	-	-	33.73	01:12.62	-	37.07	01:20.35	-	31.52	01:10.11	-	02:36.42	-	
	強化B	30.23	01:05.66	02:21.10	-	-	34.37	01:14.00	-	37.77	01:21.88	-	32.12	01:11.44	-	02:39.40	-	
	強化C	31.08	01:07.50	02:25.06	-	-	35.33	01:16.08	-	38.83	01:24.17	-	33.02	01:13.45	-	02:43.87	-	
小5	強化S	28.84	01:03.22	02:16.26	-	-	32.88	01:11.12	-	36.16	01:18.73	-	30.63	01:08.61	-	02:32.77	-	
	強化A	30.28	01:06.38	02:23.07	-	-	34.52	01:14.68	-	37.97	01:22.67	-	32.16	01:12.04	-	02:40.41	-	
	強化B	30.86	01:07.65	02:25.80	-	-	35.18	01:16.10	-	38.69	01:24.24	-	32.77	01:13.41	-	02:43.46	-	
	強化C	31.72	01:09.54	02:29.89	-	-	36.17	01:18.23	-	39.78	01:26.60	-	33.69	01:15.47	-	02:48.05	-	
小4	強化S	30.58	-	-	-	-	35.02	-	-	38.54	-	-	32.64	-	-	02:42.01	-	
	強化A	32.11	-	-	-	-	36.77	-	-	40.47	-	-	34.27	-	-	02:50.11	-	
	強化B	32.72	-	-	-	-	37.47	-	-	41.24	-	-	34.92	-	-	02:53.35	-	
	強化C	33.64	-	-	-	-	38.52	-	-	42.39	-	-	35.90	-	-	02:58.21	-	