

| 学年 | 区分   | 種目<br>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      | 22.78   | 0:50.04 | 1:49.50 | 3:52.38  | 15:20.07 | -       | 0:55.41 | 2:00.90 | -       | 1:01.93 | 2:12.90 | -       | 0:53.82 | 1:59.05 | 2:00.83 | 4:13.98 |
|    |      | 強化A      | 23.92   | 0:52.54 | 1:54.98 | 4:04.00  | 16:06.07 | -       | 0:58.18 | 2:06.94 | -       | 1:05.03 | 2:19.54 | -       | 0:56.51 | 2:05.00 | 2:06.87 | 4:26.68 |
|    |      | 強化B      | 24.37   | 0:53.54 | 1:57.16 | 4:08.65  | 16:24.47 | -       | 0:59.29 | 2:09.36 | -       | 1:06.27 | 2:22.20 | -       | 0:57.59 | 2:07.38 | 2:09.29 | 4:31.76 |
|    |      | 強化C      | 25.06   | 0:55.04 | 2:00.45 | 4:15.62  | 16:52.08 | -       | 1:00.95 | 2:12.99 | -       | 1:08.12 | 2:26.19 | -       | 0:59.20 | 2:10.96 | 2:12.91 | 4:39.38 |
| 高2 |      | 強化S      | 23.02   | 0:50.30 | 1:50.35 | 3:54.18  | 15:27.15 | -       | 0:56.14 | 2:02.83 | -       | 1:02.42 | 2:13.24 | -       | 0:54.10 | 2:00.30 | 2:02.42 | 4:19.33 |
|    |      | 強化A      | 24.17   | 0:52.81 | 1:55.87 | 4:05.88  | 16:13.50 | -       | 0:58.95 | 2:08.97 | -       | 1:05.54 | 2:19.91 | -       | 0:56.81 | 2:06.31 | 2:08.54 | 4:32.30 |
|    |      | 強化B      | 24.63   | 0:53.82 | 1:58.07 | 4:10.57  | 16:32.05 | -       | 1:00.07 | 2:11.43 | -       | 1:06.79 | 2:22.57 | -       | 0:57.89 | 2:08.72 | 2:10.99 | 4:37.48 |
|    |      | 強化C      | 25.32   | 0:55.32 | 2:01.39 | 4:17.59  | 16:59.86 | -       | 1:01.75 | 2:15.11 | -       | 1:08.66 | 2:26.57 | -       | 0:59.51 | 2:12.33 | 2:14.66 | 4:45.26 |
| 高1 |      | 強化S      | 23.26   | 0:50.55 | 1:51.20 | 3:55.97  | 15:34.22 | -       | 0:56.87 | 2:04.76 | -       | 1:02.91 | 2:13.59 | -       | 0:54.38 | 2:01.55 | 2:04.01 | 4:24.68 |
|    |      | 強化A      | 24.42   | 0:53.08 | 1:56.76 | 4:07.77  | 16:20.93 | -       | 0:59.71 | 2:11.00 | -       | 1:06.06 | 2:20.27 | -       | 0:57.10 | 2:07.63 | 2:10.21 | 4:37.91 |
|    |      | 強化B      | 24.89   | 0:54.09 | 1:58.98 | 4:12.49  | 16:39.62 | -       | 1:00.85 | 2:13.49 | -       | 1:07.31 | 2:22.94 | -       | 0:58.19 | 2:10.06 | 2:12.69 | 4:43.21 |
|    |      | 強化C      | 25.59   | 0:55.61 | 2:02.32 | 4:19.57  | 17:07.64 | -       | 1:02.56 | 2:17.24 | -       | 1:09.20 | 2:26.95 | -       | 0:59.82 | 2:13.71 | 2:16.41 | 4:51.15 |
| 中3 |      | 強化S      | 23.77   | 0:51.94 | 1:53.60 | 4:02.39  | 16:04.85 | -       | 0:57.80 | 2:05.77 | -       | 1:03.76 | 2:15.00 | -       | 0:55.12 | 2:03.19 | 2:05.68 | 4:29.00 |
|    |      | 強化A      | 24.96   | 0:54.53 | 1:59.29 | 4:14.50  | 16:53.09 | -       | 1:00.68 | 2:12.06 | -       | 1:06.95 | 2:21.76 | -       | 0:57.87 | 2:09.35 | 2:11.97 | 4:42.44 |
|    |      | 強化B      | 25.43   | 0:55.57 | 2:01.56 | 4:19.35  | 17:12.39 | -       | 1:01.84 | 2:14.57 | -       | 1:08.22 | 2:24.46 | -       | 0:58.97 | 2:11.82 | 2:14.48 | 4:47.82 |
|    |      | 強化C      | 26.15   | 0:57.13 | 2:04.97 | 4:26.62  | 17:41.34 | -       | 1:03.57 | 2:18.35 | -       | 1:10.14 | 2:28.51 | -       | 1:00.63 | 2:15.51 | 2:18.25 | 4:55.89 |
| 中2 | 強化S  | 24.28    | 0:53.32 | 1:56.01 | 4:08.80 | 16:35.48 | -        | 0:58.72 | 2:06.78 | -       | 1:04.61 | 2:16.42 | -       | 0:55.85 | 2:04.84 | 2:07.36 | 4:33.31 |         |
|    | 強化A  | 25.49    | 0:55.99 | 2:01.81 | 4:21.24 | 17:25.25 | -        | 1:01.66 | 2:13.12 | -       | 1:07.84 | 2:23.24 | -       | 0:58.64 | 2:11.08 | 2:13.73 | 4:46.98 |         |
|    | 強化B  | 25.98    | 0:57.05 | 2:04.13 | 4:26.22 | 17:45.16 | -        | 1:02.83 | 2:15.65 | -       | 1:09.13 | 2:25.97 | -       | 0:59.76 | 2:13.58 | 2:16.28 | 4:52.44 |         |
|    | 強化C  | 26.71    | 0:58.65 | 2:07.61 | 4:33.68 | 18:15.03 | -        | 1:04.59 | 2:19.46 | -       | 1:11.07 | 2:30.06 | -       | 1:01.44 | 2:17.32 | 2:20.10 | 5:00.64 |         |
| 中1 | 強化S  | 25.86    | 0:55.83 | 2:01.84 | 4:16.61 | -        | -        | 1:03.16 | 2:16.50 | -       | 1:08.69 | 2:28.35 | -       | 1:00.12 | 2:14.22 | 2:16.19 | 4:48.57 |         |
|    | 強化A  | 27.15    | 0:58.62 | 2:07.93 | 4:29.44 | -        | -        | 1:06.32 | 2:23.33 | -       | 1:12.12 | 2:35.77 | -       | 1:03.13 | 2:20.93 | 2:23.00 | 5:03.00 |         |
|    | 強化B  | 27.67    | 0:59.74 | 2:10.37 | 4:34.57 | -        | -        | 1:07.58 | 2:26.05 | -       | 1:13.50 | 2:38.73 | -       | 1:04.33 | 2:23.62 | 2:25.72 | 5:08.77 |         |
|    | 強化C  | 28.45    | 1:01.41 | 2:14.02 | 4:42.27 | -        | -        | 1:09.48 | 2:30.15 | -       | 1:15.56 | 2:43.18 | -       | 1:06.13 | 2:27.64 | 2:29.81 | 5:17.43 |         |
| 小6 | 強化S  | 27.11    | 0:59.02 | 2:08.00 | -       | -        | 31.20    | 1:07.46 | -       | 33.59   | 1:12.88 | -       | 28.96   | 1:04.30 | -       | 2:24.07 | -       |         |
|    | 強化A  | 28.47    | 1:01.97 | 2:14.40 | -       | -        | 32.76    | 1:10.83 | -       | 35.27   | 1:16.52 | -       | 30.41   | 1:07.52 | -       | 2:31.27 | -       |         |
|    | 強化B  | 29.01    | 1:03.15 | 2:16.96 | -       | -        | 33.38    | 1:12.18 | -       | 35.94   | 1:17.98 | -       | 30.99   | 1:08.80 | -       | 2:34.15 | -       |         |
|    | 強化C  | 29.82    | 1:04.92 | 2:20.80 | -       | -        | 34.32    | 1:14.21 | -       | 36.95   | 1:20.17 | -       | 31.86   | 1:10.73 | -       | 2:38.48 | -       |         |
| 小5 | 強化S  | 28.41    | 1:02.27 | 2:14.45 | -       | -        | 32.57    | 1:10.53 | -       | 35.40   | 1:17.57 | -       | 30.38   | 1:07.94 | -       | 2:30.26 | -       |         |
|    | 強化A  | 29.83    | 1:05.38 | 2:21.17 | -       | -        | 34.20    | 1:14.06 | -       | 37.17   | 1:21.45 | -       | 31.90   | 1:11.34 | -       | 2:37.77 | -       |         |
|    | 強化B  | 30.40    | 1:06.63 | 2:23.86 | -       | -        | 34.85    | 1:15.47 | -       | 37.88   | 1:23.00 | -       | 32.51   | 1:12.70 | -       | 2:40.78 | -       |         |
|    | 強化C  | 31.25    | 1:08.50 | 2:27.89 | -       | -        | 35.83    | 1:17.58 | -       | 38.94   | 1:25.33 | -       | 33.42   | 1:14.73 | -       | 2:45.29 | -       |         |
| 小4 | 強化S  | 30.51    | -       | -       | -       | -        | 35.10    | -       | -       | 38.62   | -       | -       | 32.55   | -       | -       | 2:41.15 | -       |         |
|    | 強化A  | 32.04    | -       | -       | -       | -        | 36.86    | -       | -       | 40.55   | -       | -       | 34.18   | -       | -       | 2:49.21 | -       |         |
|    | 強化B  | 32.65    | -       | -       | -       | -        | 37.56    | -       | -       | 41.32   | -       | -       | 34.83   | -       | -       | 2:52.43 | -       |         |
|    | 強化C  | 33.56    | -       | -       | -       | -        | 38.61    | -       | -       | 42.48   | -       | -       | 35.81   | -       | -       | 2:57.26 | -       |         |

| 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   | 25.58    | 00:55.58 | 02:00.52 | 04:14.13 | 08:38.59 | -        | 01:01.43 | 02:12.00 | -        | 01:08.33 | 02:25.45 | -        | 00:59.70 | 02:11.60 | 02:13.77 | 04:44.19 |
|    |        | 強化A   | 26.86    | 00:58.36 | 02:06.55 | 04:26.84 | 09:04.52 | -        | 01:04.50 | 02:18.60 | -        | 01:11.75 | 02:32.72 | -        | 01:02.68 | 02:18.18 | 02:20.46 | 04:58.40 |
|    |        | 強化B   | 27.37    | 00:59.47 | 02:08.96 | 04:31.92 | 09:14.89 | -        | 01:05.73 | 02:21.24 | -        | 01:13.11 | 02:35.63 | -        | 01:03.88 | 02:20.81 | 02:23.13 | 05:04.08 |
|    |        | 強化C   | 28.14    | 01:01.14 | 02:12.57 | 04:39.54 | 09:30.45 | -        | 01:07.57 | 02:25.20 | -        | 01:15.16 | 02:40.00 | -        | 01:05.67 | 02:24.76 | 02:27.15 | 05:12.61 |
| 高2 |        | 強化S   | 25.78    | 00:56.01 | 02:01.45 | 04:16.77 | 08:46.70 | -        | 01:02.07 | 02:13.36 | -        | 01:08.86 | 02:26.95 | -        | 01:00.01 | 02:12.28 | 02:14.11 | 04:44.92 |
|    |        | 強化A   | 27.06    | 00:58.81 | 02:07.53 | 04:29.61 | 09:13.03 | -        | 01:05.17 | 02:20.03 | -        | 01:12.30 | 02:34.29 | -        | 01:03.01 | 02:18.89 | 02:20.82 | 04:59.16 |
|    |        | 強化B   | 27.58    | 00:59.93 | 02:09.96 | 04:34.75 | 09:23.56 | -        | 01:06.41 | 02:22.70 | -        | 01:13.68 | 02:37.23 | -        | 01:04.21 | 02:21.54 | 02:23.50 | 05:04.86 |
|    |        | 強化C   | 28.35    | 01:01.61 | 02:13.60 | 04:42.45 | 09:39.36 | -        | 01:08.27 | 02:26.70 | -        | 01:15.75 | 02:41.64 | -        | 01:06.01 | 02:25.51 | 02:27.53 | 05:13.41 |
| 高1 |        | 強化S   | 25.97    | 00:56.44 | 02:02.39 | 04:19.42 | 08:54.80 | -        | 01:02.70 | 02:14.72 | -        | 01:09.39 | 02:28.44 | -        | 01:00.32 | 02:12.96 | 02:14.46 | 04:45.64 |
|    |        | 強化A   | 27.27    | 00:59.26 | 02:08.51 | 04:32.39 | 09:21.54 | -        | 01:05.84 | 02:21.46 | -        | 01:12.86 | 02:35.86 | -        | 01:03.34 | 02:19.61 | 02:21.18 | 04:59.92 |
|    |        | 強化B   | 27.79    | 01:00.39 | 02:10.96 | 04:37.58 | 09:32.24 | -        | 01:07.09 | 02:24.15 | -        | 01:14.25 | 02:38.83 | -        | 01:04.54 | 02:22.27 | 02:23.87 | 05:05.63 |
|    |        | 強化C   | 28.57    | 01:02.08 | 02:14.63 | 04:45.36 | 09:48.28 | -        | 01:08.97 | 02:28.19 | -        | 01:16.33 | 02:43.28 | -        | 01:06.35 | 02:26.26 | 02:27.91 | 05:14.20 |
| 中3 |        | 強化S   | 26.25    | 00:57.04 | 02:02.71 | 04:20.10 | 08:56.20 | -        | 01:03.03 | 02:16.14 | -        | 01:10.68 | 02:31.20 | -        | 01:00.80 | 02:13.65 | 02:16.60 | 04:48.62 |
|    |        | 強化A   | 27.56    | 00:59.89 | 02:08.85 | 04:33.11 | 09:23.01 | -        | 01:06.18 | 02:22.94 | -        | 01:14.22 | 02:38.76 | -        | 01:03.84 | 02:20.34 | 02:23.42 | 05:03.05 |
|    |        | 強化B   | 28.08    | 01:01.03 | 02:11.30 | 04:38.31 | 09:33.73 | -        | 01:07.44 | 02:25.66 | -        | 01:15.63 | 02:41.78 | -        | 01:05.06 | 02:23.01 | 02:26.16 | 05:08.82 |
|    |        | 強化C   | 28.87    | 01:02.74 | 02:14.98 | 04:46.11 | 09:49.82 | -        | 01:09.33 | 02:29.75 | -        | 01:17.75 | 02:46.32 | -        | 01:06.88 | 02:27.02 | 02:30.25 | 05:17.48 |
| 中2 | 強化S    | 26.52 | 00:57.64 | 02:03.03 | 04:20.78 | 08:57.60 | -        | 01:03.36 | 02:17.55 | -        | 01:11.98 | 02:33.96 | -        | 01:01.28 | 02:14.35 | 02:18.73 | 04:51.59 |          |
|    | 強化A    | 27.85 | 01:00.52 | 02:09.18 | 04:33.82 | 09:24.48 | -        | 01:06.53 | 02:24.43 | -        | 01:15.58 | 02:41.66 | -        | 01:04.34 | 02:21.07 | 02:25.67 | 05:06.17 |          |
|    | 強化B    | 28.38 | 01:01.67 | 02:11.64 | 04:39.03 | 09:35.23 | -        | 01:07.80 | 02:27.18 | -        | 01:17.02 | 02:44.74 | -        | 01:05.57 | 02:23.75 | 02:28.44 | 05:12.00 |          |
|    | 強化C    | 29.17 | 01:03.40 | 02:15.33 | 04:46.86 | 09:51.36 | -        | 01:09.70 | 02:31.31 | -        | 01:19.18 | 02:49.36 | -        | 01:07.41 | 02:27.79 | 02:32.60 | 05:20.75 |          |
| 中1 | 強化S    | 27.55 | 00:59.74 | 02:08.79 | 04:29.99 | -        | -        | 01:06.68 | 02:22.10 | -        | 01:14.13 | 02:38.26 | -        | 01:04.33 | 02:22.06 | 02:23.36 | 05:02.87 |          |
|    | 強化A    | 28.93 | 01:02.73 | 02:15.23 | 04:43.49 | -        | -        | 01:10.01 | 02:29.21 | -        | 01:17.84 | 02:46.17 | -        | 01:07.55 | 02:29.16 | 02:30.53 | 05:18.01 |          |
|    | 強化B    | 29.48 | 01:03.92 | 02:17.81 | 04:48.89 | -        | -        | 01:11.35 | 02:32.05 | -        | 01:19.32 | 02:49.34 | -        | 01:08.83 | 02:32.00 | 02:33.40 | 05:24.07 |          |
|    | 強化C    | 30.31 | 01:05.71 | 02:21.67 | 04:56.99 | -        | -        | 01:13.35 | 02:36.31 | -        | 01:21.54 | 02:54.09 | -        | 01:10.76 | 02:36.27 | 02:37.70 | 05:33.16 |          |
| 小6 | ジュニア強化 | 強化S   | 28.25    | 01:01.36 | 02:11.87 | -        | -        | 32.02    | 01:08.76 | -        | 35.50    | 01:16.32 | -        | 30.02    | 01:06.37 | -        | 02:28.17 | -        |
|    | 強化A    | 29.66 | 01:04.43 | 02:18.46 | -        | -        | 33.62    | 01:12.20 | -        | 37.28    | 01:20.14 | -        | 31.52    | 01:09.69 | -        | 02:35.58 | -        |          |
|    | 強化B    | 30.23 | 01:05.66 | 02:21.10 | -        | -        | 34.26    | 01:13.57 | -        | 37.99    | 01:21.66 | -        | 32.12    | 01:11.02 | -        | 02:38.54 | -        |          |
|    | 強化C    | 31.08 | 01:07.50 | 02:25.06 | -        | -        | 35.22    | 01:15.64 | -        | 39.05    | 01:23.95 | -        | 33.02    | 01:13.01 | -        | 02:42.99 | -        |          |
| 小5 | 強化S    | 28.84 | 01:03.02 | 02:15.86 | -        | -        | 32.88    | 01:10.92 | -        | 36.36    | 01:18.53 | -        | 30.63    | 01:08.41 | -        | 02:31.97 | -        |          |
|    | 強化A    | 30.28 | 01:06.17 | 02:22.65 | -        | -        | 34.52    | 01:14.47 | -        | 38.18    | 01:22.46 | -        | 32.16    | 01:11.83 | -        | 02:39.57 | -        |          |
|    | 強化B    | 30.86 | 01:07.43 | 02:25.37 | -        | -        | 35.18    | 01:15.88 | -        | 38.91    | 01:24.03 | -        | 32.77    | 01:13.20 | -        | 02:42.61 | -        |          |
|    | 強化C    | 31.72 | 01:09.32 | 02:29.45 | -        | -        | 36.17    | 01:18.01 | -        | 40.00    | 01:26.38 | -        | 33.69    | 01:15.25 | -        | 02:47.17 | -        |          |
| 小4 | 強化S    | 30.58 | -        | -        | -        | -        | 34.92    | -        | -        | 38.91    | -        | -        | 32.81    | -        | -        | 02:41.21 | -        |          |
|    | 強化A    | 32.11 | -        | -        | -        | -        | 36.67    | -        | -        | 40.86    | -        | -        | 34.45    | -        | -        | 02:49.27 | -        |          |
|    | 強化B    | 32.72 | -        | -        | -        | -        | 37.36    | -        | -        | 41.63    | -        | -        | 35.11    | -        | -        | 02:52.49 | -        |          |
|    | 強化C    | 33.64 | -        | -        | -        | -        | 38.41    | -        | -        | 42.80    | -        | -        | 36.09    | -        | -        | 02:57.33 | -        |          |