

(公財) 日本水泳連盟 泳力検定基準表

|    |                   | 内 容                  | 種 目         | 6才以下   | 7~8才   | 9~10才  | 11~12才 | 13~14才 | 15~19才 | 20~29才 | 30~39才 | 40~49才 | 50~59才 | 60~69才 | 70才以上  |
|----|-------------------|----------------------|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 女  | 1級                | 200m個人メドレーを標準記録以内で完泳 | 200m 個人メドレー | 4.58.0 | 4.31.0 | 3.49.0 | 3.28.0 | 3.13.0 | 3.05.0 | 4.00.0 | 4.10.0 | 4.20.0 | 4.30.0 | 4.45.0 | 5.02.0 |
|    | 2級                | 100m個人メドレーを標準記録以内で完泳 | 100m 個人メドレー | 2.30.0 | 2.16.0 | 2.03.0 | 1.48.0 | 1.39.0 | 1.32.0 | 1.50.0 | 2.00.0 | 2.10.0 | 2.20.0 | 2.40.0 | 2.45.0 |
|    | 3級                | 4泳法中の1泳法を標準記録内で完泳    | 50m バタフライ   | 1.16.0 | 1.08.0 | 1.00.0 | .52.0  | .48.0  | .44.0  | .50.0  | .55.0  | 1.00.0 | 1.05.0 | 1.15.0 | 1.30.0 |
|    |                   |                      | 50m 平 泳 ぎ   | 1.28.0 | 1.20.0 | 1.11.0 | 1.01.0 | .56.0  | .51.0  | .59.0  | 1.04.0 | 1.09.0 | 1.14.0 | 1.24.0 | 1.27.0 |
|    |                   |                      | 50m ク ロ ー ル | 1.11.0 | 1.03.0 | .56.0  | .49.0  | .44.0  | .41.0  | .47.0  | .52.0  | .57.0  | 1.02.0 | 1.07.0 | 1.12.0 |
|    |                   |                      | 50m 背 泳 ぎ   | 1.20.0 | 1.12.0 | 1.04.0 | .55.0  | .51.0  | .46.0  | .53.0  | .58.0  | 1.03.0 | 1.08.0 | 1.13.0 | 1.22.0 |
|    | 4級                | 4泳法中の1泳法を標準記録内で完泳    | 25m バタフライ   | .39.0  | .33.0  | .29.0  | .25.0  | .24.0  | .22.0  | .25.0  | .27.0  | .29.0  | .32.0  | .37.0  | .48.0  |
|    |                   |                      | 25m 平 泳 ぎ   | .44.0  | .39.0  | .35.0  | .30.0  | .27.0  | .25.0  | .29.0  | .31.0  | .34.0  | .36.0  | .41.0  | .43.0  |
|    |                   |                      | 25m ク ロ ー ル | .35.0  | .31.0  | .27.0  | .24.0  | .22.0  | .20.0  | .23.0  | .25.0  | .28.0  | .30.0  | .33.0  | .36.0  |
|    |                   |                      | 25m 背 泳 ぎ   | .40.0  | .35.0  | .31.0  | .27.0  | .25.0  | .23.0  | .26.0  | .28.0  | .31.0  | .33.0  | .36.0  | .41.0  |
|    | 5級                | 4泳法中の1泳法を標準記録内で完泳    | 25m バタフライ   | .48.0  | .43.0  | .38.0  | .33.0  | .30.0  | .27.0  | .31.0  | .34.0  | .37.0  | .40.0  | .45.0  | .58.0  |
|    |                   |                      | 25m 平 泳 ぎ   | .49.0  | .44.0  | .39.0  | .34.0  | .31.0  | .28.0  | .32.0  | .35.0  | .38.0  | .41.0  | .46.0  | .49.0  |
|    |                   |                      | 25m ク ロ ー ル | .40.0  | .35.0  | .31.0  | .27.0  | .24.0  | .23.0  | .26.0  | .29.0  | .31.0  | .34.0  | .37.0  | .40.0  |
|    |                   |                      | 25m 背 泳 ぎ   | .45.0  | .40.0  | .35.0  | .30.0  | .28.0  | .25.0  | .29.0  | .32.0  | .35.0  | .37.0  | .40.0  | .45.0  |
| 6級 | 4泳法中の1泳法を標準記録内で完泳 | 25m バタフライ            | .53.0       | .48.0  | .43.0  | .38.0  | .35.0  | .32.0  | .36.0  | .39.0  | .42.0  | .45.0  | .50.0  | 1.03.0 |        |
|    |                   | 25m 平 泳 ぎ            | .54.0       | .49.0  | .44.0  | .39.0  | .36.0  | .33.0  | .37.0  | .40.0  | .43.0  | .46.0  | .51.0  | .54.0  |        |
|    |                   | 25m ク ロ ー ル          | .45.0       | .40.0  | .36.0  | .32.0  | .29.0  | .28.0  | .31.0  | .34.0  | .36.0  | .39.0  | .42.0  | .45.0  |        |
|    |                   | 25m 背 泳 ぎ            | .50.0       | .45.0  | .40.0  | .35.0  | .33.0  | .30.0  | .34.0  | .37.0  | .40.0  | .42.0  | .45.0  | .50.0  |        |
| 7級 | 4泳法中の1泳法を標準記録内で完泳 | 25m バタフライ            | .58.0       | .53.0  | .48.0  | .43.0  | .40.0  | .37.0  | .41.0  | .44.0  | .47.0  | .50.0  | .55.0  | 1.08.0 |        |
|    |                   | 25m 平 泳 ぎ            | .59.0       | .54.0  | .49.0  | .44.0  | .41.0  | .38.0  | .42.0  | .45.0  | .48.0  | .51.0  | .56.0  | .59.0  |        |
|    |                   | 25m ク ロ ー ル          | .50.0       | .45.0  | .41.0  | .37.0  | .34.0  | .33.0  | .36.0  | .39.0  | .41.0  | .44.0  | .47.0  | .50.0  |        |
|    |                   | 25m 背 泳 ぎ            | .55.0       | .50.0  | .45.0  | .40.0  | .38.0  | .35.0  | .39.0  | .42.0  | .45.0  | .47.0  | .50.0  | .55.0  |        |
| 子  | 1級                | 200m個人メドレーを標準記録以内で完泳 | 200m 個人メドレー | 4.58.0 | 4.31.0 | 3.49.0 | 3.18.0 | 3.00.0 | 2.45.0 | 3.20.0 | 3.30.0 | 3.40.0 | 3.50.0 | 4.05.0 | 4.30.0 |
|    | 2級                | 100m個人メドレーを標準記録以内で完泳 | 100m 個人メドレー | 2.30.0 | 2.16.0 | 2.03.0 | 1.48.0 | 1.32.0 | 1.25.0 | 1.40.0 | 1.50.0 | 2.00.0 | 2.10.0 | 2.20.0 | 2.27.0 |
|    | 3級                | 4泳法中の1泳法を標準記録内で完泳    | 50m バタフライ   | 1.16.0 | 1.08.0 | 1.00.0 | .52.0  | .44.0  | .40.0  | .48.0  | .53.0  | .58.0  | 1.03.0 | 1.08.0 | 1.16.0 |
|    |                   |                      | 50m 平 泳 ぎ   | 1.28.0 | 1.20.0 | 1.11.0 | 1.01.0 | .51.0  | .47.0  | .56.0  | 1.01.0 | 1.06.0 | 1.11.0 | 1.16.0 | 1.21.0 |
|    |                   |                      | 50m ク ロ ー ル | 1.11.0 | 1.03.0 | .56.0  | .49.0  | .41.0  | .37.0  | .45.0  | .50.0  | .55.0  | 1.00.0 | 1.05.0 | 1.11.0 |
|    |                   |                      | 50m 背 泳 ぎ   | 1.20.0 | 1.12.0 | 1.04.0 | .55.0  | .46.0  | .43.0  | .51.0  | .56.0  | 1.01.0 | 1.06.0 | 1.11.0 | 1.22.0 |
|    | 4級                | 4泳法中の1泳法を標準記録内で完泳    | 25m バタフライ   | .39.0  | .33.0  | .29.0  | .25.0  | .22.0  | .20.0  | .24.0  | .26.0  | .28.0  | .31.0  | .33.0  | .35.0  |
|    |                   |                      | 25m 平 泳 ぎ   | .44.0  | .39.0  | .35.0  | .30.0  | .25.0  | .23.0  | .27.0  | .30.0  | .32.0  | .35.0  | .37.0  | .40.0  |
|    |                   |                      | 25m ク ロ ー ル | .35.0  | .31.0  | .27.0  | .24.0  | .20.0  | .18.0  | .22.0  | .25.0  | .27.0  | .29.0  | .32.0  | .35.0  |
|    |                   |                      | 25m 背 泳 ぎ   | .40.0  | .35.0  | .31.0  | .27.0  | .23.0  | .21.0  | .25.0  | .27.0  | .30.0  | .32.0  | .35.0  | .38.0  |
|    | 5級                | 4泳法中の1泳法を標準記録内で完泳    | 25m バタフライ   | .48.0  | .43.0  | .38.0  | .33.0  | .27.0  | .25.0  | .30.0  | .33.0  | .35.0  | .38.0  | .41.0  | .44.0  |
|    |                   |                      | 25m 平 泳 ぎ   | .49.0  | .44.0  | .39.0  | .34.0  | .28.0  | .26.0  | .31.0  | .34.0  | .36.0  | .39.0  | .42.0  | .45.0  |
|    |                   |                      | 25m ク ロ ー ル | .40.0  | .35.0  | .31.0  | .27.0  | .23.0  | .20.0  | .25.0  | .28.0  | .30.0  | .33.0  | .36.0  | .40.0  |
|    |                   |                      | 25m 背 泳 ぎ   | .45.0  | .40.0  | .35.0  | .30.0  | .25.0  | .24.0  | .28.0  | .31.0  | .34.0  | .36.0  | .39.0  | .43.0  |
| 6級 | 4泳法中の1泳法を標準記録内で完泳 | 25m バタフライ            | .53.0       | .48.0  | .43.0  | .38.0  | .32.0  | .30.0  | .35.0  | .38.0  | .40.0  | .43.0  | .46.0  | .49.0  |        |
|    |                   | 25m 平 泳 ぎ            | .54.0       | .49.0  | .44.0  | .39.0  | .33.0  | .31.0  | .36.0  | .39.0  | .41.0  | .44.0  | .47.0  | .50.0  |        |
|    |                   | 25m ク ロ ー ル          | .45.0       | .40.0  | .36.0  | .32.0  | .28.0  | .25.0  | .30.0  | .33.0  | .35.0  | .38.0  | .41.0  | .45.0  |        |
|    |                   | 25m 背 泳 ぎ            | .50.0       | .45.0  | .40.0  | .35.0  | .30.0  | .29.0  | .33.0  | .36.0  | .39.0  | .41.0  | .44.0  | .48.0  |        |
| 7級 | 4泳法中の1泳法を標準記録内で完泳 | 25m バタフライ            | .58.0       | .53.0  | .48.0  | .43.0  | .37.0  | .35.0  | .40.0  | .43.0  | .45.0  | .48.0  | .51.0  | .54.0  |        |
|    |                   | 25m 平 泳 ぎ            | .59.0       | .54.0  | .49.0  | .44.0  | .38.0  | .36.0  | .41.0  | .44.0  | .46.0  | .49.0  | .52.0  | .55.0  |        |
|    |                   | 25m ク ロ ー ル          | .50.0       | .45.0  | .41.0  | .37.0  | .33.0  | .30.0  | .35.0  | .38.0  | .40.0  | .43.0  | .46.0  | .50.0  |        |
|    |                   | 25m 背 泳 ぎ            | .55.0       | .50.0  | .45.0  | .40.0  | .35.0  | .34.0  | .38.0  | .41.0  | .44.0  | .46.0  | .49.0  | .53.0  |        |