

(公財)日本水泳連盟 泳力検定基準表

2017年7月改訂

性	級	内 容	種 目	6歳以下	7～8歳	9～10歳	11～12歳	13歳～14歳	15～19歳	20～29歳	30歳～39歳	40歳～49歳	50歳～59歳	60歳～69歳	70歳以上
女 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	3:28.0	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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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	
男 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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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泳法を標準記録以内で完泳	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	:45.0	:41.0	:44.0	:48.0
	7級	4泳法中の1泳法を標準記録以内で完泳	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	