一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録： 2026年1月1日現在で満17歳の選手用（2008年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:45.11	1:48.43	1:51.97
	S	2	1:14.65	1:17.01	1:19.52
	S	3	0:56.04	0:57.81	0:59.70
	S	4	0:41.46	0:42.77	0:44.16
	S	5	0:35.87	0:37.00	0:38.21
	S	6	0:32.49	0:33.52	0:34.61
	S	7	0:30.08	0:31.03	0:32.04
	S	8	0:29.31	0:30.23	0:31.22
	S	9	0:26.83	0:27.67	0:28.58
	S	10	0:26.01	0:26.83	0:27.71
	S	11	0:28.26	0:29.15	0:30.10
	S	12	0:27.81	0:28.68	0:29.62
	S	13	0:25.47	0:26.27	0:27.13
100Fr	S	1	3:41.65	3:48.65	3:56.11
	S	2	2:43.66	2:48.83	2:54.34
	S	3	2:01.27	2:05.09	2:09.17
	S	4	1:35.70	1:38.73	1:41.95
	S	5	1:20.38	1:22.92	1:25.62
	S	6	1:10.76	1:12.99	1:15.37
	S	7	1:07.97	1:10.12	1:12.40
	S	8	1:01.96	1:03.92	1:06.00
	S	9	0:59.98	1:01.87	1:03.89
	S	10	0:56.89	0:58.68	1:00.60
	S	11	1:06.06	1:08.15	1:10.37
	S	12	0:58.13	0:59.97	1:01.92
	S	13	0:58.17	1:00.01	1:01.97
200Fr	S	1	7:43.16	7:57.79	8:13.37
	S	2	5:06.38	5:16.05	5:26.36
	S	3	4:16.04	4:24.13	4:32.74
	S	4	3:24.82	3:31.28	3:38.17
	S	5	2:59.98	3:05.66	3:11.72
400Fr	S	6	5:34.05	5:44.60	5:55.84
	S	7	5:11.47	5:21.31	5:31.78
	S	8	4:49.68	4:58.83	5:08.58
	S	9	4:32.38	4:40.98	4:50.14
	S	10	4:22.29	4:30.57	4:39.39
	S	11	5:10.64	5:20.45	5:30.90
	S	12	4:44.74	4:53.74	5:03.32
	S	13	4:37.13	4:45.88	4:55.21
50Ba	S	1	1:55.63	1:59.28	2:03.17
	S	2	1:10.72	1:12.96	1:15.34
	S	3	0:58.15	0:59.99	1:01.95
	S	4	0:50.22	0:51.81	0:53.50
	S	5	0:40.18	0:41.45	0:42.80
100Ba	S	1	4:11.00	4:18.93	4:27.37
	S	2	2:31.17	2:35.95	2:41.03
	S	6	1:23.19	1:25.82	1:28.62
	S	7	1:17.29	1:19.73	1:22.33
	S	8	1:12.36	1:14.64	1:17.08
	S	9	1:07.65	1:09.79	1:12.07
	S	10	1:05.31	1:07.37	1:09.57
	S	11	1:14.43	1:16.78	1:19.28
	S	12	1:10.43	1:12.65	1:15.02
	S	13	1:04.57	1:06.61	1:08.78
50Br	SB	1	2:26.13	2:30.75	2:35.66
	SB	2	1:25.97	1:28.68	1:31.58
	SB	3	0:56.91	0:58.71	1:00.62
100Br	SB	4	1:59.21	2:02.98	2:06.99
	SB	5	1:44.58	1:47.88	1:51.40
	SB	6	1:27.10	1:29.85	1:32.78
	SB	7	1:26.90	1:29.64	1:32.57
	SB	8	1:16.37	1:18.78	1:21.35
	SB	9	1:13.66	1:15.99	1:18.47
	SB	11	1:25.83	1:28.54	1:31.42
	SB	12	1:18.84	1:21.33	1:23.98
	SB	13	1:13.37	1:15.68	1:18.15
50Fly	S	3	1:03.20	1:05.20	1:07.33
	S	4	0:46.59	0:48.06	0:49.63
	S	5	0:38.38	0:39.59	0:40.88
	S	6	0:33.90	0:34.97	0:36.11
	S	7	0:33.16	0:34.21	0:35.33
100Fly	S	8	1:06.60	1:08.71	1:10.95
	S	9	1:03.81	1:05.82	1:07.97
	S	10	1:00.69	1:02.61	1:04.65
	S	11	1:11.73	1:14.00	1:16.41
	S	12	1:03.21	1:05.21	1:07.34
	S	13	1:01.27	1:03.20	1:05.26
150IM	SM	3	3:48.88	3:56.11	4:03.80
	SM	4	2:53.53	2:59.01	3:04.85
200IM	SM	5	3:21.37	3:27.73	3:34.50
	SM	6	2:58.69	3:04.34	3:10.35
	SM	7	2:49.20	2:54.55	3:00.24
	SM	8	2:34.97	2:39.86	2:45.08
	SM	9	2:27.14	2:31.79	2:36.74
	SM	10	2:26.09	2:30.71	2:35.62
	SM	11	2:43.60	2:48.77	2:54.27
	SM	12	2:27.48	2:32.14	2:37.10
	SM	13	2:22.39	2:26.88	2:31.67

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	1:48.61	1:52.04	1:55.70
	S	3	1:06.32	1:08.41	1:10.64
	S	4	0:45.41	0:46.84	0:48.37
	S	5	0:45.87	0:47.32	0:48.86
	S	6	0:36.42	0:37.57	0:38.79
	S	7	0:36.98	0:38.15	0:39.39
	S	8	0:33.70	0:34.77	0:35.90
	S	9	0:31.53	0:32.53	0:33.59
	S	10	0:29.47	0:30.40	0:31.39
	S	11	0:33.81	0:34.87	0:36.01
	S	12	0:32.09	0:33.11	0:34.18
	S	13	0:29.15	0:30.07	0:31.05
100Fr	S	1			
	S	2	3:55.13	4:02.56	4:10.47
	S	3	2:40.39	2:45.45	2:50.85
	S	4	1:39.07	1:42.20	1:45.53
	S	5	1:33.89	1:36.85	1:40.01
	S	6	1:22.33	1:24.93	1:27.70
	S	7	1:17.62	1:20.07	1:22.68
	S	8	1:17.41	1:19.85	1:22.46
	S	9	1:06.09	1:08.18	1:10.40
	S	10	1:04.72	1:06.77	1:08.95
	S	11	1:15.41	1:17.79	1:20.33
	S	12	1:07.13	1:09.25	1:11.51
	S	13	1:06.74	1:08.85	1:11.10
200Fr	S	1			
	S	2	8:43.35	8:59.87	9:17.48
	S	3	4:48.05	4:57.15	5:06.84
	S	4	3:30.82	3:37.47	3:44.57
	S	5	3:33.56	3:40.31	3:47.49
400Fr	S	6	6:01.54	6:12.96	6:25.12
	S	7	5:45.43	5:56.34	6:07.96
	S	8	5:28.43	5:38.80	5:49.85
	S	9	5:02.33	5:11.87	5:22.04
	S	10	5:04.96	5:14.59	5:24.85
	S	11	5:57.50	6:08.79	6:20.82
	S	12	5:12.02	5:21.87	5:32.37
	S	13	5:04.15	5:13.76	5:23.99
50Ba	S	1			
	S	2	1:57.63	2:01.35	2:05.30
	S	3	1:14.99	1:17.36	1:19.88
	S	4	0:56.09	0:57.86	0:59.75
	S	5	0:49.96	0:51.54	0:53.22
100Ba	S	1			
	S	2	3:59.74	4:07.32	4:15.38
	S	6	1:32.28	1:35.19	1:38.29
	S	7	1:31.04	1:33.92	1:36.98
	S	8	1:26.64	1:29.38	1:32.29
	S	9	1:18.04	1:20.51	1:23.13
	S	10	1:15.95	1:18.35	1:20.90
	S	11	1:26.41	1:29.14	1:32.04
	S	12	1:22.14	1:24.74	1:27.50
	S	13	1:14.14	1:16.48	1:18.98
50Br	SB	1			
	SB	2	2:20.92	2:25.37	2:30.11
	SB	3	1:08.42	1:10.58	1:12.88
100Br	SB	4	2:23.79	2:28.33	2:33.16
	SB	5	2:04.28	2:08.20	2:12.38
	SB	6	1:44.68	1:47.99	1:51.51
	SB	7	1:45.45	1:48.78	1:52.33
	SB	8	1:30.60	1:33.46	1:36.51
	SB	9	1:24.19	1:26.85	1:29.68
	SB	11	1:36.45	1:39.49	1:42.74
	SB	12	1:31.23	1:34.12	1:37.18
	SB	13	1:25.09	1:27.78	1:30.64
50Fly	S	3	1:21.95	1:24.54	1:27.29
	S	4	0:52.88	0:54.55	0:56.33
	S	5	0:52.57	0:54.23	0:56.00
	S	6	0:41.02	0:42.32	0:43.70
	S	7	0:39.01	0:40.24	0:41.55
100Fly	S	8	1:28.70	1:31.51	1:34.49
	S	9	1:14.01	1:16.35	1:18.84
	S	10	1:14.92	1:17.28	1:19.80
	S	11	1:25.14	1:27.83	1:30.70
	S	12	1:14.88	1:17.24	1:19.76
	S	13	1:14.09	1:16.43	1:18.92
150IM	SM	3	4:36.63	4:45.37	4:54.67
	SM	4	3:12.47	3:18.55	3:25.02
200IM	SM	5	4:53.20	5:02.46	5:12.33
	SM	6	3:19.12	3:25.41	3:32.11
	SM	7	3:16.06	3:22.25	3:28.85
	SM	8	3:07.52	3:13.44	3:19.75
	SM	9	2:44.24	2:49.43	2:54.96
	SM	10	2:43.29	2:48.44	2:53.93
	SM	11	3:07.64	3:13.57	3:19.88
	SM	12	2:50.82	2:56.21	3:01.96
	SM	13	2:43.09	2:48.24	2:53.73

一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録： 2026年1月1日現在で満16歳の選手用（2009年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:47.30	1:51.97	1:57.06
	S	2	1:16.21	1:19.52	1:23.14
	S	3	0:57.21	0:59.70	1:02.41
	S	4	0:42.32	0:44.16	0:46.17
	S	5	0:36.61	0:38.21	0:39.94
	S	6	0:33.17	0:34.61	0:36.18
	S	7	0:30.71	0:32.04	0:33.50
	S	8	0:29.92	0:31.22	0:32.64
	S	9	0:27.39	0:28.58	0:29.87
	S	10	0:26.55	0:27.71	0:28.97
	S	11	0:28.84	0:30.10	0:31.47
	S	12	0:28.39	0:29.62	0:30.97
	S	13	0:26.00	0:27.13	0:28.36
100Fr	S	1	3:46.27	3:56.11	4:06.84
	S	2	2:47.07	2:54.34	3:02.26
	S	3	2:03.79	2:09.17	2:15.05
	S	4	1:37.70	1:41.95	1:46.58
	S	5	1:22.05	1:25.62	1:29.51
	S	6	1:12.23	1:15.37	1:18.80
	S	7	1:09.39	1:12.40	1:15.69
	S	8	1:03.25	1:06.00	1:09.00
	S	9	1:01.23	1:03.89	1:06.80
	S	10	0:58.07	1:00.60	1:03.35
	S	11	1:07.44	1:10.37	1:13.57
	S	12	0:59.34	1:01.92	1:04.74
	S	13	0:59.39	1:01.97	1:04.78
200Fr	S	1	7:52.81	8:13.37	8:35.80
	S	2	5:12.76	5:26.36	5:41.19
	S	3	4:21.38	4:32.74	4:45.14
	S	4	3:29.08	3:38.17	3:48.09
	S	5	3:03.73	3:11.72	3:20.43
400Fr	S	6	5:41.01	5:55.84	6:12.01
	S	7	5:17.96	5:31.78	5:46.86
	S	8	4:55.72	5:08.58	5:22.60
	S	9	4:38.05	4:50.14	5:03.33
	S	10	4:27.75	4:39.39	4:52.09
	S	11	5:17.11	5:30.90	5:45.94
	S	12	4:50.68	5:03.32	5:17.10
	S	13	4:42.91	4:55.21	5:08.62
50Ba	S	1	1:58.04	2:03.17	2:08.77
	S	2	1:12.20	1:15.34	1:18.76
	S	3	0:59.36	1:01.95	1:04.76
	S	4	0:51.27	0:53.50	0:55.93
	S	5	0:41.02	0:42.80	0:44.75
100Ba	S	1	4:16.23	4:27.37	4:39.52
	S	2	2:34.32	2:41.03	2:48.35
	S	6	1:24.93	1:28.62	1:32.65
	S	7	1:18.90	1:22.33	1:26.07
	S	8	1:13.86	1:17.08	1:20.58
	S	9	1:09.06	1:12.07	1:15.34
	S	10	1:06.67	1:09.57	1:12.73
	S	11	1:15.98	1:19.28	1:22.89
	S	12	1:11.90	1:15.02	1:18.43
	S	13	1:05.92	1:08.78	1:11.91
50Br	SB	1	2:29.18	2:35.66	2:42.74
	SB	2	1:27.76	1:31.58	1:35.74
	SB	3	0:58.09	1:00.62	1:03.38
100Br	SB	4	2:01.70	2:06.99	2:12.76
	SB	5	1:46.76	1:51.40	1:56.47
	SB	6	1:28.92	1:32.78	1:37.00
	SB	7	1:28.71	1:32.57	1:36.77
	SB	8	1:17.96	1:21.35	1:25.05
	SB	9	1:15.20	1:18.47	1:22.03
	SB	11	1:27.61	1:31.42	1:35.58
	SB	12	1:20.48	1:23.98	1:27.80
	SB	13	1:14.90	1:18.15	1:21.70
50Fly	S	3	1:04.52	1:07.33	1:10.39
	S	4	0:47.56	0:49.63	0:51.89
	S	5	0:39.18	0:40.88	0:42.74
	S	6	0:34.60	0:36.11	0:37.75
	S	7	0:33.85	0:35.33	0:36.93
100Fly	S	8	1:07.99	1:10.95	1:14.17
	S	9	1:05.14	1:07.97	1:11.06
	S	10	1:01.96	1:04.65	1:07.59
	S	11	1:13.23	1:16.41	1:19.89
	S	12	1:04.53	1:07.34	1:10.40
	S	13	1:02.54	1:05.26	1:08.23
150IM	SM	3	3:53.65	4:03.80	4:14.89
	SM	4	2:57.15	3:04.85	3:13.25
200IM	SM	5	3:25.56	3:34.50	3:44.25
	SM	6	3:02.42	3:10.35	3:19.00
	SM	7	2:52.73	3:00.24	3:08.43
	SM	8	2:38.20	2:45.08	2:52.58
	SM	9	2:30.21	2:36.74	2:43.86
	SM	10	2:29.14	2:35.62	2:42.69
	SM	11	2:47.01	2:54.27	3:02.19
	SM	12	2:30.55	2:37.10	2:44.24
	SM	13	2:25.35	2:31.67	2:38.57

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	1:50.88	1:55.70	2:00.95
	S	3	1:07.70	1:10.64	1:13.85
	S	4	0:46.35	0:48.37	0:50.57
	S	5	0:46.82	0:48.86	0:51.08
	S	6	0:37.18	0:38.79	0:40.56
	S	7	0:37.75	0:39.39	0:41.18
	S	8	0:34.41	0:35.90	0:37.53
	S	9	0:32.19	0:33.59	0:35.11
	S	10	0:30.08	0:31.39	0:32.82
	S	11	0:34.51	0:36.01	0:37.65
	S	12	0:32.76	0:34.18	0:35.74
	S	13	0:29.76	0:31.05	0:32.47
100Fr	S	1			
	S	2	4:00.03	4:10.47	4:21.85
	S	3	2:43.73	2:50.85	2:58.61
	S	4	1:41.14	1:45.53	1:50.33
	S	5	1:35.84	1:40.01	1:44.56
	S	6	1:24.04	1:27.70	1:31.68
	S	7	1:19.24	1:22.68	1:26.44
	S	8	1:19.02	1:22.46	1:26.20
	S	9	1:07.47	1:10.40	1:13.60
	S	10	1:06.07	1:08.95	1:12.08
	S	11	1:16.98	1:20.33	1:23.98
	S	12	1:08.53	1:11.51	1:14.76
	S	13	1:08.14	1:11.10	1:14.33
200Fr	S	1			
	S	2	8:54.25	9:17.48	9:42.82
	S	3	4:54.05	5:06.84	5:20.78
	S	4	3:35.21	3:44.57	3:54.77
	S	5	3:38.01	3:47.49	3:57.83
400Fr	S	6	6:09.07	6:25.12	6:42.63
	S	7	5:52.63	6:07.96	6:24.68
	S	8	5:35.27	5:49.85	6:05.75
	S	9	5:08.62	5:22.04	5:36.68
	S	10	5:11.31	5:24.85	5:39.61
	S	11	6:04.95	6:20.82	6:38.13
	S	12	5:18.52	5:32.37	5:47.48
	S	13	5:10.49	5:23.99	5:38.72
50Ba	S	1			
	S	2	2:00.08	2:05.30	2:11.00
	S	3	1:16.55	1:19.88	1:23.51
	S	4	0:57.26	0:59.75	1:02.47
	S	5	0:51.00	0:53.22	0:55.64
100Ba	S	1			
	S	2	4:04.74	4:15.38	4:26.99
	S	6	1:34.20	1:38.29	1:42.76
	S	7	1:32.94	1:36.98	1:41.39
	S	8	1:28.45	1:32.29	1:36.49
	S	9	1:19.67	1:23.13	1:26.91
	S	10	1:17.53	1:20.90	1:24.58
	S	11	1:28.21	1:32.04	1:36.23
	S	12	1:23.85	1:27.50	1:31.48
	S	13	1:15.69	1:18.98	1:22.57
50Br	SB	1			
	SB	2	2:23.85	2:30.11	2:36.93
	SB	3	1:09.84	1:12.88	1:16.19
100Br	SB	4	2:26.78	2:33.16	2:40.12
	SB	5	2:06.86	2:12.38	2:18.40
	SB	6	1:46.86	1:51.51	1:56.58
	SB	7	1:47.65	1:52.33	1:57.43
	SB	8	1:32.49	1:36.51	1:40.90
	SB	9	1:25.95	1:29.68	1:33.76
	SB	11	1:38.46	1:42.74	1:47.41
	SB	12	1:33.14	1:37.18	1:41.60
	SB	13	1:26.86	1:30.64	1:34.76
50Fly	S	3	1:23.66	1:27.29	1:31.26
	S	4	0:53.98	0:56.33	0:58.89
	S	5	0:53.67	0:56.00	0:58.55
	S	6	0:41.87	0:43.70	0:45.68
	S	7	0:39.82	0:41.55	0:43.44
100Fly	S	8	1:30.55	1:34.49	1:38.78
	S	9	1:15.55	1:18.84	1:22.42
	S	10	1:16.48	1:19.80	1:23.43
	S	11	1:26.92	1:30.70	1:34.82
	S	12	1:16.44	1:19.76	1:23.39
	S	13	1:15.64	1:18.92	1:22.51
150IM	SM	3	4:42.40	4:54.67	5:08.07
	SM	4	3:16.48	3:25.02	3:34.34
200IM	SM	5	4:59.31	5:12.33	5:26.52
	SM	6	3:23.27	3:32.11	3:41.75
	SM	7	3:20.15	3:28.85	3:38.34
	SM	8	3:11.43	3:19.75	3:28.83
	SM	9	2:47.67	2:54.96	3:02.91
	SM	10	2:46.69	2:53.93	3:01.84
	SM	11	3:11.55	3:19.88	3:28.97
	SM	12	2:54.38	3:01.96	3:10.23
	SM	13	2:46.49	2:53.73	3:01.62

一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録：　2026年1月1日現在で満15歳の選手用（2010年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:49.59	1:57.06	2:05.62
	S	2	1:17.83	1:23.14	1:29.22
	S	3	0:58.43	1:02.41	1:06.98
	S	4	0:43.22	0:46.17	0:49.55
	S	5	0:37.39	0:39.94	0:42.87
	S	6	0:33.87	0:36.18	0:38.83
	S	7	0:31.36	0:33.50	0:35.95
	S	8	0:30.55	0:32.64	0:35.02
	S	9	0:27.97	0:29.87	0:32.06
	S	10	0:27.12	0:28.97	0:31.09
	S	11	0:29.46	0:31.47	0:33.77
	S	12	0:28.99	0:30.97	0:33.23
	S	13	0:26.55	0:28.36	0:30.44
100Fr	S	1	3:51.09	4:06.84	4:24.90
	S	2	2:50.63	3:02.26	3:15.60
	S	3	2:06.43	2:15.05	2:24.93
	S	4	1:39.78	1:46.58	1:54.38
	S	5	1:23.80	1:29.51	1:36.06
	S	6	1:13.77	1:18.80	1:24.56
	S	7	1:10.86	1:15.69	1:21.23
	S	8	1:04.60	1:09.00	1:14.05
	S	9	1:02.53	1:06.80	1:11.68
	S	10	0:59.31	1:03.35	1:07.99
	S	11	1:08.87	1:13.57	1:18.95
	S	12	1:00.61	1:04.74	1:09.48
	S	13	1:00.65	1:04.78	1:09.52
200Fr	S	1	8:02.87	8:35.80	9:13.54
	S	2	5:19.41	5:41.19	6:06.16
	S	3	4:26.94	4:45.14	5:06.00
	S	4	3:33.53	3:48.09	4:04.78
	S	5	3:07.64	3:20.43	3:35.10
400Fr	S	6	5:48.27	6:12.01	6:39.23
	S	7	5:24.72	5:46.86	6:12.24
	S	8	5:02.01	5:22.60	5:46.21
	S	9	4:43.97	5:03.33	5:25.52
	S	10	4:33.45	4:52.09	5:13.46
	S	11	5:23.86	5:45.94	6:11.26
	S	12	4:56.86	5:17.10	5:40.30
	S	13	4:48.93	5:08.62	5:31.21
50Ba	S	1	2:00.55	2:08.77	2:18.20
	S	2	1:13.73	1:18.76	1:24.52
	S	3	1:00.63	1:04.76	1:09.50
	S	4	0:52.36	0:55.93	1:00.02
	S	5	0:41.89	0:44.75	0:48.02
100Ba	S	1	4:21.68	4:39.52	4:59.98
	S	2	2:37.61	2:48.35	3:00.67
	S	6	1:26.73	1:32.65	1:39.43
	S	7	1:20.57	1:26.07	1:32.37
	S	8	1:15.44	1:20.58	1:26.48
	S	9	1:10.53	1:15.34	1:20.85
	S	10	1:08.09	1:12.73	1:18.05
	S	11	1:17.60	1:22.89	1:28.95
	S	12	1:13.43	1:18.43	1:24.17
	S	13	1:07.32	1:11.91	1:17.17
50Br	SB	1	2:32.35	2:42.74	2:54.65
	SB	2	1:29.63	1:35.74	1:42.74
	SB	3	0:59.33	1:03.38	1:08.01
100Br	SB	4	2:04.29	2:12.76	2:22.48
	SB	5	1:49.03	1:56.47	2:04.99
	SB	6	1:30.81	1:37.00	1:44.10
	SB	7	1:30.60	1:36.77	1:43.85
	SB	8	1:19.62	1:25.05	1:31.27
	SB	9	1:16.80	1:22.03	1:28.04
	SB	11	1:29.48	1:35.58	1:42.57
	SB	12	1:22.19	1:27.80	1:34.22
	SB	13	1:16.49	1:21.70	1:27.68
50Fly	S	3	1:05.89	1:10.39	1:15.54
	S	4	0:48.57	0:51.89	0:55.68
	S	5	0:40.01	0:42.74	0:45.87
	S	6	0:35.34	0:37.75	0:40.51
	S	7	0:34.57	0:36.93	0:39.63
100Fly	S	8	1:09.44	1:14.17	1:19.60
	S	9	1:06.52	1:11.06	1:16.26
	S	10	1:03.28	1:07.59	1:12.54
	S	11	1:14.79	1:19.89	1:25.73
	S	12	1:05.90	1:10.40	1:15.55
	S	13	1:03.87	1:08.23	1:13.22
150IM	SM	3	3:58.62	4:14.89	4:33.54
	SM	4	3:00.91	3:13.25	3:27.39
200IM	SM	5	3:29.94	3:44.25	4:00.66
	SM	6	3:06.30	3:19.00	3:33.56
	SM	7	2:56.40	3:08.43	3:22.22
	SM	8	2:41.56	2:52.58	3:05.21
	SM	9	2:33.40	2:43.86	2:55.85
	SM	10	2:32.31	2:42.69	2:54.60
	SM	11	2:50.56	3:02.19	3:15.52
	SM	12	2:33.76	2:44.24	2:56.26
	SM	13	2:28.45	2:38.57	2:50.17

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	1:53.23	2:00.95	2:09.80
	S	3	1:09.14	1:13.85	1:19.26
	S	4	0:47.34	0:50.57	0:54.27
	S	5	0:47.82	0:51.08	0:54.82
	S	6	0:37.97	0:40.56	0:43.52
	S	7	0:38.55	0:41.18	0:44.20
	S	8	0:35.14	0:37.53	0:40.28
	S	9	0:32.87	0:35.11	0:37.68
	S	10	0:30.72	0:32.82	0:35.22
	S	11	0:35.24	0:37.65	0:40.40
	S	12	0:33.46	0:35.74	0:38.35
	S	13	0:30.39	0:32.47	0:34.84
100Fr	S	1			
	S	2	4:05.14	4:21.85	4:41.01
	S	3	2:47.21	2:58.61	3:11.68
	S	4	1:43.29	1:50.33	1:58.40
	S	5	1:37.88	1:44.56	1:52.21
	S	6	1:25.83	1:31.68	1:38.39
	S	7	1:20.93	1:26.44	1:32.77
	S	8	1:20.70	1:26.20	1:32.51
	S	9	1:08.90	1:13.60	1:18.99
	S	10	1:07.48	1:12.08	1:17.35
	S	11	1:18.62	1:23.98	1:30.12
	S	12	1:09.99	1:14.76	1:20.23
	S	13	1:09.59	1:14.33	1:19.77
200Fr	S	1			
	S	2	9:05.62	9:42.82	10:25.46
	S	3	5:00.31	5:20.78	5:44.26
	S	4	3:39.79	3:54.77	4:11.95
	S	5	3:42.65	3:57.83	4:15.23
400Fr	S	6	6:16.93	6:42.63	7:12.09
	S	7	6:00.13	6:24.68	6:52.83
	S	8	5:42.40	6:05.75	6:32.51
	S	9	5:15.19	5:36.68	6:01.32
	S	10	5:17.94	5:39.61	6:04.46
	S	11	6:12.71	6:38.13	7:07.26
	S	12	5:25.30	5:47.48	6:12.90
	S	13	5:17.10	5:38.72	6:03.50
50Ba	S	1			
	S	2	2:02.64	2:11.00	2:20.59
	S	3	1:18.18	1:23.51	1:29.62
	S	4	0:58.48	1:02.47	1:07.04
	S	5	0:52.09	0:55.64	0:59.71
100Ba	S	1			
	S	2	4:09.95	4:26.99	4:46.52
	S	6	1:36.20	1:42.76	1:50.28
	S	7	1:34.91	1:41.39	1:48.80
	S	8	1:30.33	1:36.49	1:43.55
	S	9	1:21.36	1:26.91	1:33.27
	S	10	1:19.18	1:24.58	1:30.77
	S	11	1:30.09	1:36.23	1:43.27
	S	12	1:25.64	1:31.48	1:38.17
	S	13	1:17.30	1:22.57	1:28.61
50Br	SB	1			
	SB	2	2:26.91	2:36.93	2:48.41
	SB	3	1:11.33	1:16.19	1:21.77
100Br	SB	4	2:29.90	2:40.12	2:51.84
	SB	5	2:09.56	2:18.40	2:28.52
	SB	6	1:49.14	1:56.58	2:05.11
	SB	7	1:49.94	1:57.43	2:06.02
	SB	8	1:34.46	1:40.90	1:48.28
	SB	9	1:27.78	1:33.76	1:40.62
	SB	11	1:40.55	1:47.41	1:55.27
	SB	12	1:35.12	1:41.60	1:49.04
	SB	13	1:28.71	1:34.76	1:41.70
50Fly	S	3	1:25.44	1:31.26	1:37.94
	S	4	0:55.13	0:58.89	1:03.20
	S	5	0:54.81	0:58.55	1:02.83
	S	6	0:42.77	0:45.68	0:49.02
	S	7	0:40.67	0:43.44	0:46.62
100Fly	S	8	1:32.48	1:38.78	1:46.01
	S	9	1:17.16	1:22.42	1:28.45
	S	10	1:18.11	1:23.43	1:29.54
	S	11	1:28.77	1:34.82	1:41.76
	S	12	1:18.06	1:23.39	1:29.49
	S	13	1:17.24	1:22.51	1:28.55
150IM	SM	3	4:48.40	5:08.07	5:30.61
	SM	4	3:20.66	3:34.34	3:50.02
200IM	SM	5	5:05.68	5:26.52	5:50.41
	SM	6	3:27.60	3:41.75	3:57.98
	SM	7	3:24.40	3:38.34	3:54.32
	SM	8	3:15.50	3:28.83	3:44.11
	SM	9	2:51.23	3:02.91	3:16.29
	SM	10	2:50.23	3:01.84	3:15.15
	SM	11	3:15.63	3:28.97	3:44.26
	SM	12	2:58.09	3:10.23	3:24.15
	SM	13	2:50.03	3:01.62	3:14.91

一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録： 2026年1月1日現在で満14歳の選手用（2011年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:51.97	1:59.78	2:08.76
	S	2	1:19.52	1:25.07	1:31.45
	S	3	0:59.70	1:03.86	1:08.65
	S	4	0:44.16	0:47.24	0:50.79
	S	5	0:38.21	0:40.87	0:43.94
	S	6	0:34.61	0:37.02	0:39.80
	S	7	0:32.04	0:34.28	0:36.85
	S	8	0:31.22	0:33.40	0:35.90
	S	9	0:28.58	0:30.57	0:32.86
	S	10	0:27.71	0:29.64	0:31.86
	S	11	0:30.10	0:32.20	0:34.61
	S	12	0:29.62	0:31.69	0:34.06
	S	13	0:27.13	0:29.02	0:31.20
100Fr	S	1	3:56.11	4:12.58	4:31.52
	S	2	2:54.34	3:06.50	3:20.49
	S	3	2:09.17	2:18.19	2:28.55
	S	4	1:41.95	1:49.06	1:57.24
	S	5	1:25.62	1:31.59	1:38.46
	S	6	1:15.37	1:20.63	1:26.67
	S	7	1:12.40	1:17.45	1:23.26
	S	8	1:06.00	1:10.60	1:15.90
	S	9	1:03.89	1:08.35	1:13.48
	S	10	1:00.60	1:04.83	1:09.69
	S	11	1:10.37	1:15.28	1:20.93
	S	12	1:01.92	1:06.24	1:11.21
	S	13	1:01.97	1:06.29	1:11.26
200Fr	S	1	8:13.37	8:47.79	9:27.38
	S	2	5:26.36	5:49.13	6:15.31
	S	3	4:32.74	4:51.77	5:13.65
	S	4	3:38.17	3:53.40	4:10.90
	S	5	3:11.72	3:25.09	3:40.47
400Fr	S	6	5:55.84	6:20.66	6:49.21
	S	7	5:31.78	5:54.93	6:21.55
	S	8	5:08.58	5:30.10	5:54.86
	S	9	4:50.14	5:10.38	5:33.66
	S	10	4:39.39	4:58.88	5:21.30
	S	11	5:30.90	5:53.99	6:20.54
	S	12	5:03.32	5:24.48	5:48.81
	S	13	4:55.21	5:15.80	5:39.49
50Ba	S	1	2:03.17	2:11.77	2:21.65
	S	2	1:15.34	1:20.59	1:26.64
	S	3	1:01.95	1:06.27	1:11.24
	S	4	0:53.50	0:57.23	1:01.53
	S	5	0:42.80	0:45.79	0:49.23
100Ba	S	1	4:27.37	4:46.02	5:07.47
	S	2	2:41.03	2:52.27	3:05.19
	S	6	1:28.62	1:34.80	1:41.91
	S	7	1:22.33	1:28.07	1:34.67
	S	8	1:17.08	1:22.45	1:28.64
	S	9	1:12.07	1:17.09	1:22.87
	S	10	1:09.57	1:14.42	1:20.00
	S	11	1:19.28	1:24.81	1:31.17
	S	12	1:15.02	1:20.26	1:26.27
	S	13	1:08.78	1:13.58	1:19.10
50Br	SB	1	2:35.66	2:46.52	2:59.01
	SB	2	1:31.58	1:37.97	1:45.31
	SB	3	1:00.62	1:04.85	1:09.71
100Br	SB	4	2:06.99	2:15.85	2:26.04
	SB	5	1:51.40	1:59.17	2:08.11
	SB	6	1:32.78	1:39.26	1:46.70
	SB	7	1:32.57	1:39.02	1:46.45
	SB	8	1:21.35	1:27.02	1:33.55
	SB	9	1:18.47	1:23.94	1:30.24
	SB	11	1:31.42	1:37.80	1:45.14
	SB	12	1:23.98	1:29.84	1:36.57
	SB	13	1:18.15	1:23.60	1:29.87
50Fly	S	3	1:07.33	1:12.02	1:17.43
	S	4	0:49.63	0:53.09	0:57.08
	S	5	0:40.88	0:43.73	0:47.01
	S	6	0:36.11	0:38.63	0:41.53
	S	7	0:35.33	0:37.79	0:40.63
100Fly	S	8	1:10.95	1:15.90	1:21.59
	S	9	1:07.97	1:12.71	1:18.16
	S	10	1:04.65	1:09.16	1:14.35
	S	11	1:16.41	1:21.74	1:27.87
	S	12	1:07.34	1:12.03	1:17.44
	S	13	1:05.26	1:09.81	1:15.05
150IM	SM	3	4:03.80	4:20.81	4:40.38
	SM	4	3:04.85	3:17.74	3:32.57
200IM	SM	5	3:34.50	3:49.47	4:06.67
	SM	6	3:10.35	3:23.63	3:38.90
	SM	7	3:00.24	3:12.81	3:27.27
	SM	8	2:45.08	2:56.59	3:09.84
	SM	9	2:36.74	2:47.67	3:00.25
	SM	10	2:35.62	2:46.48	2:58.96
	SM	11	2:54.27	3:06.43	3:20.41
	SM	12	2:37.10	2:48.06	3:00.66
	SM	13	2:31.67	2:42.26	2:54.42

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	1:55.70	2:03.77	2:13.05
	S	3	1:10.64	1:15.57	1:21.24
	S	4	0:48.37	0:51.74	0:55.62
	S	5	0:48.86	0:52.27	0:56.19
	S	6	0:38.79	0:41.50	0:44.61
	S	7	0:39.39	0:42.14	0:45.30
	S	8	0:35.90	0:38.41	0:41.29
	S	9	0:33.59	0:35.93	0:38.63
	S	10	0:31.39	0:33.58	0:36.10
	S	11	0:36.01	0:38.52	0:41.41
	S	12	0:34.18	0:36.57	0:39.31
	S	13	0:31.05	0:33.22	0:35.71
100Fr	S	1			
	S	2	4:10.47	4:27.94	4:48.04
	S	3	2:50.85	3:02.77	3:16.47
	S	4	1:45.53	1:52.90	2:01.36
	S	5	1:40.01	1:46.99	1:55.01
	S	6	1:27.70	1:33.81	1:40.85
	S	7	1:22.68	1:28.45	1:35.09
	S	8	1:22.46	1:28.21	1:34.82
	S	9	1:10.40	1:15.31	1:20.96
	S	10	1:08.95	1:13.76	1:19.29
	S	11	1:20.33	1:25.93	1:32.37
	S	12	1:11.51	1:16.50	1:22.24
	S	13	1:11.10	1:16.06	1:21.76
200Fr	S	1			
	S	2	9:17.48	9:56.37	10:41.10
	S	3	5:06.84	5:28.24	5:52.86
	S	4	3:44.57	4:00.23	4:18.25
	S	5	3:47.49	4:03.36	4:21.61
400Fr	S	6	6:25.12	6:51.99	7:22.89
	S	7	6:07.96	6:33.63	7:03.15
	S	8	5:49.85	6:14.26	6:42.32
	S	9	5:22.04	5:44.51	6:10.35
	S	10	5:24.85	5:47.51	6:13.58
	S	11	6:20.82	6:47.38	7:17.94
	S	12	5:32.37	5:55.56	6:22.23
	S	13	5:23.99	5:46.59	6:12.59
50Ba	S	1			
	S	2	2:05.30	2:14.05	2:24.10
	S	3	1:19.88	1:25.45	1:31.86
	S	4	0:59.75	1:03.92	1:08.71
	S	5	0:53.22	0:56.93	1:01.20
100Ba	S	1			
	S	2	4:15.38	4:33.20	4:53.69
	S	6	1:38.29	1:45.15	1:53.04
	S	7	1:36.98	1:43.74	1:51.52
	S	8	1:32.29	1:38.73	1:46.14
	S	9	1:23.13	1:28.93	1:35.60
	S	10	1:20.90	1:26.55	1:33.04
	S	11	1:32.04	1:38.47	1:45.85
	S	12	1:27.50	1:33.60	1:40.63
	S	13	1:18.98	1:24.49	1:30.82
50Br	SB	1			
	SB	2	2:30.11	2:40.58	2:52.62
	SB	3	1:12.88	1:17.97	1:23.81
100Br	SB	4	2:33.16	2:43.85	2:56.14
	SB	5	2:12.38	2:21.62	2:32.24
	SB	6	1:51.51	1:59.29	2:08.24
	SB	7	1:52.33	2:00.16	2:09.17
	SB	8	1:36.51	1:43.24	1:50.99
	SB	9	1:29.68	1:35.94	1:43.14
	SB	11	1:42.74	1:49.91	1:58.15
	SB	12	1:37.18	1:43.97	1:51.76
	SB	13	1:30.64	1:36.97	1:44.24
50Fly	S	3	1:27.29	1:33.38	1:40.39
	S	4	0:56.33	1:00.26	1:04.77
	S	5	0:56.00	0:59.91	1:04.40
	S	6	0:43.70	0:46.74	0:50.25
	S	7	0:41.55	0:44.45	0:47.79
100Fly	S	8	1:34.49	1:41.08	1:48.66
	S	9	1:18.84	1:24.34	1:30.66
	S	10	1:19.80	1:25.37	1:31.77
	S	11	1:30.70	1:37.02	1:44.30
	S	12	1:19.76	1:25.33	1:31.72
	S	13	1:18.92	1:24.43	1:30.76
150IM	SM	3	4:54.67	5:15.23	5:38.87
	SM	4	3:25.02	3:39.33	3:55.77
200IM	SM	5	5:12.33	5:34.12	5:59.18
	SM	6	3:32.11	3:46.91	4:03.92
	SM	7	3:28.85	3:43.42	4:00.17
	SM	8	3:19.75	3:33.69	3:49.71
	SM	9	2:54.96	3:07.16	3:21.20
	SM	10	2:53.93	3:06.07	3:20.02
	SM	11	3:19.88	3:33.83	3:49.86
	SM	12	3:01.96	3:14.65	3:29.25
	SM	13	2:53.73	3:05.85	3:19.79

一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録： 2026年1月1日現在で満13歳の選手用（2012年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:54.46	2:02.63	2:12.06
	S	2	1:21.29	1:27.10	1:33.79
	S	3	1:01.02	1:05.38	1:10.41
	S	4	0:45.14	0:48.37	0:52.09
	S	5	0:39.06	0:41.85	0:45.06
	S	6	0:35.38	0:37.90	0:40.82
	S	7	0:32.76	0:35.10	0:37.79
	S	8	0:31.91	0:34.19	0:36.82
	S	9	0:29.21	0:31.30	0:33.71
	S	10	0:28.32	0:30.35	0:32.68
	S	11	0:30.77	0:32.96	0:35.50
	S	12	0:30.28	0:32.44	0:34.94
	S	13	0:27.73	0:29.71	0:32.00
100Fr	S	1	4:01.36	4:18.60	4:38.49
	S	2	2:58.21	3:10.94	3:25.63
	S	3	2:12.04	2:21.48	2:32.36
	S	4	1:44.21	1:51.65	2:00.24
	S	5	1:27.52	1:33.77	1:40.99
	S	6	1:17.04	1:22.55	1:28.90
	S	7	1:14.01	1:19.30	1:25.40
	S	8	1:07.47	1:12.29	1:17.85
	S	9	1:05.31	1:09.98	1:15.36
	S	10	1:01.94	1:06.37	1:11.47
	S	11	1:11.93	1:17.07	1:23.00
	S	12	1:03.30	1:07.82	1:13.04
	S	13	1:03.34	1:07.87	1:13.09
200Fr	S	1	8:24.33	9:00.36	9:41.92
	S	2	5:33.61	5:57.44	6:24.94
	S	3	4:38.80	4:58.71	5:21.69
	S	4	3:43.02	3:58.95	4:17.33
	S	5	3:15.98	3:29.98	3:46.13
400Fr	S	6	6:03.74	6:29.73	6:59.71
	S	7	5:39.16	6:03.38	6:31.33
	S	8	5:15.43	5:37.96	6:03.96
	S	9	4:56.59	5:17.77	5:42.22
	S	10	4:45.60	5:06.00	5:29.54
	S	11	5:38.26	6:02.42	6:30.29
	S	12	5:10.06	5:32.20	5:57.76
	S	13	5:01.77	5:23.32	5:48.19
50Ba	S	1	2:05.91	2:14.90	2:25.28
	S	2	1:17.01	1:22.51	1:28.86
	S	3	1:03.32	1:07.85	1:13.06
	S	4	0:54.69	0:58.60	1:03.10
	S	5	0:43.76	0:46.88	0:50.49
100Ba	S	1	4:33.31	4:52.83	5:15.36
	S	2	2:44.61	2:56.37	3:09.94
	S	6	1:30.59	1:37.06	1:44.53
	S	7	1:24.16	1:30.17	1:37.10
	S	8	1:18.79	1:24.42	1:30.91
	S	9	1:13.67	1:18.93	1:25.00
	S	10	1:11.11	1:16.19	1:22.05
	S	11	1:21.04	1:26.83	1:33.51
	S	12	1:16.69	1:22.17	1:28.49
	S	13	1:10.31	1:15.33	1:21.13
50Br	SB	1	2:39.12	2:50.49	3:03.60
	SB	2	1:33.61	1:40.30	1:48.01
	SB	3	1:01.97	1:06.39	1:11.50
100Br	SB	4	2:09.81	2:19.08	2:29.78
	SB	5	1:53.88	2:02.01	2:11.40
	SB	6	1:34.84	1:41.62	1:49.44
	SB	7	1:34.62	1:41.38	1:49.18
	SB	8	1:23.16	1:29.10	1:35.95
	SB	9	1:20.21	1:25.94	1:32.55
	SB	11	1:33.46	1:40.13	1:47.83
	SB	12	1:25.84	1:31.98	1:39.05
	SB	13	1:19.89	1:25.60	1:32.18
50Fly	S	3	1:08.82	1:13.74	1:19.41
	S	4	0:50.73	0:54.36	0:58.54
	S	5	0:41.79	0:44.77	0:48.22
	S	6	0:36.91	0:39.55	0:42.59
	S	7	0:36.11	0:38.69	0:41.67
100Fly	S	8	1:12.52	1:17.70	1:23.68
	S	9	1:09.48	1:14.44	1:20.17
	S	10	1:06.09	1:10.81	1:16.26
	S	11	1:18.11	1:23.69	1:30.13
	S	12	1:08.83	1:13.75	1:19.42
	S	13	1:06.71	1:11.48	1:16.97
150IM	SM	3	4:09.22	4:27.02	4:47.56
	SM	4	3:08.96	3:22.45	3:38.03
200IM	SM	5	3:39.27	3:54.93	4:13.00
	SM	6	3:14.58	3:28.48	3:44.51
	SM	7	3:04.24	3:17.40	3:32.59
	SM	8	2:48.74	3:00.80	3:14.71
	SM	9	2:40.22	2:51.67	3:04.87
	SM	10	2:39.08	2:50.44	3:03.55
	SM	11	2:58.14	3:10.87	3:25.55
	SM	12	2:40.59	2:52.06	3:05.29
	SM	13	2:35.04	2:46.12	2:58.90

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	1:58.27	2:06.71	2:16.46
	S	3	1:12.21	1:17.37	1:23.32
	S	4	0:49.44	0:52.98	0:57.05
	S	5	0:49.94	0:53.51	0:57.63
	S	6	0:39.66	0:42.49	0:45.76
	S	7	0:40.27	0:43.14	0:46.46
	S	8	0:36.70	0:39.32	0:42.35
	S	9	0:34.33	0:36.79	0:39.62
	S	10	0:32.09	0:34.38	0:37.03
	S	11	0:36.81	0:39.44	0:42.47
	S	12	0:34.94	0:37.44	0:40.32
	S	13	0:31.74	0:34.01	0:36.63
100Fr	S	1			
	S	2	4:16.03	4:34.32	4:55.42
	S	3	2:54.64	3:07.12	3:21.51
	S	4	1:47.88	1:55.58	2:04.47
	S	5	1:42.23	1:49.54	1:57.96
	S	6	1:29.64	1:36.05	1:43.44
	S	7	1:24.52	1:30.56	1:37.53
	S	8	1:24.29	1:30.31	1:37.26
	S	9	1:11.97	1:17.11	1:23.04
	S	10	1:10.48	1:15.51	1:21.32
	S	11	1:22.11	1:27.98	1:34.74
	S	12	1:13.10	1:18.32	1:24.35
	S	13	1:12.68	1:17.87	1:23.86
200Fr	S	1			
	S	2	9:29.87	10:10.57	10:57.54
	S	3	5:13.66	5:36.06	6:01.91
	S	4	3:49.56	4:05.95	4:24.87
	S	5	3:52.54	4:09.15	4:28.32
400Fr	S	6	6:33.68	7:01.80	7:34.24
	S	7	6:16.13	6:43.00	7:14.00
	S	8	5:57.62	6:23.17	6:52.64
	S	9	5:29.20	5:52.71	6:19.85
	S	10	5:32.07	5:55.79	6:23.15
	S	11	6:29.28	6:57.08	7:29.17
	S	12	5:39.76	6:04.02	6:32.03
	S	13	5:31.19	5:54.85	6:22.14
50Ba	S	1			
	S	2	2:08.09	2:17.24	2:27.79
	S	3	1:21.66	1:27.49	1:34.22
	S	4	1:01.08	1:05.44	1:10.47
	S	5	0:54.40	0:58.29	1:02.77
100Ba	S	1			
	S	2	4:21.06	4:39.70	5:01.22
	S	6	1:40.48	1:47.65	1:55.94
	S	7	1:39.13	1:46.21	1:54.38
	S	8	1:34.34	1:41.08	1:48.86
	S	9	1:24.98	1:31.05	1:38.05
	S	10	1:22.70	1:28.61	1:35.42
	S	11	1:34.09	1:40.81	1:48.56
	S	12	1:29.44	1:35.83	1:43.21
	S	13	1:20.73	1:26.50	1:33.15
50Br	SB	1			
	SB	2	2:33.44	2:44.40	2:57.05
	SB	3	1:14.50	1:19.82	1:25.96
100Br	SB	4	2:36.57	2:47.75	3:00.65
	SB	5	2:15.32	2:24.99	2:36.14
	SB	6	1:53.99	2:02.13	2:11.53
	SB	7	1:54.82	2:03.02	2:12.49
	SB	8	1:38.66	1:45.70	1:53.83
	SB	9	1:31.68	1:38.23	1:45.78
	SB	11	1:45.02	1:52.52	2:01.18
	SB	12	1:39.34	1:46.44	1:54.63
	SB	13	1:32.66	1:39.27	1:46.91
50Fly	S	3	1:29.23	1:35.61	1:42.96
	S	4	0:57.58	1:01.69	1:06.44
	S	5	0:57.24	1:01.33	1:06.05
	S	6	0:44.67	0:47.86	0:51.54
	S	7	0:42.48	0:45.51	0:49.01
100Fly	S	8	1:36.59	1:43.49	1:51.45
	S	9	1:20.59	1:26.35	1:32.99
	S	10	1:21.58	1:27.40	1:34.13
	S	11	1:32.71	1:39.33	1:46.97
	S	12	1:21.53	1:27.36	1:34.08
	S	13	1:20.68	1:26.44	1:33.09
150IM	SM	3	5:01.22	5:22.74	5:47.56
	SM	4	3:29.58	3:44.55	4:01.82
200IM	SM	5	5:19.27	5:42.07	6:08.38
	SM	6	3:36.82	3:52.31	4:10.18
	SM	7	3:33.49	3:48.74	4:06.33
	SM	8	3:24.19	3:38.77	3:55.60
	SM	9	2:58.84	3:11.62	3:26.36
	SM	10	2:57.80	3:10.50	3:25.15
	SM	11	3:24.32	3:38.92	3:55.76
	SM	12	3:06.00	3:19.29	3:34.62
	SM	13	2:57.59	3:10.27	3:24.91

一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録：　2026年1月1日現在で満12歳の選手用（2013年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:57.06	2:05.62	2:19.20
	S	2	1:23.14	1:29.22	1:38.86
	S	3	1:02.41	1:06.98	1:14.22
	S	4	0:46.17	0:49.55	0:54.91
	S	5	0:39.94	0:42.87	0:47.50
	S	6	0:36.18	0:38.83	0:43.03
	S	7	0:33.50	0:35.95	0:39.84
	S	8	0:32.64	0:35.02	0:38.81
	S	9	0:29.87	0:32.06	0:35.53
	S	10	0:28.97	0:31.09	0:34.45
	S	11	0:31.47	0:33.77	0:37.42
	S	12	0:30.97	0:33.23	0:36.82
	S	13	0:28.36	0:30.44	0:33.73
100Fr	S	1	4:06.84	4:24.90	4:53.54
	S	2	3:02.26	3:15.60	3:36.74
	S	3	2:15.05	2:24.93	2:40.59
	S	4	1:46.58	1:54.38	2:06.74
	S	5	1:29.51	1:36.06	1:46.45
	S	6	1:18.80	1:24.56	1:33.70
	S	7	1:15.69	1:21.23	1:30.01
	S	8	1:09.00	1:14.05	1:22.05
	S	9	1:06.80	1:11.68	1:19.43
	S	10	1:03.35	1:07.99	1:15.34
	S	11	1:13.57	1:18.95	1:27.49
	S	12	1:04.74	1:09.48	1:16.99
	S	13	1:04.78	1:09.52	1:17.04
200Fr	S	1	8:35.80	9:13.54	10:13.38
	S	2	5:41.19	6:06.16	6:45.74
	S	3	4:45.14	5:06.00	5:39.08
	S	4	3:48.09	4:04.78	4:31.24
	S	5	3:20.43	3:35.10	3:58.35
400Fr	S	6	6:12.01	6:39.23	7:22.39
	S	7	5:46.86	6:12.24	6:52.49
	S	8	5:22.60	5:46.21	6:23.64
	S	9	5:03.33	5:25.52	6:00.72
	S	10	4:52.09	5:13.46	5:47.35
	S	11	5:45.94	6:11.26	6:51.39
	S	12	5:17.10	5:40.30	6:17.09
	S	13	5:08.62	5:31.21	6:07.01
50Ba	S	1	2:08.77	2:18.20	2:33.14
	S	2	1:18.76	1:24.52	1:33.66
	S	3	1:04.76	1:09.50	1:17.01
	S	4	0:55.93	1:00.02	1:06.51
	S	5	0:44.75	0:48.02	0:53.22
100Ba	S	1	4:39.52	4:59.98	5:32.41
	S	2	2:48.35	3:00.67	3:20.20
	S	6	1:32.65	1:39.43	1:50.18
	S	7	1:26.07	1:32.37	1:42.35
	S	8	1:20.58	1:26.48	1:35.82
	S	9	1:15.34	1:20.85	1:29.59
	S	10	1:12.73	1:18.05	1:26.49
	S	11	1:22.89	1:28.95	1:38.57
	S	12	1:18.43	1:24.17	1:33.27
	S	13	1:11.91	1:17.17	1:25.51
50Br	SB	1	2:42.74	2:54.65	3:13.53
	SB	2	1:35.74	1:42.74	1:53.85
	SB	3	1:03.38	1:08.01	1:15.36
100Br	SB	4	2:12.76	2:22.48	2:37.88
	SB	5	1:56.47	2:04.99	2:18.50
	SB	6	1:37.00	1:44.10	1:55.35
	SB	7	1:36.77	1:43.85	1:55.08
	SB	8	1:25.05	1:31.27	1:41.14
	SB	9	1:22.03	1:28.04	1:37.55
	SB	11	1:35.58	1:42.57	1:53.66
	SB	12	1:27.80	1:34.22	1:44.41
	SB	13	1:21.70	1:27.68	1:37.16
50Fly	S	3	1:10.39	1:15.54	1:23.70
	S	4	0:51.89	0:55.68	1:01.70
	S	5	0:42.74	0:45.87	0:50.82
	S	6	0:37.75	0:40.51	0:44.89
	S	7	0:36.93	0:39.63	0:43.92
100Fly	S	8	1:14.17	1:19.60	1:28.20
	S	9	1:11.06	1:16.26	1:24.50
	S	10	1:07.59	1:12.54	1:20.38
	S	11	1:19.89	1:25.73	1:35.00
	S	12	1:10.40	1:15.55	1:23.72
	S	13	1:08.23	1:13.22	1:21.14
150IM	SM	3	4:14.89	4:33.54	5:03.11
	SM	4	3:13.25	3:27.39	3:49.81
200IM	SM	5	3:44.25	4:00.66	4:26.68
	SM	6	3:19.00	3:33.56	3:56.65
	SM	7	3:08.43	3:22.22	3:44.08
	SM	8	2:52.58	3:05.21	3:25.23
	SM	9	2:43.86	2:55.85	3:14.86
	SM	10	2:42.69	2:54.60	3:13.47
	SM	11	3:02.19	3:15.52	3:36.66
	SM	12	2:44.24	2:56.26	3:15.31
	SM	13	2:38.57	2:50.17	3:08.57

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	2:00.95	2:09.80	2:23.84
	S	3	1:13.85	1:19.26	1:27.82
	S	4	0:50.57	0:54.27	1:00.14
	S	5	0:51.08	0:54.82	1:00.74
	S	6	0:40.56	0:43.52	0:48.23
	S	7	0:41.18	0:44.20	0:48.97
	S	8	0:37.53	0:40.28	0:44.64
	S	9	0:35.11	0:37.68	0:41.76
	S	10	0:32.82	0:35.22	0:39.03
	S	11	0:37.65	0:40.40	0:44.77
	S	12	0:35.74	0:38.35	0:42.50
	S	13	0:32.47	0:34.84	0:38.61
100Fr	S	1			
	S	2	4:21.85	4:41.01	5:11.39
	S	3	2:58.61	3:11.68	3:32.41
	S	4	1:50.33	1:58.40	2:11.20
	S	5	1:44.56	1:52.21	2:04.34
	S	6	1:31.68	1:38.39	1:49.03
	S	7	1:26.44	1:32.77	1:42.80
	S	8	1:26.20	1:32.51	1:42.51
	S	9	1:13.60	1:18.99	1:27.53
	S	10	1:12.08	1:17.35	1:25.72
	S	11	1:23.98	1:30.12	1:39.86
	S	12	1:14.76	1:20.23	1:28.91
	S	13	1:14.33	1:19.77	1:28.39
200Fr	S	1			
	S	2	9:42.82	10:25.46	11:33.08
	S	3	5:20.78	5:44.26	6:21.47
	S	4	3:54.77	4:11.95	4:39.19
	S	5	3:57.83	4:15.23	4:42.82
400Fr	S	6	6:42.63	7:12.09	7:58.80
	S	7	6:24.68	6:52.83	7:37.46
	S	8	6:05.75	6:32.51	7:14.95
	S	9	5:36.68	6:01.32	6:40.38
	S	10	5:39.61	6:04.46	6:43.86
	S	11	6:38.13	7:07.26	7:53.45
	S	12	5:47.48	6:12.90	6:53.22
	S	13	5:38.72	6:03.50	6:42.80
50Ba	S	1			
	S	2	2:11.00	2:20.59	2:35.78
	S	3	1:23.51	1:29.62	1:39.31
	S	4	1:02.47	1:07.04	1:14.28
	S	5	0:55.64	0:59.71	1:06.16
100Ba	S	1			
	S	2	4:26.99	4:46.52	5:17.50
	S	6	1:42.76	1:50.28	2:02.20
	S	7	1:41.39	1:48.80	2:00.57
	S	8	1:36.49	1:43.55	1:54.74
	S	9	1:26.91	1:33.27	1:43.35
	S	10	1:24.58	1:30.77	1:40.58
	S	11	1:36.23	1:43.27	1:54.43
	S	12	1:31.48	1:38.17	1:48.78
	S	13	1:22.57	1:28.61	1:38.19
50Br	SB	1			
	SB	2	2:36.93	2:48.41	3:06.62
	SB	3	1:16.19	1:21.77	1:30.61
100Br	SB	4	2:40.12	2:51.84	3:10.42
	SB	5	2:18.40	2:28.52	2:44.58
	SB	6	1:56.58	2:05.11	2:18.64
	SB	7	1:57.43	2:06.02	2:19.65
	SB	8	1:40.90	1:48.28	1:59.99
	SB	9	1:33.76	1:40.62	1:51.50
	SB	11	1:47.41	1:55.27	2:07.73
	SB	12	1:41.60	1:49.04	2:00.82
	SB	13	1:34.76	1:41.70	1:52.69
50Fly	S	3	1:31.26	1:37.94	1:48.53
	S	4	0:58.89	1:03.20	1:10.03
	S	5	0:58.55	1:02.83	1:09.62
	S	6	0:45.68	0:49.02	0:54.32
	S	7	0:43.44	0:46.62	0:51.66
100Fly	S	8	1:38.78	1:46.01	1:57.47
	S	9	1:22.42	1:28.45	1:38.01
	S	10	1:23.43	1:29.54	1:39.22
	S	11	1:34.82	1:41.76	1:52.76
	S	12	1:23.39	1:29.49	1:39.16
	S	13	1:22.51	1:28.55	1:38.12
150IM	SM	3	5:08.07	5:30.61	6:06.35
	SM	4	3:34.34	3:50.02	4:14.89
200IM	SM	5	5:26.52	5:50.41	6:28.30
	SM	6	3:41.75	3:57.98	4:23.70
	SM	7	3:38.34	3:54.32	4:19.65
	SM	8	3:28.83	3:44.11	4:08.34
	SM	9	3:02.91	3:16.29	3:37.51
	SM	10	3:01.84	3:15.15	3:36.24
	SM	11	3:28.97	3:44.26	4:08.50
	SM	12	3:10.23	3:24.15	3:46.22
	SM	13	3:01.62	3:14.91	3:35.99

一般社団法人日本パラ水泳連盟
国際大会強化指定選手等指定標準記録一覧表（2026年1月1日～2026年12月31日）

【育成指定選手標準記録： 2026年1月1日現在で満11歳の選手用（2014年生れ）】

男子 -MEN-			育成		
種目	クラス		S	A	B
50Fr	S	1	1:59.78	2:12.06	2:27.16
	S	2	1:25.07	1:33.79	1:44.51
	S	3	1:03.86	1:10.41	1:18.46
	S	4	0:47.24	0:52.09	0:58.04
	S	5	0:40.87	0:45.06	0:50.21
	S	6	0:37.02	0:40.82	0:45.49
	S	7	0:34.28	0:37.79	0:42.11
	S	8	0:33.40	0:36.82	0:41.03
	S	9	0:30.57	0:33.71	0:37.56
	S	10	0:29.64	0:32.68	0:36.41
	S	11	0:32.20	0:35.50	0:39.56
	S	12	0:31.69	0:34.94	0:38.93
	S	13	0:29.02	0:32.00	0:35.66
100Fr	S	1	4:12.58	4:38.49	5:10.31
	S	2	3:06.50	3:25.63	3:49.13
	S	3	2:18.19	2:32.36	2:49.77
	S	4	1:49.06	2:00.24	2:13.99
	S	5	1:31.59	1:40.99	1:52.53
	S	6	1:20.63	1:28.90	1:39.06
	S	7	1:17.45	1:25.40	1:35.16
	S	8	1:10.60	1:17.85	1:26.74
	S	9	1:08.35	1:15.36	1:23.97
	S	10	1:04.83	1:11.47	1:19.64
	S	11	1:15.28	1:23.00	1:32.49
	S	12	1:06.24	1:13.04	1:21.39
	S	13	1:06.29	1:13.09	1:21.44
200Fr	S	1	8:47.79	9:41.92	10:48.43
	S	2	5:49.13	6:24.94	7:08.93
	S	3	4:51.77	5:21.69	5:58.46
	S	4	3:53.40	4:17.33	4:46.74
	S	5	3:25.09	3:46.13	4:11.97
400Fr	S	6	6:20.66	6:59.71	7:47.67
	S	7	5:54.93	6:31.33	7:16.06
	S	8	5:30.10	6:03.96	6:45.56
	S	9	5:10.38	5:42.22	6:21.33
	S	10	4:58.88	5:29.54	6:07.20
	S	11	5:53.99	6:30.29	7:14.90
	S	12	5:24.48	5:57.76	6:38.64
	S	13	5:15.80	5:48.19	6:27.99
50Ba	S	1	2:11.77	2:25.28	2:41.89
	S	2	1:20.59	1:28.86	1:39.01
	S	3	1:06.27	1:13.06	1:21.41
	S	4	0:57.23	1:03.10	1:10.31
	S	5	0:45.79	0:50.49	0:56.26
100Ba	S	1	4:46.02	5:15.36	5:51.40
	S	2	2:52.27	3:09.94	3:31.64
	S	6	1:34.80	1:44.53	1:56.47
	S	7	1:28.07	1:37.10	1:48.20
	S	8	1:22.45	1:30.91	1:41.30
	S	9	1:17.09	1:25.00	1:34.71
	S	10	1:14.42	1:22.05	1:31.43
	S	11	1:24.81	1:33.51	1:44.20
	S	12	1:20.26	1:28.49	1:38.60
	S	13	1:13.58	1:21.13	1:30.40
50Br	SB	1	2:46.52	3:03.60	3:24.59
	SB	2	1:37.97	1:48.01	2:00.36
	SB	3	1:04.85	1:11.50	1:19.67
100Br	SB	4	2:15.85	2:29.78	2:46.90
	SB	5	1:59.17	2:11.40	2:26.41
	SB	6	1:39.26	1:49.44	2:01.94
	SB	7	1:39.02	1:49.18	2:01.66
	SB	8	1:27.02	1:35.95	1:46.91
	SB	9	1:23.94	1:32.55	1:43.13
	SB	11	1:37.80	1:47.83	2:00.16
	SB	12	1:29.84	1:39.05	1:50.37
	SB	13	1:23.60	1:32.18	1:42.71
50Fly	S	3	1:12.02	1:19.41	1:28.49
	S	4	0:53.09	0:58.54	1:05.23
	S	5	0:43.73	0:48.22	0:53.73
	S	6	0:38.63	0:42.59	0:47.46
	S	7	0:37.79	0:41.67	0:46.43
100Fly	S	8	1:15.90	1:23.68	1:33.24
	S	9	1:12.71	1:20.17	1:29.33
	S	10	1:09.16	1:16.26	1:24.97
	S	11	1:21.74	1:30.13	1:40.43
	S	12	1:12.03	1:19.42	1:28.50
	S	13	1:09.81	1:16.97	1:25.77
150IM	SM	3	4:20.81	4:47.56	5:20.43
	SM	4	3:17.74	3:38.03	4:02.94
200IM	SM	5	3:49.47	4:13.00	4:41.91
	SM	6	3:23.63	3:44.51	4:10.17
	SM	7	3:12.81	3:32.59	3:56.89
	SM	8	2:56.59	3:14.71	3:36.96
	SM	9	2:47.67	3:04.87	3:26.00
	SM	10	2:46.48	3:03.55	3:24.53
	SM	11	3:06.43	3:25.55	3:49.04
	SM	12	2:48.06	3:05.29	3:26.47
	SM	13	2:42.26	2:58.90	3:19.34

女子 -WOMEN-			育成		
種目	クラス		S	A	B
50Fr	S	1			
	S	2	2:03.77	2:16.46	2:32.06
	S	3	1:15.57	1:23.32	1:32.84
	S	4	0:51.74	0:57.05	1:03.57
	S	5	0:52.27	0:57.63	1:04.21
	S	6	0:41.50	0:45.76	0:50.99
	S	7	0:42.14	0:46.46	0:51.77
	S	8	0:38.41	0:42.35	0:47.19
	S	9	0:35.93	0:39.62	0:44.14
	S	10	0:33.58	0:37.03	0:41.26
	S	11	0:38.52	0:42.47	0:47.33
	S	12	0:36.57	0:40.32	0:44.93
	S	13	0:33.22	0:36.63	0:40.81
100Fr	S	1			
	S	2	4:27.94	4:55.42	5:29.19
	S	3	3:02.77	3:21.51	3:44.54
	S	4	1:52.90	2:04.47	2:18.70
	S	5	1:46.99	1:57.96	2:11.44
	S	6	1:33.81	1:43.44	1:55.26
	S	7	1:28.45	1:37.53	1:48.67
	S	8	1:28.21	1:37.26	1:48.37
	S	9	1:15.31	1:23.04	1:32.53
	S	10	1:13.76	1:21.32	1:30.61
	S	11	1:25.93	1:34.74	1:45.57
	S	12	1:16.50	1:24.35	1:33.99
	S	13	1:16.06	1:23.86	1:33.44
200Fr	S	1			
	S	2	9:56.37	10:57.54	12:12.69
	S	3	5:28.24	6:01.91	6:43.27
	S	4	4:00.23	4:24.87	4:55.14
	S	5	4:03.36	4:28.32	4:58.99
400Fr	S	6	6:51.99	7:34.24	8:26.16
	S	7	6:33.63	7:14.00	8:03.60
	S	8	6:14.26	6:52.64	7:39.80
	S	9	5:44.51	6:19.85	7:03.26
	S	10	5:47.51	6:23.15	7:06.94
	S	11	6:47.38	7:29.17	8:20.50
	S	12	5:55.56	6:32.03	7:16.83
	S	13	5:46.59	6:22.14	7:05.81
50Ba	S	1			
	S	2	2:14.05	2:27.79	2:44.69
	S	3	1:25.45	1:34.22	1:44.99
	S	4	1:03.92	1:10.47	1:18.53
	S	5	0:56.93	1:02.77	1:09.94
100Ba	S	1			
	S	2	4:33.20	5:01.22	5:35.64
	S	6	1:45.15	1:55.94	2:09.19
	S	7	1:43.74	1:54.38	2:07.46
	S	8	1:38.73	1:48.86	2:01.30
	S	9	1:28.93	1:38.05	1:49.26
	S	10	1:26.55	1:35.42	1:46.33
	S	11	1:38.47	1:48.56	2:00.97
	S	12	1:33.60	1:43.21	1:55.00
	S	13	1:24.49	1:33.15	1:43.80
50Br	SB	1			
	SB	2	2:40.58	2:57.05	3:17.29
	SB	3	1:17.97	1:25.96	1:35.79
100Br	SB	4	2:43.85	3:00.65	3:21.30
	SB	5	2:21.62	2:36.14	2:53.99
	SB	6	1:59.29	2:11.53	2:26.56
	SB	7	2:00.16	2:12.49	2:27.63
	SB	8	1:43.24	1:53.83	2:06.84
	SB	9	1:35.94	1:45.78	1:57.87
	SB	11	1:49.91	2:01.18	2:15.03
	SB	12	1:43.97	1:54.63	2:07.73
	SB	13	1:36.97	1:46.91	1:59.13
50Fly	S	3	1:33.38	1:42.96	1:54.73
	S	4	1:00.26	1:06.44	1:14.03
	S	5	0:59.91	1:06.05	1:13.60
	S	6	0:46.74	0:51.54	0:57.43
	S	7	0:44.45	0:49.01	0:54.61
100Fly	S	8	1:41.08	1:51.45	2:04.19
	S	9	1:24.34	1:32.99	1:43.61
	S	10	1:25.37	1:34.13	1:44.89
	S	11	1:37.02	1:46.97	1:59.20
	S	12	1:25.33	1:34.08	1:44.83
	S	13	1:24.43	1:33.09	1:43.73
150IM	SM	3	5:15.23	5:47.56	6:27.29
	SM	4	3:39.33	4:01.82	4:29.46
200IM	SM	5	5:34.12	6:08.38	6:50.49
	SM	6	3:46.91	4:10.18	4:38.77
	SM	7	3:43.42	4:06.33	4:34.49
	SM	8	3:33.69	3:55.60	4:22.53
	SM	9	3:07.16	3:26.36	3:49.94
	SM	10	3:06.07	3:25.15	3:48.60
	SM	11	3:33.83	3:55.76	4:22.70
	SM	12	3:14.65	3:34.62	3:59.14
	SM	13	3:05.85	3:24.91	3:48.33