

| 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      | 1500    | 50      | 100     | 200     | 50      | 100     | 200     | 50      | 100     | 200     | 200     |
| 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  | 25.71 | 0:55.83 | 2:01.84 | 4:17.41 | -        | -        | 1:03.16 | 2:16.50 | -       | 1:08.69 | 2:28.75 | -       | 1:00.12 | 2:14.62 | 2:16.59 | 4:50.17 |         |
|    | 強化A  | 27.00 | 0:58.62 | 2:07.93 | 4:30.28 | -        | -        | 1:06.32 | 2:23.33 | -       | 1:12.12 | 2:36.19 | -       | 1:03.13 | 2:21.35 | 2:23.42 | 5:04.68 |         |
|    | 強化B  | 27.51 | 0:59.74 | 2:10.37 | 4:35.43 | -        | -        | 1:07.58 | 2:26.05 | -       | 1:13.50 | 2:39.16 | -       | 1:04.33 | 2:24.04 | 2:26.15 | 5:10.48 |         |
|    | 強化C  | 28.28 | 1:01.41 | 2:14.02 | 4:43.15 | -        | -        | 1:09.48 | 2:30.15 | -       | 1:15.56 | 2:43.62 | -       | 1:06.13 | 2:28.08 | 2:30.25 | 5:19.19 |         |
| 小6 | 強化S  | 27.11 | 0:59.02 | 2:08.40 | -       | -        | 31.20    | 1:07.46 | -       | 33.69   | 1:13.08 | -       | 28.90   | 1:04.30 | -       | 2:24.47 | -       |         |
|    | 強化A  | 28.47 | 1:01.97 | 2:14.82 | -       | -        | 32.76    | 1:10.83 | -       | 35.37   | 1:16.73 | -       | 30.35   | 1:07.52 | -       | 2:31.69 | -       |         |
|    | 強化B  | 29.01 | 1:03.15 | 2:17.39 | -       | -        | 33.38    | 1:12.18 | -       | 36.05   | 1:18.20 | -       | 30.92   | 1:08.80 | -       | 2:34.58 | -       |         |
|    | 強化C  | 29.82 | 1:04.92 | 2:21.24 | -       | -        | 34.32    | 1:14.21 | -       | 37.06   | 1:20.39 | -       | 31.79   | 1:10.73 | -       | 2:38.92 | -       |         |
| 小5 | 強化S  | 28.51 | 1:02.47 | 2:14.85 | -       | -        | 32.67    | 1:10.73 | -       | 35.50   | 1:17.77 | -       | 30.48   | 1:08.14 | -       | 2:30.66 | -       |         |
|    | 強化A  | 29.94 | 1:05.59 | 2:21.59 | -       | -        | 34.30    | 1:14.27 | -       | 37.28   | 1:21.66 | -       | 32.00   | 1:11.55 | -       | 2:38.19 | -       |         |
|    | 強化B  | 30.51 | 1:06.84 | 2:24.29 | -       | -        | 34.96    | 1:15.68 | -       | 37.99   | 1:23.21 | -       | 32.61   | 1:12.91 | -       | 2:41.21 | -       |         |
|    | 強化C  | 31.36 | 1:08.72 | 2:28.34 | -       | -        | 35.94    | 1:17.80 | -       | 39.05   | 1:25.55 | -       | 33.53   | 1:14.95 | -       | 2:45.73 | -       |         |
| 小4 | 強化S  | 30.51 | -       | -       | -       | -        | 35.20    | -       | -       | 38.72   | -       | -       | 32.55   | -       | -       | 2:41.55 | -       |         |
|    | 強化A  | 32.04 | -       | -       | -       | -        | 36.96    | -       | -       | 40.66   | -       | -       | 34.18   | -       | -       | 2:49.63 | -       |         |
|    | 強化B  | 32.65 | -       | -       | -       | -        | 37.66    | -       | -       | 41.43   | -       | -       | 34.83   | -       | -       | 2:52.86 | -       |         |
|    | 強化C  | 33.56 | -       | -       | -       | -        | 38.72    | -       | -       | 42.59   | -       | -       | 35.81   | -       | -       | 2:57.71 | -       |         |

2025年度熊本県強化指定選手 標準記録：長水路

＜女子＞

※中2～高3⇒S：NS（高2・中3：暫定記録）

A：95% B：93% C：90%

中1～小4⇒S：全国JOC A：95% B：93% C：90%

| 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 | 02:09.19 | 04:30.79 | -        | -        | 01:06.88 | 02:22.30 | -        | 01:14.13 | 02:38.66 | -        | 01:04.33 | 02:22.46 | 02:23.76 | 05:03.27 |          |
|    | 強化A  | 28.93 | 01:02.73 | 02:15.65 | 04:44.33 | -        | -        | 01:10.22 | 02:29.41 | -        | 01:17.84 | 02:46.59 | -        | 01:07.55 | 02:29.58 | 02:30.95 | 05:18.43 |          |
|    | 強化B  | 29.48 | 01:03.92 | 02:18.23 | 04:49.75 | -        | -        | 01:11.56 | 02:32.26 | -        | 01:19.32 | 02:49.77 | -        | 01:08.83 | 02:32.43 | 02:33.82 | 05:24.50 |          |
|    | 強化C  | 30.31 | 01:05.71 | 02:22.11 | 04:57.87 | -        | -        | 01:13.57 | 02:36.53 | -        | 01:21.54 | 02:54.53 | -        | 01:10.76 | 02:36.71 | 02:38.14 | 05:33.60 |          |
| 小6 | 強化S  | 28.25 | 01:01.36 | 02:11.87 | -        | -        | 32.12    | 01:08.96 | -        | 35.30    | 01:16.32 | -        | 30.02    | 01:06.57 | -        | 02:28.57 | -        |          |
|    | 強化A  | 29.66 | 01:04.43 | 02:18.46 | -        | -        | 33.73    | 01:12.41 | -        | 37.07    | 01:20.14 | -        | 31.52    | 01:09.90 | -        | 02:36.00 | -        |          |
|    | 強化B  | 30.23 | 01:05.66 | 02:21.10 | -        | -        | 34.37    | 01:13.79 | -        | 37.77    | 01:21.66 | -        | 32.12    | 01:11.23 | -        | 02:38.97 | -        |          |
|    | 強化C  | 31.08 | 01:07.50 | 02:25.06 | -        | -        | 35.33    | 01:15.86 | -        | 38.83    | 01:23.95 | -        | 33.02    | 01:13.23 | -        | 02:43.43 | -        |          |
| 小5 | 強化S  | 28.84 | 01:03.22 | 02:16.26 | -        | -        | 32.88    | 01:11.12 | -        | 36.36    | 01:18.73 | -        | 30.63    | 01:08.41 | -        | 02:32.37 | -        |          |
|    | 強化A  | 30.28 | 01:06.38 | 02:23.07 | -        | -        | 34.52    | 01:14.68 | -        | 38.18    | 01:22.67 | -        | 32.16    | 01:11.83 | -        | 02:39.99 | -        |          |
|    | 強化B  | 30.86 | 01:07.65 | 02:25.80 | -        | -        | 35.18    | 01:16.10 | -        | 38.91    | 01:24.24 | -        | 32.77    | 01:13.20 | -        | 02:43.04 | -        |          |
|    | 強化C  | 31.72 | 01:09.54 | 02:29.89 | -        | -        | 36.17    | 01:18.23 | -        | 40.00    | 01:26.60 | -        | 33.69    | 01:15.25 | -        | 02:47.61 | -        |          |
| 小4 | 強化S  | 30.58 | -        | -        | -        | -        | 35.02    | -        | -        | 38.74    | -        | -        | 32.81    | -        | -        | 02:41.61 | -        |          |
|    | 強化A  | 32.11 | -        | -        | -        | -        | 36.77    | -        | -        | 40.68    | -        | -        | 34.45    | -        | -        | 02:49.69 | -        |          |
|    | 強化B  | 32.72 | -        | -        | -        | -        | 37.47    | -        | -        | 41.45    | -        | -        | 35.11    | -        | -        | 02:52.92 | -        |          |
|    | 強化C  | 33.64 | -        | -        | -        | -        | 38.52    | -        | -        | 42.61    | -        | -        | 36.09    | -        | -        | 02:57.77 | -        |          |

ジュニア強化