

2025 日本パラ水泳春季チャレンジレース 兼 日本代表選考競技会 実施種目及び標準記録一覧表

MEN

		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S21
Freestyle	50m	3:00.00	2:20.00	1:45.00	1:15.00	1:00.00	48.00	40.00	39.00	34.00	32.00	35.00	33.00	32.00	28.50	29.30	32.00
	100m	6:40.00	5:10.00	3:50.00	2:45.00	2:12.00	1:45.00	1:28.00	1:25.00	1:15.00	1:10.00	1:20.00	1:13.00	1:10.00	1:03.00	1:05.50	1:10.00
	200m	13:20.00	10:20.00	8:25.00	6:03.00	4:50.00									2:20.00	2:24.00	
	400m						8:25.00	7:20.00	6:50.00	6:00.00	5:35.00	6:20.00	5:50.00	5:35.00		5:15.00	5:35.00
Backstroke	50m	3:00.00	2:20.00	1:45.00	1:26.00	1:15.00										37.00	
	100m	6:40.00	5:10.00				2:00.00	1:50.00	1:35.00	1:30.00	1:20.00	1:45.00	1:30.00	1:25.00	1:19.00	1:20.00	1:20.00
Butterfly	50m	3:00.00	2:20.00	2:00.00	1:40.00	1:20.00	1:10.00	1:00.00								35.00	
	100m								1:45.00	1:30.00	1:20.00	1:35.00	1:25.00	1:22.00	1:09.00	1:15.00	1:20.00
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9		SB11	SB12	SB13	SB14	SB15	SB21
Breaststroke (SB)	50m	2:40.00	2:10.00	1:20.00												38.00	
	100m				2:25.00	2:15.00	2:05.00	1:50.00	1:45.00	1:40.00		1:30.00	1:28.00	1:25.00	1:25.00	1:22.00	1:40.00
		SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15	SM21
Ind. Medley (SM)	150m	9:40.00	7:30.00	6:30.00	5:00.00												
	200m					4:15.00	3:55.00	3:40.00	3:20.00	3:10.00	3:00.00	3:10.00	3:00.00	2:55.00	2:41.00	2:45.00	3:00.00

WOMEN

		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S21
Freestyle	50m	3:10.00	2:40.00	1:55.00	1:35.00	1:00.00	57.00	47.00	44.00	40.00	37.00	44.00	39.00	36.00	36.00	34.00	37.00
	100m	7:00.00	5:50.00	4:30.00	3:29.00	2:12.00	2:05.00	1:43.00	1:37.00	1:28.00	1:22.00	1:40.00	1:25.00	1:20.00	1:21.00	1:15.00	1:22.00
	200m	14:00.00	11:40.00	10:00.00	7:40.00	4:50.00									3:00.00	2:45.00	
	400m						10:00.00	9:10.00	7:45.00	7:00.00	6:30.00	8:00.00	6:45.00	6:25.00		6:00.00	6:30.00
Backstroke	50m	3:10.00	2:40.00	1:55.00	1:40.00	1:20.00										43.00	
	100m	7:00.00	5:50.00				2:20.00	2:15.00	1:50.00	1:42.00	1:35.00	1:50.00	1:45.00	1:40.00	1:40.00	1:32.00	1:35.00
Butterfly	50m	3:10.00	2:40.00	2:20.00	2:00.00	1:30.00	1:20.00	1:10.00								42.00	
	100m								2:20.00	1:50.00	1:40.00	1:55.00	1:50.00	1:35.00	1:45.00	1:30.00	1:40.00
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9		SB11	SB12	SB13	SB14	SB15	SB21
Breaststroke (SB)	50m	2:50.00	2:30.00	1:50.00												46.00	
	100m				2:45.00	2:35.00	2:20.00	2:15.00	2:00.00	1:45.00		2:00.00	1:45.00	1:40.00	1:45.00	1:37.00	1:45.00
		SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15	SM21
Ind. Medley (SM)	150m	10:50.00	10:20.00	10:00.00	6:00.00												
	200m					5:30.00	5:00.00	4:20.00	3:45.00	3:35.00	3:20.00	3:50.00	3:30.00	3:20.00	3:30.00	3:15.00	3:20.00