



# JSSグループ インターナショナル強化基準表

2013/4~2017/3

種目	FREE STYLE (自由形)						BACK (背泳)			BREAST (平泳)			FLY (バタフライ)			IM個人メドレー		
	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m	
男子	20.91	46.91	1:42.00	3:40.07	7:32.12	14:31.02	24.04	51.94	1:51.92	26.67	58.46	2:07.28	22.43	49.82	1:51.51	1:54.00	4:03.84	
世界記録	20.91	46.91	1:42.00	3:40.07	7:32.12	14:31.02	24.04	51.94	1:51.92	26.67	58.46	2:07.28	22.43	49.82	1:51.51	1:54.00	4:03.84	
ゴールド	I	21.5	48.3	1:45.0	3:46.6	7:45.6	14:57.1	24.7	53.4	1:55.2	27.4	1:00.2	2:11.0	23.1	51.3	1:54.8	1:57.4	4:11.1
	II	21.9	49.2	1:47.1	3:51.0	7:54.7	15:14.5	25.2	54.5	1:57.5	28.0	1:01.3	2:13.6	23.5	52.3	1:57.0	1:59.7	4:16.0
	III	22.3	50.1	1:49.1	3:55.4	8:03.7	15:31.9	25.7	55.5	1:59.7	28.5	1:02.5	2:16.1	24.0	53.3	1:59.3	2:01.9	4:20.9
	IV	22.7	51.1	1:51.1	3:59.8	8:12.8	15:49.4	26.2	56.6	2:01.9	29.0	1:03.7	2:18.7	24.4	54.3	2:01.5	2:04.2	4:25.7
	V	23.2	52.0	1:53.2	4:04.2	8:21.8	16:06.8	26.6	57.6	2:04.2	29.6	1:04.8	2:21.2	24.8	55.3	2:03.7	2:06.5	4:30.6
シルバー	I	23.6	53.0	1:55.2	4:08.6	8:30.8	16:24.2	27.1	58.6	2:06.4	30.1	1:06.0	2:23.8	25.3	56.2	2:06.0	2:08.8	4:35.5
	II	24.2	54.4	1:58.3	4:15.2	8:44.4	16:50.3	27.8	1:00.2	2:09.8	30.9	1:07.8	2:27.6	26.0	57.7	2:09.3	2:12.2	4:42.8
	III	24.8	55.8	2:01.3	4:21.8	8:58.0	17:16.5	28.6	1:01.8	2:13.1	31.7	1:09.5	2:31.4	26.6	59.2	2:12.6	2:15.6	4:50.1
	IV	25.5	57.2	2:04.4	4:28.4	9:11.5	17:42.6	29.3	1:03.3	2:16.5	32.5	1:11.3	2:35.2	27.3	1:00.7	2:16.0	2:19.0	4:57.4
	V	26.1	58.6	2:07.5	4:35.0	9:25.1	18:08.7	30.0	1:04.9	2:19.9	33.3	1:13.0	2:39.1	28.0	1:02.2	2:19.3	2:22.5	5:04.8
ブロンズ	I	26.7	1:00.0	2:10.5	4:41.6	9:38.7	18:34.9	30.7	1:06.4	2:23.2	34.1	1:14.8	2:42.9	28.7	1:03.7	2:22.7	2:25.9	5:12.1
	II	27.6	1:01.9	2:14.6	4:50.4	9:56.7	19:09.7	31.7	1:08.5	2:27.7	35.2	1:17.1	2:48.0	29.6	1:05.7	2:27.1	2:30.4	5:21.8
	III	28.4	1:03.7	2:18.7	4:59.2	10:14.8	19:44.5	32.6	1:10.6	2:32.2	36.2	1:19.5	2:53.1	30.5	1:07.7	2:31.6	2:35.0	5:31.6
	IV	29.2	1:05.6	2:22.8	5:08.0	10:32.9	20:19.4	33.6	1:12.7	2:36.6	37.3	1:21.8	2:58.1	31.4	1:09.7	2:36.1	2:39.6	5:41.3
	V	30.1	1:07.5	2:26.8	5:16.9	10:51.0	20:54.2	34.6	1:14.7	2:41.1	38.4	1:24.1	3:03.2	32.2	1:11.7	2:40.5	2:44.1	5:51.1
世界記録	23.73	52.07	1:52.98	3:59.15	8:14.10	15:42.54	27.06	58.12	2:04.06	29.80	1:04.45	2:19.59	25.07	55.98	2:01.81	2:06.15	4:28.43	
ゴールド	I	24.4	53.6	1:56.3	4:06.3	8:28.9	16:10.8	27.8	59.8	2:07.7	30.6	1:06.3	2:23.7	25.8	57.6	2:05.4	2:09.9	4:36.4
	II	24.9	54.6	1:58.6	4:11.1	8:38.8	16:29.6	28.4	1:01.0	2:10.2	31.2	1:07.6	2:26.5	26.3	58.7	2:07.9	2:12.4	4:41.8
	III	25.3	55.7	2:00.8	4:15.8	8:48.6	16:48.5	28.9	1:02.1	2:12.7	31.8	1:08.9	2:29.3	26.8	59.8	2:10.3	2:14.9	4:47.2
	IV	25.8	56.7	2:03.1	4:20.6	8:58.5	17:07.3	29.4	1:03.3	2:15.2	32.4	1:10.2	2:32.1	27.3	1:01.0	2:12.7	2:17.5	4:52.5
	V	26.3	57.7	2:05.4	4:25.4	9:08.4	17:26.2	30.0	1:04.5	2:17.7	33.0	1:11.5	2:34.9	27.8	1:02.1	2:15.2	2:20.0	4:57.9
シルバー	I	26.8	58.8	2:07.6	4:30.2	9:18.3	17:45.0	30.5	1:05.6	2:20.1	33.6	1:12.8	2:37.7	28.3	1:03.2	2:17.6	2:22.5	5:03.3
	II	27.5	1:00.4	2:11.0	4:37.4	9:33.1	18:13.3	31.3	1:07.4	2:23.9	34.5	1:14.7	2:41.9	29.0	1:04.9	2:21.2	2:26.3	5:11.3
	III	28.2	1:01.9	2:14.4	4:44.5	9:47.9	18:41.6	32.2	1:09.1	2:27.6	35.4	1:16.6	2:46.1	29.8	1:06.6	2:24.9	2:30.1	5:19.4
	IV	28.9	1:03.5	2:17.8	4:51.7	10:02.8	19:09.8	33.0	1:10.9	2:31.3	36.3	1:18.6	2:50.2	30.5	1:08.2	2:28.6	2:33.9	5:27.4
	V	29.6	1:05.0	2:21.2	4:58.9	10:17.6	19:38.1	33.8	1:12.6	2:35.0	37.2	1:20.5	2:54.4	31.3	1:09.9	2:32.2	2:37.6	5:35.5
ブロンズ	I	30.3	1:06.6	2:24.6	5:06.1	10:32.4	20:06.4	34.6	1:14.3	2:38.7	38.1	1:22.4	2:58.6	32.0	1:11.6	2:35.9	2:41.4	5:43.5
	II	31.3	1:08.7	2:29.1	5:15.6	10:52.2	20:44.1	35.7	1:16.7	2:43.7	39.3	1:25.0	3:04.2	33.0	1:13.8	2:40.7	2:46.5	5:54.3
	III	32.2	1:10.8	2:33.6	5:25.2	11:11.9	21:21.8	36.8	1:19.0	2:48.7	40.5	1:27.6	3:09.8	34.0	1:16.1	2:45.6	2:51.5	6:05.0
	IV	33.2	1:12.8	2:38.1	5:34.8	11:31.7	21:59.5	37.8	1:21.3	2:53.6	41.7	1:30.2	3:15.4	35.0	1:18.3	2:50.5	2:56.6	6:15.8
	V	34.1	1:14.9	2:42.6	5:44.3	11:51.5	22:37.2	38.9	1:23.6	2:58.6	42.9	1:32.8	3:21.0	36.1	1:20.6	2:55.4	3:01.6	6:26.5