

# 第49回全国JOCジュニアオリンピックカップ春季水泳競技大会

【種目・距離・競技会】

2026/9/4

| 種目  | 距離    | 年齢     | 男子       |          |          |          |          | 女子      |         |         |         |         |
|-----|-------|--------|----------|----------|----------|----------|----------|---------|---------|---------|---------|---------|
|     |       |        | 短水路      | J0予選     | 県記録会     | 県Jr      | 長水路      | 短水路     | J0予選    | 県記録会    | 県Jr     | 長水路     |
| 自由形 | 50m   | 9歳以下   | 31.00    | 32.24    | 33.40    | 34.10    | 31.50    | 31.30   | 32.55   | 33.00   | 34.43   | 31.07   |
|     |       | 10歳    | 20.00    | 31.05    | 32.25    | 32.05    | 30.51    | 20.00   | 31.10   | 32.20   | 32.00   | 30.50   |
|     |       | 11歳    | 27.77    | 20.00    | 20.00    | 30.55    | 20.51    | 20.41   | 20.55   | 30.00   | 31.25   | 20.04   |
|     |       | 12歳    | 20.34    | 27.30    | 20.45    | 20.07    | 27.11    | 27.72   | 20.03   | 20.04   | 30.40   | 20.25   |
|     |       | 13歳    | 24.04    | 25.03    | 26.03    | 27.32    | 25.02    | 26.00   | 20.07   | 20.15   | 20.00   | 27.55   |
|     |       | 14歳    | 24.14    | 25.11    | 20.07    | 20.55    | 25.00    | 20.70   | 27.00   | 20.03   | 20.47   | 27.30   |
|     |       | 15～10歳 | 23.40    | 24.34    | 25.27    | 25.74    | 24.24    | 20.23   | 27.20   | 20.33   | 20.05   | 20.00   |
|     |       | CS     | 22.00    | 23.00    | 24.02    | 25.20    | 23.05    | 20.21   | 27.20   | 20.31   | 20.03   | 20.00   |
|     | 100m  | 11歳    | 1:01.07  | 1:03.51  | 1:05.00  | 1:07.10  | 1:02.07  | 1:02.10 | 1:04.00 | 1:07.17 | 1:00.41 | 1:03.22 |
|     |       | 12歳    | 50.15    | 1:00.40  | 1:02.00  | 1:03.07  | 50.22    | 1:00.71 | 1:03.14 | 1:05.57 | 1:00.70 | 1:01.30 |
|     |       | 13歳    | 54.74    | 50.03    | 50.12    | 1:00.21  | 55.00    | 50.73   | 1:01.00 | 1:03.43 | 1:04.00 | 50.74   |
|     |       | 14歳    | 53.00    | 55.12    | 57.24    | 50.30    | 54.44    | 50.20   | 1:00.01 | 1:02.04 | 1:04.11 | 50.00   |
|     |       | 15～10歳 | 50.04    | 52.07    | 54.01    | 55.02    | 52.00    | 57.14   | 50.43   | 1:01.71 | 1:02.05 | 57.05   |
|     |       | CS     | 50.05    | 52.05    | 54.05    | 55.00    | 51.00    | 50.07   | 50.25   | 1:01.53 | 1:02.07 | 57.03   |
|     | 200m  | 11歳    | 2:12.33  | 2:17.02  | 2:22.02  | 2:25.50  | 2:15.25  | 2:15.13 | 2:20.54 | 2:25.04 | 2:20.04 | 2:10.20 |
|     |       | 12歳    | 2:00.03  | 2:11.70  | 2:10.70  | 2:10.20  | 2:00.00  | 2:11.20 | 2:10.53 | 2:21.70 | 2:24.41 | 2:11.07 |
|     |       | 13歳    | 1:50.00  | 2:03.05  | 2:00.02  | 2:11.00  | 2:02.24  | 2:00.00 | 2:11.07 | 2:17.04 | 2:10.50 | 2:00.50 |
|     |       | 14歳    | 1:54.40  | 1:50.00  | 2:03.05  | 2:05.04  | 1:50.50  | 2:05.00 | 2:10.03 | 2:15.00 | 2:10.30 | 2:07.02 |
|     |       | 15～10歳 | 1:50.05  | 1:55.20  | 1:50.72  | 2:01.04  | 1:54.55  | 2:03.01 | 2:07.03 | 2:12.05 | 2:15.31 | 2:05.30 |
|     | 400m  | CS     | 1:40.11  | 1:53.47  | 1:57.04  | 2:00.02  | 1:53.00  | 2:02.03 | 2:07.54 | 2:12.44 | 2:14.00 | 2:05.37 |
|     |       | 13歳    | 4:12.01  | 4:22.00  | 4:32.17  | 4:37.21  | 4:10.21  | 4:25.01 | 4:30.55 | 4:47.10 | 4:52.50 | 4:31.50 |
|     |       | 14歳    | 4:04.00  | 4:13.05  | 4:23.02  | 4:20.50  | 4:11.00  | 4:24.24 | 4:34.01 | 4:45.30 | 4:50.00 | 4:20.01 |
|     |       | 15～10歳 | 3:54.04  | 4:04.03  | 4:13.41  | 4:10.10  | 4:03.10  | 4:17.02 | 4:27.02 | 4:30.23 | 4:43.30 | 4:23.02 |
|     | 800m  | CS     | 3:51.32  | 4:00.57  | 4:00.03  | 4:14.45  | 4:00.43  | 4:17.40 | 4:27.70 | 4:37.00 | 4:43.14 | 4:22.05 |
|     |       | 14歳以下  |          |          |          |          |          | 0:55.25 | 0:10.00 | 0:30.07 | 0:40.70 | 0:02.00 |
|     |       | 15～10歳 |          |          |          |          |          | 0:52.70 | 0:14.00 | 0:35.40 | 0:40.00 | 0:00.32 |
|     | 1500m | CS     |          |          |          |          |          | 0:50.44 | 0:11.00 | 0:32.00 | 0:43.40 | 0:01.21 |
|     |       | 14歳以下  | 10:05.30 | 10:44.00 | 17:22.01 | 17:41.02 | 10:20.01 |         |         |         |         |         |
|     |       | 15～10歳 | 15:43.74 | 10:21.40 | 10:50.24 | 17:10.11 | 10:00.27 |         |         |         |         |         |
|     | 50m   | CS     | 15:25.72 | 10:02.75 | 10:30.70 | 10:50.20 | 15:50.55 |         |         |         |         |         |
|     |       | 9歳以下   | 35.10    | 30.50    | 37.00    | 30.70    | 30.70    | 35.07   | 37.10   | 30.52   | 30.24   | 30.05   |
|     |       | 10歳    | 34.05    | 35.41    | 30.77    | 37.40    | 35.20    | 33.07   | 35.22   | 30.50   | 37.20   | 35.02   |
|     |       | 11歳    | 31.31    | 32.50    | 33.01    | 34.44    | 32.07    | 31.70   | 33.03   | 34.30   | 34.04   | 32.00   |
|     |       | 12歳    | 20.04    | 31.03    | 32.23    | 32.02    | 31.20    | 31.00   | 32.24   | 33.40   | 34.10   | 32.12   |
|     | 100m  | CS     | 25.50    | 20.50    | 27.00    | 20.12    | 27.31    | 20.05   | 20.00   | 30.04   | 31.52   | 30.35   |
|     |       | 11歳    | 1:00.00  | 1:11.43  | 1:14.17  | 1:15.55  | 1:10.03  | 1:00.10 | 1:11.05 | 1:14.71 | 1:10.10 | 1:11.12 |
|     |       | 12歳    | 1:04.05  | 1:07.55  | 1:10.15  | 1:11.45  | 1:07.00  | 1:07.10 | 1:00.05 | 1:12.53 | 1:13.00 | 1:00.10 |
|     |       | 13歳    | 1:00.41  | 1:02.03  | 1:05.24  | 1:00.45  | 1:02.03  | 1:04.05 | 1:07.44 | 1:10.04 | 1:11.34 | 1:00.00 |
|     |       | 14歳    | 50.32    | 1:00.05  | 1:02.00  | 1:04.15  | 1:01.34  | 1:04.30 | 1:00.07 | 1:00.44 | 1:10.73 | 1:05.03 |
|     | 200m  | 15～10歳 | 55.70    | 50.01    | 1:00.24  | 1:01.30  | 50.03    | 1:02.50 | 1:05.00 | 1:07.50 | 1:00.04 | 1:04.70 |
|     |       | CS     | 55.30    | 57.51    | 50.72    | 1:00.03  | 50.30    | 1:02.37 | 1:04.00 | 1:07.30 | 1:00.01 | 1:04.75 |
|     |       | 13歳    | 2:11.14  | 2:10.30  | 2:21.03  | 2:24.25  | 2:10.50  | 2:10.70 | 2:25.20 | 2:30.00 | 2:33.07 | 2:22.50 |
|     |       | 14歳    | 2:00.00  | 2:12.00  | 2:17.14  | 2:10.00  | 2:12.25  | 2:17.70 | 2:23.30 | 2:20.01 | 2:31.57 | 2:21.30 |
|     |       | 15～10歳 | 2:01.05  | 2:00.72  | 2:11.00  | 2:14.04  | 2:07.41  | 2:14.04 | 2:20.23 | 2:25.03 | 2:20.32 | 2:10.17 |
|     | 400m  | CS     | 2:00.05  | 2:05.70  | 2:10.03  | 2:13.05  | 2:00.20  | 2:14.03 | 2:20.22 | 2:25.02 | 2:20.31 | 2:10.10 |

| 種目     | 年齢    | 男子     |         |         |         |         | 女子      |         |         |         |         |         |         |
|--------|-------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|        |       | 短水路    | J0予選    | 県記録会    | 県Jr     | 長水路     | 短水路     | J0予選    | 県記録会    | 県Jr     | 長水路     |         |         |
| 平泳ぎ    | 50m   | 9歳以下   | 30.50   | 41.10   | 42.75   | 43.54   | 40.53   | 40.24   | 41.05   | 43.40   | 44.20   | 40.03   |         |
|        |       | 10歳    | 37.00   | 30.17   | 40.07   | 41.43   | 30.02   | 37.01   | 30.32   | 40.03   | 41.50   | 30.54   |         |
|        |       | 11歳    | 34.40   | 35.07   | 37.25   | 37.94   | 35.00   | 35.22   | 30.03   | 30.04   | 30.74   | 30.10   |         |
|        |       | 12歳    | 32.01   | 34.12   | 35.43   | 30.00   | 33.00   | 34.00   | 30.00   | 37.47   | 30.10   | 35.30   |         |
|        |       | CS     | 20.33   | 20.40   | 30.00   | 31.10   | 20.01   | 32.41   | 33.71   | 35.00   | 35.05   | 33.00   |         |
|        | 100m  | 13歳    | 1:14.00 | 1:17.00 | 1:20.00 | 1:22.30 | 1:17.77 | 1:10.00 | 1:10.00 | 1:22.73 | 1:24.20 | 1:10.73 |         |
|        |       | 12歳    | 1:10.05 | 1:13.70 | 1:10.03 | 1:10.05 | 1:13.00 | 1:14.01 | 1:17.00 | 1:20.70 | 1:22.20 | 1:10.52 |         |
|        |       | 13歳    | 1:00.50 | 1:00.25 | 1:11.02 | 1:13.25 | 1:00.00 | 1:12.22 | 1:15.11 | 1:10.00 | 1:10.44 | 1:14.13 |         |
|        |       | 14歳    | 1:04.30 | 1:00.03 | 1:00.51 | 1:10.00 | 1:07.01 | 1:12.00 | 1:14.07 | 1:17.00 | 1:10.30 | 1:13.00 |         |
|        |       | 15～10歳 | 1:02.37 | 1:04.00 | 1:07.30 | 1:00.01 | 1:04.72 | 1:10.00 | 1:13.40 | 1:10.31 | 1:17.73 | 1:12.10 |         |
|        | 200m  | CS     | 1:01.20 | 1:03.73 | 1:00.10 | 1:07.41 | 1:04.03 | 1:00.00 | 1:12.70 | 1:15.50 | 1:10.00 | 1:12.15 |         |
|        |       | 13歳    | 2:22.40 | 2:20.10 | 2:33.00 | 2:30.73 | 2:20.15 | 2:34.04 | 2:40.03 | 2:47.01 | 2:50.10 | 2:30.00 |         |
|        |       | 14歳    | 2:10.22 | 2:24.70 | 2:30.30 | 2:33.14 | 2:24.00 | 2:34.22 | 2:40.30 | 2:40.50 | 2:40.04 | 2:37.01 |         |
|        |       | 15～10歳 | 2:13.40 | 2:10.02 | 2:24.10 | 2:20.03 | 2:10.50 | 2:31.20 | 2:37.34 | 2:43.30 | 2:40.42 | 2:34.00 |         |
|        |       | CS     | 2:11.05 | 2:17.12 | 2:22.40 | 2:25.03 | 2:10.04 | 2:20.00 | 2:35.00 | 2:41.00 | 2:44.00 | 2:34.21 |         |
|        | バタフライ | 50m    | 9歳以下    | 33.35   | 34.00   | 30.02   | 30.00   | 33.00   | 33.50   | 34.02   | 30.27   | 30.04   | 34.21   |
|        |       |        | 10歳     | 32.00   | 33.37   | 34.00   | 35.30   | 32.55   | 32.13   | 33.42   | 34.70   | 35.34   | 32.04   |
|        |       |        | 11歳     | 20.75   | 30.04   | 32.13   | 32.72   | 30.50   | 30.32   | 31.53   | 32.75   | 33.35   | 30.03   |
|        |       |        | 12歳     | 20.20   | 20.33   | 30.40   | 31.02   | 20.00   | 20.50   | 30.70   | 31.05   | 32.54   | 30.02   |
|        |       |        | CS      | 24.35   | 25.32   | 20.30   | 20.70   | 25.70   | 27.00   | 20.70   | 20.01   | 30.30   | 20.02   |
| 100m   |       | 13歳    | 1:00.52 | 1:00.10 | 1:11.04 | 1:13.17 | 1:00.34 | 1:07.01 | 1:10.31 | 1:13.02 | 1:14.37 | 1:00.01 |         |
|        |       | 12歳    | 1:03.02 | 1:05.54 | 1:00.00 | 1:00.32 | 1:04.50 | 1:05.53 | 1:00.15 | 1:10.77 | 1:12.00 | 1:00.77 |         |
|        |       | 13歳    | 50.70   | 1:01.13 | 1:03.40 | 1:04.00 | 50.04   | 1:03.40 | 1:05.04 | 1:00.47 | 1:00.74 | 1:04.33 |         |
|        |       | 14歳    | 57.17   | 50.40   | 1:01.74 | 1:02.00 | 50.50   | 1:02.74 | 1:05.25 | 1:07.70 | 1:00.01 | 1:03.50 |         |
|        |       | 15～10歳 | 55.00   | 57.20   | 50.40   | 1:00.50 | 50.10   | 1:01.30 | 1:03.01 | 1:00.27 | 1:07.50 | 1:02.10 |         |
| 200m   |       | CS     | 53.00   | 50.14   | 50.30   | 50.30   | 55.70   | 1:01.24 | 1:03.00 | 1:00.14 | 1:07.30 | 1:02.10 |         |
|        |       | 13歳    | 2:11.00 | 2:10.30 | 2:21.54 | 2:24.17 | 2:15.02 | 2:20.00 | 2:25.00 | 2:31.20 | 2:34.07 | 2:22.00 |         |
|        |       | 14歳    | 2:00.33 | 2:11.30 | 2:10.44 | 2:10.00 | 2:10.10 | 2:17.47 | 2:22.07 | 2:20.47 | 2:31.22 | 2:20.01 |         |
|        |       | 15～10歳 | 2:01.07 | 2:05.01 | 2:10.70 | 2:13.10 | 2:04.04 | 2:14.50 | 2:10.00 | 2:25.35 | 2:20.04 | 2:17.04 |         |
| 個人メドレー |       | 200m   | CS      | 1:50.20 | 2:03.07 | 2:00.74 | 2:11.12 | 2:03.03 | 2:14.17 | 2:10.54 | 2:24.00 | 2:27.50 | 2:10.23 |
|        | 9歳以下  |        | 2:43.24 | 2:40.77 | 2:50.30 | 2:50.50 | 2:47.05 | 2:45.41 | 2:52.03 | 2:50.04 | 3:01.05 | 2:40.02 |         |
|        | 10歳   |        | 2:37.35 | 2:43.04 | 2:40.04 | 2:53.00 | 2:41.05 | 2:30.02 | 2:45.20 | 2:51.03 | 2:54.01 | 2:42.01 |         |
|        | 11歳   |        | 2:27.10 | 2:32.00 | 2:30.07 | 2:41.01 | 2:31.00 | 2:20.01 | 2:35.50 | 2:41.50 | 2:44.57 | 2:32.77 |         |
|        | 12歳   |        | 2:10.03 | 2:25.22 | 2:30.00 | 2:33.50 | 2:24.07 | 2:20.35 | 2:32.20 | 2:30.00 | 2:40.00 | 2:20.07 |         |
|        | 13歳   |        | 2:11.07 | 2:17.14 | 2:22.42 | 2:25.00 | 2:10.50 | 2:21.30 | 2:27.04 | 2:32.00 | 2:35.52 | 2:24.00 |         |
|        | 14歳   |        | 2:00.40 | 2:13.03 | 2:10.77 | 2:21.34 | 2:12.45 | 2:20.20 | 2:25.00 | 2:31.51 | 2:34.32 | 2:24.07 |         |
|        | 400m  | 15～10歳 | 2:03.07 | 2:07.00 | 2:12.02 | 2:15.30 | 2:07.57 | 2:17.44 | 2:22.04 | 2:20.44 | 2:31.10 | 2:20.05 |         |
|        |       | CS     | 2:01.15 | 2:00.00 | 2:10.04 | 2:13.20 | 2:00.01 | 2:17.31 | 2:22.00 | 2:20.20 | 2:31.04 | 2:20.04 |         |
|        |       | 13歳    | 4:30.00 | 4:50.04 | 5:01.10 | 5:00.77 | 4:50.17 | 4:50.10 | 5:10.02 | 5:21.05 | 5:27.01 | 5:04.07 |         |
|        |       | 14歳    | 4:32.55 | 4:43.45 | 4:54.35 | 4:50.00 | 4:43.27 | 4:54.10 | 5:05.05 | 5:17.71 | 5:23.00 | 5:02.30 |         |
|        |       | 15～10歳 | 4:21.00 | 4:32.15 | 4:42.01 | 4:47.05 | 4:32.73 | 4:40.17 | 5:00.74 | 5:12.30 | 5:10.00 | 4:55.24 |         |
|        |       | CS     | 4:10.00 | 4:20.34 | 4:30.70 | 4:44.00 | 4:30.00 | 4:40.43 | 4:50.07 | 5:11.50 | 5:17.27 | 4:54.00 |         |