

男子組						分數	女子組					
自選項目(25%)				指定項目(25%)	指定項目(25%)		指定項目(25%)	指定項目(25%)	自選項目(25%)			
50公尺自由式	50公尺蛙式	50公尺仰式	50公尺蝶式	100公尺混合式	100公尺自由式		100公尺自由式	100公尺混合式	50公尺蝶式	50公尺仰式	50公尺蛙式	50公尺自由式
26.50	32.80	30.00	28.50	66.00	58.50	100	62.00	70.00	30.50	31.80	35.70	28.30
26.70	33.00	30.20	28.70	66.50	59.00	99	62.50	70.50	30.70	32.00	35.90	28.50
26.90	33.20	30.40	28.90	67.00	59.50	98	63.00	71.00	30.90	32.20	36.10	28.70
27.10	33.40	30.60	29.10	67.50	60.00	97	63.50	71.50	31.10	32.40	36.30	28.90
27.30	33.60	30.80	29.30	68.00	60.50	96	64.00	72.00	31.30	32.60	36.50	29.10
27.50	33.80	31.00	29.50	68.50	61.00	95	64.50	72.50	31.50	32.80	36.70	29.30
27.70	34.00	31.20	29.70	69.00	61.50	94	65.00	73.00	31.70	33.00	36.90	29.50
27.90	34.20	31.40	29.90	69.50	62.00	93	65.50	73.50	31.90	33.20	37.10	29.70
28.10	34.40	31.60	30.10	70.00	62.50	92	66.00	74.00	32.10	33.40	37.30	29.90
28.30	34.60	31.80	30.30	70.50	63.00	91	66.50	74.50	32.30	33.60	37.50	30.10
28.50	34.80	32.00	30.50	71.00	63.50	90	67.00	75.00	32.50	33.80	37.70	30.30
28.70	35.00	32.20	30.70	71.50	64.00	89	67.50	75.50	32.70	34.00	37.90	30.50
28.90	35.20	32.40	30.90	72.00	64.50	88	68.00	76.00	32.90	34.20	38.10	30.70
29.10	35.40	32.60	31.10	72.50	65.00	87	68.50	76.50	33.10	34.40	38.30	30.90
29.30	35.60	32.80	31.30	73.00	65.50	86	69.00	77.00	33.30	34.60	38.50	31.10
29.50	35.80	33.00	31.50	73.50	66.00	85	69.50	77.50	33.50	34.80	38.70	31.30
29.70	36.00	33.20	31.70	74.00	66.50	84	70.00	78.00	33.70	35.00	38.90	31.50
29.90	36.20	33.40	31.90	74.50	67.00	83	70.50	78.50	33.90	35.20	39.10	31.70
30.10	36.40	33.60	32.10	75.00	67.50	82	71.00	79.00	34.10	35.40	39.30	31.90
30.30	36.60	33.80	32.30	75.50	68.00	81	71.50	79.50	34.30	35.60	39.50	32.10
30.50	36.80	34.00	32.50	76.00	68.50	80	72.00	80.00	34.50	35.80	39.70	32.30
30.70	37.00	34.20	32.70	76.50	69.00	79	72.50	80.50	34.70	36.00	39.90	32.50
30.90	37.20	34.40	32.90	77.00	69.50	78	73.00	81.00	34.90	36.20	40.10	32.70
31.10	37.40	34.60	33.10	77.50	70.00	77	73.50	81.50	35.10	36.40	40.30	32.90
31.30	37.60	34.80	33.30	78.00	70.50	76	74.00	82.00	35.30	36.60	40.50	33.10
31.50	37.80	35.00	33.50	78.50	71.00	75	74.50	82.50	35.50	36.80	40.70	33.30
31.70	38.00	35.20	33.70	79.00	71.50	74	75.00	83.00	35.70	37.00	40.90	33.50
31.90	38.20	35.40	33.90	79.50	72.00	73	75.50	83.50	35.90	37.20	41.10	33.70
32.10	38.40	35.60	34.10	80.00	72.50	72	76.00	84.00	36.10	37.40	41.30	33.90
32.30	38.60	35.80	34.30	80.50								