

Chuẩn thành tích triển vọng đạt trình độ quốc tế ở từng độ tuổi

Nữ											Nam									
8t	9t	10t	11t	12t	13t	14t	15t	16t	17t	Cự ly	17t	16t	15t	14t	13t	12t	11t	10t	9t	8t
36.18	32.87	30.51	29.55	28.71	27.95	27.27	26.65	26.08	25.56	50TD	23.15	23.65	24.2	24.81	25.48	26.23	27.08	29.17	32.11	34.13
1:19.87	1:12.55	1:07.35	1:05.24	1:03.37	1:01.70	1:00.20	58.83	57.57	56.42	100TD	51.24	52.35	53.57	54.91	56.40	58.06	59.94	1:04.57	1:11.08	1:15.54
2:52.97	2:37.13	2:25.85	2:21.29	2:17.25	2:13.63	2:10.37	2:07.40	2:04.69	2:02.19	200TD	1:53.20	1:55.67	1:58.36	2:01.32	2:04.60	2:08.27	2:12.42	2:22.66	2:37.94	2:46.89
6:03.38	5:30.11	5:06.42	4:56.83	4:48.34	4:40.74	4:33.88	4:27.65	4:21.95	4:16.71	400TD	3:59.92	4:05.14	4:10.85	4:17.13	4:24.08	4:31.86	4:40.65	5:02.34	5:32.82	5:53.71
12:25.55	11:17.28	10:28.68	10:09.00	9:51.58	9:35.99	9:21.92	9:09.14	8:57.44	8:46.69	800TD	8:21.68	8:32.60	8:44.53	8:57.66	9:12.21	9:28.48	9:46.85	10:32.22	11:35.94	12:19.63
23:49.95	21:39.02	20:05.80	19:28.06	18:54.64	18:24.74	17:57.77	17:33.25	17:10.82	16:50.18	1500TD	15:51.11	16:11.80	16:34.43	16:59.32	17:26.90	17:57.74	18:32.56	19:58.57	21:59.38	23:22.21
38.65	35.11	32.59	31.57	30.66	29.86	29.13	28.46	27.86	27.30	50B	25.13	25.68	26.28	26.93	27.66	28.48	29.40	31.67	34.86	37.05
1:25.50	1:17.67	1:12.10	1:09.84	1:07.84	1:06.06	1:04.44	1:02.98	1:01.64	1:00.40	100B	54.98	56.17	57.48	58.92	1:00.51	1:02.30	1:04.31	1:09.28	1:16.27	1:21.05
3:07.78	2:50.59	2:38.34	2:33.39	2:29.00	2:25.07	2:21.53	2:18.31	2:15.36	2:12.66	200B	2:02.60	2:05.26	2:08.18	2:11.39	2:14.95	2:18.92	2:23.41	2:34.50	2:50.07	3:00.75
41.84	38.01	35.28	34.18	33.20	32.33	31.54	30.82	30.16	29.56	50N	26.78	27.36	28.00	28.70	29.48	30.35	31.33	33.75	37.15	39.48
1:28.46	1:20.36	1:14.59	1:12.26	1:10.19	1:08.34	1:06.67	1:05.16	1:03.77	1:02.49	100N	57.08	58.32	59.68	1:01.17	1:02.83	1:04.68	1:06.77	1:11.93	1:19.18	1:24.15
3:09.74	2:52.36	2:40.00	2:34.99	2:30.55	2:26.59	2:23.01	2:19.75	2:16.78	2:14.04	200N	2:04.20	2:06.91	2:09.86	2:13.11	2:16.71	2:20.74	2:25.29	2:36.52	2:52.30	3:03.11
45.82	41.62	38.64	37.43	36.36	35.40	34.53	33.75	33.03	32.37	50E	29.54	30.18	30.88	31.66	32.51	33.47	34.55	37.23	40.98	43.55
1:39.19	1:30.11	1:23.64	1:21.03	1:18.71	1:16.63	1:14.76	1:13.06	1:11.50	1:10.07	100E	1:04.21	1:05.61	1:07.14	1:08.82	1:10.68	1:12.76	1:15.11	1:20.92	1:29.08	1:34.67
3:33.34	3:13.80	2:59.90	2:54.27	2:49.28	2:44.82	2:40.79	2:37.14	2:33.79	2:30.71	200E	2:18.77	2:21.79	2:25.09	2:28.72	2:32.75	2:37.25	2:42.33	2:54.88	3:12.50	3:24.59
3:14.25	2:56.46	2:43.80	2:38.67	2:34.13	2:30.07	2:26.41	2:23.08	2:20.03	2:17.23	200HH	2:06.29	2:09.04	2:12.05	2:15.35	2:19.01	2:23.11	2:27.73	2:39.15	2:55.20	3:06.19
6:48.01	6:10.65	5:44.06	5:33.29	5:23.75	5:15.22	5:07.52	5:00.53	4:54.13	4:48.24	400HH	4:28.58	4:34.42	4:40.81	4:47.84	4:55.63	5:04.34	5:14.17	5:38.46	6:12.58	6:35.97

Điểm FINA 2008									
300	400	500	550	600	650	700	750	800	850

Điểm FINA 2008									
800	750	700	650	600	550	500	400	300	250