

2025 - 2026 年度達標時間 (按2024年12月31日的香港紀錄計算)

	HKR	RY 標 香港紀錄+40%	RA 標 香港紀錄+30%	N 標 香港紀錄+20%	精英隊WR+20%	
Male						
	50m Manikin carry	00:29.92	00:41.89	00:38.90	00:35.90	0:32.64
	100m Manikin carry with fins	00:47.31	01:06.23	01:01.50	00:56.77	0:52.76
	100m Manikin tow with fins	00:56.19	01:18.67	01:13.05	01:07.43	0:57.22
	100m Rescue Medley	01:05.72	01:32.01	01:25.44	01:18.86	1:09.19
	200m Obstacle swim	02:02.86	02:52.00	02:39.72	02:27.43	2:14.08
	200m Super lifesaver	02:14.83	03:08.76	02:55.28	02:41.80	2:27.58
	400m Swim	-	6:00.00	5:45.00	5:30.00	-
	Line Throw	-	-	-	-	0:10.43

	HKR	RY 標 香港紀錄+40%	RA 標 香港紀錄+30%	N 標 香港紀錄+20%	精英隊WR+20%	
Female						
	50m Manikin carry	00:34.36	00:48.10	00:44.67	00:41.23	0:39.23
	100m Manikin carry with fins	00:54.94	01:16.92	01:11.42	01:05.93	0:59.16
	100m Manikin tow with fins	01:04.16	01:29.82	01:23.41	01:16.99	1:06.04
	100m Rescue Medley	01:13.22	01:42.51	01:35.19	01:27.86	1:18.90
	200m Obstacle swim	02:13.58	03:07.01	02:53.65	02:40.30	2:26.26
	200m Super lifesaver	02:34.16	03:35.82	03:20.41	03:04.99	2:43.28
	400m Swim	-	6:30.00	6:15.00	6:00.00	-
	Line Throw	-	-	-	-	0:12.48