

2016 U.S. Paralympic Team Trials - Swimming Standards / WOMEN Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:20.41	2:10.48	1:51.18	1:20.86	1:09.36	54.50	43.70	39.81	34.96	33.99	43.70	42.82	34.96	
100 Free	6:03.89	4:22.81	3:42.37	2:51.83	2:28.64	1:49.00	1:32.26	1:27.40	1:17.69	1:12.83	1:37.11	1:35.17	1:22.54	
200 Free	11:49.40	7:53.24	7:02.70	6:06.64	4:57.29									2:44.22
500 Free						10:01.14	9:14.40	8:38.67	8:00.48	7:35.84	9:14.40	9:03.31	8:12.80	
50 Back	3:01.94	2:11.40	2:01.29	1:30.97	1:19.27									
100 Back	6:13.08	4:32.00				2:08.82	1:56.54	1:46.82	1:37.11	1:27.40	1:56.54	1:54.20	1:37.11	1:37.12
50 Breast	3:32.27	2:41.72	2:01.29											
100 Breast				3:01.94	2:48.46	2:38.55	2:15.96	1:56.54	1:46.82		2:15.96	2:13.24	1:46.82	1:46.83
50 Fly	2:31.62	2:21.51	2:01.29	1:51.18	1:39.09	1:14.32	58.27							
100 Fly								1:56.54	1:46.82	1:37.11	1:56.54	1:54.20	1:37.11	
150 IM	6:34.21	6:19.05	6:03.89	5:03.24										
200 IM					5:56.75	4:57.29	4:12.50	3:53.08	3:14.23	3:04.52	3:53.08	3:48.42	3:23.94	3:14.23

2016 U.S. Paralympic Team Trials - Swimming Standards / WOMEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:42.36	2:24.84	2:03.42	1:29.76	1:17.00	1:00.50	48.51	44.20	38.81	37.73	48.51	47.54	38.81	
100 Free	6:43.92	4:51.72	4:06.84	3:10.74	2:45.00	2:01.00	1:42.41	1:37.02	1:26.24	1:20.85	1:47.80	1:45.64	1:31.63	
200 Free	13:07.44	8:45.30	7:49.20	6:46.98	5:30.00									3:02.28
400 Free						8:46.00	8:05.10	7:54.32	7:00.42	6:38.86	8:05.10	7:55.40	7:11.20	
50 Back	3:21.96	2:25.86	2:14.64	1:40.98	1:28.00									
100 Back	6:54.12	5:01.92				2:23.00	2:09.36	1:58.58	1:47.80	1:37.02	2:09.36	2:06.77	1:47.80	1:47.80
50 Breast	3:55.62	2:59.52	2:14.64											
100 Breast				3:21.96	3:07.00	2:56.00	2:30.92	2:09.36	1:58.58		2:30.92	2:27.90	1:58.58	1:58.58
50 Fly	2:48.30	2:37.08	2:14.64	2:03.42	1:50.00	1:22.50	1:04.68							
100 Fly								2:09.36	1:58.58	1:47.80	2:09.36	2:06.77	1:47.80	
150 IM	7:17.58	7:00.75	6:43.92	5:36.60										
200 IM					6:36.00	5:30.00	4:40.28	4:18.72	3:35.60	3:24.82	4:18.72	4:13.55	3:46.38	3:35.60

2016 U.S. Paralympic Team Trials - Swimming Standards / WOMEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:38.00	2:22.00	2:01.00	1:28.00	1:17.00	1:00.50	49.50	45.10	39.60	38.50	49.50	42.90	39.60	
100 Free	6:36.00	4:46.00	4:02.00	3:07.00	2:45.00	2:01.00	1:44.50	1:39.00	1:28.00	1:22.50	1:50.00	1:39.00	1:33.50	
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00									3:06.00
400 Free						8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00									
100 Back	6:46.00	4:56.00				2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00	1:50.00
50 Breast	3:51.00	2:56.00	2:12.00											
100 Breast				3:18.00	3:07.00	2:56.00	2:34.00	2:12.00	2:01.00		2:34.00	2:12.00	2:01.00	2:01.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00							
100 Fly								2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM					6:36.00	5:30.00	4:46.00	4:24.00	3:40.00	3:29.00	4:24.00	4:13.00	3:51.00	3:40.00

2016 U.S. Paralympic Team Trials - Swimming Standards / MEN Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:41.72	1:41.08	1:20.86	1:10.75	54.50	44.59	34.96	33.99	31.08	30.10	38.84	33.99	31.08	
100 Free	4:57.29	3:32.27	3:01.94	2:31.62	1:58.91	1:34.14	1:25.91	1:20.86	1:10.75	1:06.71	1:17.69	1:12.83	1:07.98	
200 Free	9:54.59	7:02.70	5:25.29	5:03.24	4:37.47									2:24.79
500 Free						8:48.00	8:32.91	8:20.09	7:41.62	7:28.80	8:37.44	7:48.16	7:26.88	
50 Back	2:38.55	2:01.29	1:41.08	1:20.86	59.45									
100 Back	5:21.62	4:11.78				1:49.00	1:41.08	1:46.02	1:20.86	1:18.10	1:46.82	1:37.11	1:27.40	1:17.69
50 Breast	3:16.39	2:01.29	1:41.08											
100 Breast				2:21.51	2:13.78	2:08.82	2:01.29	1:41.08	1:26.92		1:56.54	1:37.11	1:27.40	1:23.52
50 Fly	1:58.91	1:51.18	1:30.95	1:20.86	1:09.36	54.50	45.48							
100 Fly								1:36.02	1:20.86	1:15.35	1:37.11	1:22.54	1:17.69	
150 IM	5:56.75	5:33.56	5:03.24	4:02.52										
200 IM					2:27.74	3:57.83	3:32.27	3:22.16	3:01.94	2:51.83	3:33.65	3:14.23	2:54.81	2:54.81

2016 U.S. Paralympic Team Trials - Swimming Standards / MEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:59.52	1:52.20	01:29.76	01:18.54	1:00.50	49.50	38.81	37.73	34.50	33.42	43.12	37.73	34.50	
100 Free	5:30.00	3:55.62	03:21.96	02:48.30	2:12.00	1:44.50	1:35.37	1:29.76	1:18.54	1:14.05	1:26.24	1:20.85	1:15.46	
200 Free	11:00.00	7:49.20	06:01.08	05:36.60	5:08.00									2:40.72
400 Free							7:28.80	7:17.58	6:43.92	6:32.70	7:32.76	6:49.64	6:31.02	
50 Back	2:56.00	2:14.64	01:52.20	01:29.76	1:06.00									
100 Back	5:57.00	4:34.38				2:01.00	1:52.20	1:46.59	1:29.76	1:26.70	1:58.58	1:47.80	1:37.02	1:26.24
50 Breast	3:38.00	2:14.64	01:52.20											
100 Breast				02:37.08	2:28.50	2:23.00	2:14.64	1:52.20	1:36.49		2:09.36	1:47.80	1:37.02	1:32.71
50 Fly	2:12.00	2:03.42	01:40.98	01:29.76	1:17.00	1:00.50	50.49							
100 Fly								1:46.59	1:29.76	1:23.64	1:47.80	1:31.63	1:26.24	
150 IM	6:36.00	6:10.26	05:36.60	04:29.28										
200 IM					5:30.00	4:24.00	3:55.62	3:44.40	3:21.96	3:10.74	3:57.16	3:35.60	3:14.04	3:14.04

2016 U.S. Paralympic Team Trials - Swimming Standards / MEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20	
100 Free	5:30.00	3:51.00	3:18.00	2:45.00	2:12.00	1:44.50	1:33.50	1:28.00	1:17.00	1:12.60	1:28.00	1:22.50	1:17.00	
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00									2:44.00
400 Free						7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00									
100 Back	5:57.00	4:29.00				2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00	1:28.00
50 Breast	3:38.00	2:12.00	1:50.00											
100 Breast				2:34.00	2:28.50	2:23.00	2:12.00	1:50.00	1:34.60		2:12.00	1:50.00	1:39.00	1:34.60
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50							
100 Fly								1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
150 IM	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM					5:30.00	4:24.00	3:51.00	3:40.00	3:18.00	3:07.00	4:02.00	3:40.00	3:18.00	3:18.00