

2019 U.S. Paralympics Swimming Standards

Event	Class	M/W	2019 National A Team Standard	2019 National B Team Standard	2019 National C Team Standard	2019 Emerging Team Standard
50 Free	S4	Women	0:39.82	0:41.81	0:43.80	0:47.78
50 Free	S6	Women	0:34.09	0:35.79	0:37.50	0:40.91
50 Free	S8	Women	0:30.77	0:32.31	0:33.85	0:36.92
50 Free	S10	Women	0:28.03	0:29.43	0:30.83	0:33.64
50 Free	S11	Women	0:31.17	0:32.73	0:34.29	0:37.40
50 Free	S13	Women	0:26.90	0:28.25	0:29.59	0:32.28
100 Free	S3	Women	1:40.21	1:45.22	1:50.23	2:00.25
100 Free	S5	Women	1:23.29	1:27.45	1:31.62	1:39.95
100 Free	S7	Women	1:12.94	1:16.59	1:20.23	1:27.53
100 Free	S9	Women	1:03.46	1:06.63	1:09.81	1:16.15
100 Free	S10	Women	1:01.21	1:04.27	1:07.33	1:13.45
100 Free	S11	Women	1:09.49	1:12.96	1:16.44	1:23.39
100 Free	S12	Women	1:00.91	1:03.96	1:07.00	1:13.09
200 Free	S5	Women	2:54.65	3:03.38	3:12.11	3:29.58
200 Free	S14	Women	2:09.26	2:15.72	2:22.19	2:35.11
400 Free	S6	Women	5:26.20	5:42.51	5:58.82	6:31.44
400 Free	S7	Women	5:21.20	5:37.26	5:53.32	6:25.44
400 Free	S8	Women	4:59.51	5:14.49	5:29.46	5:59.41
400 Free	S9	Women	4:46.83	5:01.17	5:15.51	5:44.20
400 Free	S10	Women	4:34.37	4:48.09	5:01.81	5:29.24
400 Free	S11	Women	5:22.35	5:38.47	5:54.58	6:26.82
400 Free	S13	Women	4:40.32	4:54.34	5:08.35	5:36.38
50 Back	S2	Women	1:19.26	1:23.22	1:27.19	1:35.11
50 Back	S3	Women	0:56.26	0:59.07	1:01.89	1:07.51
50 Back	S4	Women	0:52.10	0:54.71	0:57.31	1:02.52
50 Back	S5	Women	0:45.68	0:47.96	0:50.25	0:54.82
100 Back	S2	Women	2:47.22	2:55.58	3:03.94	3:20.66
100 Back	S6	Women	1:25.30	1:29.57	1:33.83	1:42.36
100 Back	S7	Women	1:24.47	1:28.69	1:32.92	1:41.36
100 Back	S8	Women	1:17.90	1:21.80	1:25.69	1:33.48
100 Back	S9	Women	1:12.02	1:15.62	1:19.22	1:26.42
100 Back	S10	Women	1:09.88	1:13.37	1:16.87	1:23.86
100 Back	S11	Women	1:21.07	1:25.12	1:29.18	1:37.28
100 Back	S12	Women	1:12.67	1:16.30	1:19.94	1:27.20
100 Back	S13	Women	1:08.39	1:11.81	1:15.23	1:22.07
100 Back	S14	Women	1:09.61	1:13.09	1:16.57	1:23.53

50 Breast	SB3	Women	0:57.62	1:00.50	1:03.38	1:09.14
100 Breast	SB4	Women	1:56.13	2:01.94	2:07.74	2:19.36
100 Breast	SB5	Women	1:41.24	1:46.30	1:51.36	2:01.49
100 Breast	SB6	Women	1:40.69	1:45.72	1:50.76	2:00.83
100 Breast	SB7	Women	1:32.71	1:37.35	1:41.98	1:51.25
100 Breast	SB8	Women	1:25.75	1:30.04	1:34.32	1:42.90
100 Breast	SB9	Women	1:17.92	1:21.82	1:25.71	1:33.50
100 Breast	SB11	Women	1:27.25	1:31.61	1:35.98	1:44.70
100 Breast	SB12	Women	1:20.80	1:24.84	1:28.88	1:36.96
100 Breast	SB13	Women	1:16.73	1:20.57	1:24.40	1:32.08
100 Breast	SB14	Women	1:16.84	1:20.68	1:24.52	1:32.21
50 Fly	S5	Women	0:46.68	0:49.01	0:51.35	0:56.02
50 Fly	S6	Women	0:36.78	0:38.62	0:40.46	0:44.14
50 Fly	S7	Women	0:36.80	0:38.64	0:40.48	0:44.16
100 Fly	S8	Women	1:16.76	1:20.60	1:24.44	1:32.11
100 Fly	S9	Women	1:09.37	1:12.84	1:16.31	1:23.24
100 Fly	S10	Women	1:07.82	1:11.21	1:14.60	1:21.38
100 Fly	S13	Women	1:04.29	1:07.50	1:10.72	1:17.15
100 Fly	S14	Women	1:05.47	1:08.74	1:12.02	1:18.56
150 IM	SM4	Women	3:00.98	3:10.03	3:19.08	3:37.18
200 IM	SM5	Women	3:42.25	3:53.36	4:04.48	4:26.70
200 IM	SM6	Women	3:03.40	3:12.57	3:21.74	3:40.08
200 IM	SM7	Women	3:02.53	3:11.66	3:20.78	3:39.04
200 IM	SM8	Women	2:48.98	2:57.43	3:05.88	3:22.78
200 IM	SM9	Women	2:36.80	2:44.64	2:52.48	3:08.16
200 IM	SM10	Women	2:30.02	2:37.52	2:45.02	3:00.02
200 IM	SM11	Women	2:53.76	3:02.45	3:11.14	3:28.51
200 IM	SM13	Women	2:27.56	2:34.94	2:42.32	2:57.07
200 IM	SM14	Women	2:26.49	2:33.81	2:41.14	2:55.79
50 Free	S3	Men	0:43.49	0:45.66	0:47.84	0:52.19
50 Free	S4	Men	0:40.40	0:42.42	0:44.44	0:48.48
50 Free	S5	Men	0:32.84	0:34.48	0:36.12	0:39.41
50 Free	S7	Men	0:28.60	0:30.03	0:31.46	0:34.32
50 Free	S9	Men	0:26.16	0:27.47	0:28.78	0:31.39
50 Free	S10	Men	0:23.78	0:24.97	0:26.16	0:28.54
50 Free	S11	Men	0:26.94	0:28.29	0:29.63	0:32.33
50 Free	S13	Men	0:23.79	0:24.98	0:26.17	0:28.55
100 Free	S4	Men	1:25.80	1:30.09	1:34.38	1:42.96
100 Free	S5	Men	1:09.32	1:12.79	1:16.25	1:23.18
100 Free	S6	Men	1:06.45	1:09.77	1:13.09	1:19.74
100 Free	S8	Men	0:59.82	1:02.81	1:05.80	1:11.78
100 Free	S10	Men	0:51.16	0:53.72	0:56.28	1:01.39
100 Free	S12	Men	0:53.97	0:56.67	0:59.37	1:04.76

200 Free	S2	Men	4:08.86	4:21.30	4:33.75	4:58.63
200 Free	S3	Men	3:31.38	3:41.95	3:52.52	4:13.66
200 Free	S4	Men	3:05.58	3:14.86	3:24.14	3:42.70
200 Free	S5	Men	2:34.18	2:41.89	2:49.60	3:05.02
200 Free	S14	Men	1:57.02	2:02.87	2:08.72	2:20.42
400 Free	S6	Men	5:12.54	5:28.17	5:43.79	6:15.05
400 Free	S7	Men	4:48.69	5:03.12	5:17.56	5:46.43
400 Free	S8	Men	4:37.61	4:51.49	5:05.37	5:33.13
400 Free	S9	Men	4:18.30	4:31.21	4:44.13	5:09.96
400 Free	S10	Men	4:06.61	4:18.94	4:31.27	4:55.93
400 Free	S11	Men	4:55.39	5:10.16	5:24.93	5:54.47
400 Free	S13	Men	4:10.79	4:23.33	4:35.87	5:00.95
50 Back	S1	Men	1:13.06	1:16.71	1:20.37	1:27.67
50 Back	S2	Men	0:54.19	0:56.90	0:59.61	1:05.03
50 Back	S3	Men	0:48.32	0:50.74	0:53.15	0:57.98
50 Back	S4	Men	0:45.46	0:47.73	0:50.01	0:54.55
50 Back	S5	Men	0:36.17	0:37.98	0:39.79	0:43.40
100 Back	S1	Men	2:30.69	2:38.22	2:45.76	3:00.83
100 Back	S2	Men	1:56.93	2:02.78	2:08.62	2:20.32
100 Back	S6	Men	1:18.97	1:22.92	1:26.87	1:34.76
100 Back	S7	Men	1:12.81	1:16.45	1:20.09	1:27.37
100 Back	S8	Men	1:08.67	1:12.10	1:15.54	1:22.40
100 Back	S9	Men	1:04.73	1:07.97	1:11.20	1:17.68
100 Back	S10	Men	0:59.30	1:02.27	1:05.23	1:11.16
100 Back	S11	Men	1:12.92	1:16.57	1:20.21	1:27.50
100 Back	S12	Men	1:01.46	1:04.53	1:07.61	1:13.75
100 Back	S13	Men	1:00.83	1:03.87	1:06.91	1:13.00
100 Back	S14	Men	1:01.74	1:04.83	1:07.91	1:14.09
50 Breast	SB2	Men	0:58.24	1:01.15	1:04.06	1:09.89
50 Breast	SB3	Men	0:51.06	0:53.61	0:56.17	1:01.27
100 Breast	SB4	Men	1:45.12	1:50.38	1:55.63	2:06.14
100 Breast	SB5	Men	1:36.60	1:41.43	1:46.26	1:55.92
100 Breast	SB6	Men	1:21.23	1:25.29	1:29.35	1:37.48
100 Breast	SB7	Men	1:20.67	1:24.70	1:28.74	1:36.80
100 Breast	SB8	Men	1:11.74	1:15.33	1:18.91	1:26.09
100 Breast	SB9	Men	1:09.62	1:13.10	1:16.58	1:23.54
100 Breast	SB11	Men	1:17.15	1:21.01	1:24.86	1:32.58
100 Breast	SB12	Men	1:08.62	1:12.05	1:15.48	1:22.34
100 Breast	SB13	Men	1:07.69	1:11.07	1:14.46	1:21.23
100 Breast	SB14	Men	1:07.47	1:10.84	1:14.22	1:20.96
50 Fly	S5	Men	0:37.28	0:39.14	0:41.01	0:44.74
50 Fly	S6	Men	0:33.54	0:35.22	0:36.89	0:40.25
50 Fly	S7	Men	0:30.49	0:32.01	0:33.54	0:36.59

100 Fly	S8	Men	1:02.65	1:05.78	1:08.92	1:15.18
100 Fly	S9	Men	1:00.76	1:03.80	1:06.84	1:12.91
100 Fly	S10	Men	0:55.86	0:58.65	1:01.45	1:07.03
100 Fly	S11	Men	1:05.44	1:08.71	1:11.98	1:18.53
100 Fly	S12	Men	0:57.97	1:00.87	1:03.77	1:09.56
100 Fly	S13	Men	0:57.79	1:00.68	1:03.57	1:09.35
100 Fly	S14	Men	0:57.86	1:00.75	1:03.65	1:09.43
150 IM	SM3	Men	3:07.36	3:16.73	3:26.10	3:44.83
150 IM	SM4	Men	2:39.95	2:47.95	2:55.95	3:11.94
200 IM	SM6	Men	2:52.05	3:00.65	3:09.25	3:26.46
200 IM	SM7	Men	2:36.50	2:44.33	2:52.15	3:07.80
200 IM	SM8	Men	2:25.42	2:32.69	2:39.96	2:54.50
200 IM	SM9	Men	2:18.90	2:25.84	2:32.79	2:46.68
200 IM	SM10	Men	2:13.99	2:20.69	2:27.39	2:40.79
200 IM	SM11	Men	2:30.94	2:38.49	2:46.03	3:01.13
200 IM	SM13	Men	2:15.03	2:21.78	2:28.53	2:42.04
200 IM	SM14	Men	2:13.21	2:19.87	2:26.53	2:39.85