



## 2022 U.S. Paralympics Swimming Standards

Event	Class	M/W	2022 National A Standard	2022 National B Standard	2022 National C Standard	2022 National E Standard
50 Free	S3	Men	00:45.95	00:48.25	00:50.55	00:52.84
50 Free	S4	Men	00:38.12	00:40.03	00:41.93	00:43.84
50 Free	S5	Men	00:31.25	00:32.81	00:34.38	00:35.94
50 Free	S7	Men	00:27.99	00:29.39	00:30.79	00:32.19
50 Free	S9	Men	00:25.19	00:26.45	00:27.71	00:28.97
50 Free	S10	Men	00:23.50	00:24.68	00:25.85	00:27.02
50 Free	S11	Men	00:26.38	00:27.70	00:29.02	00:30.34
50 Free	S13	Men	00:23.83	00:25.02	00:26.21	00:27.40
100 Free	S4	Men	01:26.95	01:31.30	01:35.65	01:39.99
100 Free	S5	Men	01:10.80	01:14.34	01:17.88	01:21.42
100 Free	S6	Men	01:05.45	01:08.72	01:11.99	01:15.27
100 Free	S8	Men	00:58.73	01:01.67	01:04.60	01:07.54
100 Free	S10	Men	00:51.45	00:54.02	00:56.60	00:59.17
100 Free	S12	Men	00:53.43	00:56.10	00:58.77	01:01.44
200 Free	S2	Men	04:15.95	04:28.75	04:41.54	04:54.34
200 Free	S3	Men	03:23.93	03:34.13	03:44.32	03:54.52
200 Free	S4	Men	02:58.48	03:07.40	03:16.33	03:25.25
200 Free	S5	Men	02:38.61	02:46.54	02:54.47	03:02.40
200 Free	S14	Men	01:55.58	02:01.36	02:07.14	02:12.92
400 Free	S6	Men	05:04.84	05:20.08	05:35.32	05:50.57
400 Free	S7	Men	04:38.95	04:52.90	05:06.85	05:20.79
400 Free	S8	Men	04:28.47	04:41.89	04:55.32	05:08.74
400 Free	S9	Men	04:13.54	04:26.22	04:38.89	04:51.57
400 Free	S11	Men	04:34.89	04:48.63	05:02.38	05:16.12
400 Free	S13	Men	04:06.49	04:18.81	04:31.14	04:43.46
50 Back	S1	Men	01:14.87	01:18.61	01:22.36	01:26.10
50 Back	S2	Men	00:59.47	01:02.44	01:05.42	01:08.38
50 Back	S3	Men	00:45.66	00:47.94	00:50.23	00:52.51
50 Back	S4	Men	00:43.25	00:45.41	00:47.58	00:49.74
50 Back	S5	Men	00:33.38	00:35.05	00:36.72	00:38.39
100 Back	S1	Men	02:32.08	02:39.68	02:47.29	02:54.89
100 Back	S2	Men	02:02.74	02:08.88	02:15.01	02:21.15
100 Back	S6	Men	01:15.74	01:19.53	01:23.31	01:27.10
100 Back	S7	Men	01:10.08	01:13.58	01:17.09	01:20.59
100 Back	S8	Men	01:07.09	01:10.44	01:13.80	01:17.15
100 Back	S9	Men	01:02.16	01:05.27	01:08.38	01:11.48
100 Back	S10	Men	01:01.30	01:04.36	01:07.43	01:10.49

100 Back	S11	Men	01:09.62	01:13.10	01:16.58	01:20.06
100 Back	S12	Men	01:01.27	01:04.33	01:07.40	01:10.46
100 Back	S13	Men	00:59.86	01:02.85	01:05.85	01:08.84
100 Back	S14	Men	00:59.97	01:00.62	01:03.50	01:06.39
50 Breast	SB2	Men	01:02.27	01:05.38	01:08.50	01:11.61
50 Breast	SB3	Men	00:49.32	00:51.79	00:54.25	00:56.72
100 Breast	SB4	Men	01:40.20	01:45.21	01:50.22	01:55.23
100 Breast	SB5	Men	01:29.01	01:33.46	01:37.91	01:42.36
100 Breast	SB6	Men	01:21.10	01:25.16	01:29.21	01:33.26
100 Breast	SB8	Men	01:10.48	01:14.00	01:17.53	01:21.05
100 Breast	SB9	Men	01:08.06	01:11.46	01:14.87	01:18.27
100 Breast	SB11	Men	01:12.62	01:16.25	01:19.88	01:23.51
100 Breast	SB12	Men	01:05.76	01:09.05	01:12.34	01:15.62
100 Breast	SB13	Men	01:05.20	01:08.46	01:11.72	01:14.98
100 Breast	SB14	Men	01:05.91	01:09.21	01:12.50	01:15.80
50 Fly	S5	Men	00:32.00	00:33.60	00:35.20	00:36.80
50 Fly	S6	Men	00:31.77	00:33.36	00:34.95	00:36.54
50 Fly	S7	Men	00:29.34	00:30.81	00:32.27	00:33.74
100 Fly	S8	Men	01:03.23	01:06.39	01:09.55	01:12.71
100 Fly	S9	Men	01:00.54	01:03.57	01:06.59	01:09.62
100 Fly	S10	Men	00:57.66	01:00.54	01:03.43	01:06.31
100 Fly	S11	Men	01:05.20	01:08.46	01:11.72	01:14.98
100 Fly	S12	Men	00:57.87	01:00.76	01:03.66	01:06.55
100 Fly	S13	Men	00:57.12	00:59.98	01:02.83	01:05.69
100 Fly	S14	Men	00:56.90	00:59.75	01:02.59	01:05.44
150 IM	SM3	Men	03:05.57	03:14.85	03:24.13	03:33.41
150 IM	SM4	Men	02:40.53	02:48.56	02:56.58	03:04.61
200 IM	SM6	Men	02:41.29	02:49.35	02:57.42	03:05.48
200 IM	SM7	Men	02:31.58	02:39.16	02:46.74	02:54.32
200 IM	SM8	Men	02:21.53	02:28.61	02:35.68	02:42.76
200 IM	SM9	Men	02:17.15	02:24.01	02:30.86	02:37.72
200 IM	SM10	Men	02:11.39	02:17.96	02:24.53	02:31.10
200 IM	SM11	Men	02:28.44	02:35.86	02:43.28	02:50.71
200 IM	SM13	Men	02:10.79	02:17.33	02:23.87	02:30.41
200 IM	SM14	Men	02:09.92	02:16.42	02:22.91	02:29.41
50 Free	S4	Women	00:40.85	00:42.89	00:44.94	00:46.98
50 Free	S6	Women	00:33.40	00:35.07	00:36.74	00:38.41
50 Free	S8	Women	00:31.17	00:32.73	00:34.29	00:35.85
50 Free	S10	Women	00:28.11	00:29.52	00:30.92	00:32.33
50 Free	S11	Women	00:29.79	00:31.28	00:32.77	00:34.26
50 Free	S13	Women	00:27.07	00:28.42	00:29.78	00:31.13
100 Free	S3	Women	01:49.63	01:55.11	02:00.59	02:06.07
100 Free	S5	Women	01:22.43	01:26.55	01:30.67	01:34.79

100 Free	S7	Women	01:11.07	01:14.62	01:18.18	01:21.73
100 Free	S9	Women	01:03.39	01:06.56	01:09.73	01:12.90
100 Free	S10	Women	01:00.68	01:03.71	01:06.75	01:09.78
100 Free	S11	Women	01:06.56	01:09.89	01:13.22	01:16.54
100 Free	S12	Women	01:00.25	01:03.26	01:06.28	01:09.29
200 Free	S5	Women	02:55.70	03:04.48	03:13.27	03:22.05
200 Free	S14	Women	02:09.53	02:16.01	02:22.48	02:28.96
400 Free	S6	Women	05:19.67	05:35.65	05:51.64	06:07.62
400 Free	S7	Women	05:11.89	05:27.48	05:43.08	05:58.67
400 Free	S8	Women	04:56.79	05:11.63	05:26.47	05:41.31
400 Free	S9	Women	04:39.32	04:53.29	05:07.25	05:21.22
400 Free	S10	Women	04:33.20	04:46.86	05:00.52	05:14.18
400 Free	S11	Women	05:07.56	05:22.94	05:38.32	05:53.69
400 Free	S13	Women	04:35.87	04:49.66	05:03.46	05:17.25
50 Back	S2	Women	01:11.55	01:15.13	01:18.71	01:22.28
50 Back	S3	Women	00:57.03	00:59.88	01:02.73	01:05.58
50 Back	S4	Women	00:49.63	00:52.11	00:54.59	00:57.07
50 Back	S5	Women	00:43.48	00:45.65	00:47.83	00:50.00
100 Back	S2	Women	02:36.54	02:44.37	02:52.19	03:00.02
100 Back	S6	Women	01:21.16	01:25.22	01:29.28	01:33.33
100 Back	S8	Women	01:18.55	01:22.48	01:26.40	01:30.33
100 Back	S9	Women	01:11.15	01:14.71	01:18.27	01:21.82
100 Back	S10	Women	01:09.44	01:12.91	01:16.38	01:19.86
100 Back	S11	Women	01:16.98	01:20.83	01:24.68	01:28.53
100 Back	S12	Women	01:09.18	01:12.64	01:16.10	01:19.56
100 Back	S13	Women	01:06.49	01:09.81	01:13.14	01:16.46
100 Back	S14	Women	01:07.93	01:11.33	01:14.72	01:18.12
50 Breast	SB3	Women	01:01.60	01:04.68	01:07.76	01:10.84
100 Breast	SB4	Women	01:50.77	01:56.31	02:01.85	02:07.39
100 Breast	SB5	Women	01:43.61	01:48.79	01:53.97	01:59.15
100 Breast	SB6	Women	01:36.06	01:40.86	01:45.67	01:50.47
100 Breast	SB7	Women	01:35.02	01:39.77	01:44.52	01:49.27
100 Breast	SB8	Women	01:24.77	01:29.01	01:33.25	01:37.49
100 Breast	SB9	Women	01:17.59	01:21.47	01:25.35	01:29.23
100 Breast	SB11	Women	01:27.02	01:31.37	01:35.72	01:40.07
100 Breast	SB12	Women	01:20.31	01:24.33	01:28.34	01:32.36
100 Breast	SB13	Women	01:15.69	01:19.47	01:23.26	01:27.04
100 Breast	SB14	Women	01:17.61	01:21.49	01:25.37	01:29.25
50 Fly	S5	Women	00:43.04	00:45.19	00:47.34	00:49.50
50 Fly	S6	Women	00:36.83	00:38.67	00:40.51	00:42.35
50 Fly	S7	Women	00:34.32	00:36.04	00:37.75	00:39.47
100 Fly	S8	Women	01:20.93	01:24.98	01:29.02	01:33.07
100 Fly	S9	Women	01:08.43	01:11.85	01:15.27	01:18.69

100 Fly	S10	Women	01:07.91	01:11.31	01:14.70	01:18.10
100 Fly	S13	Women	01:05.86	01:09.15	01:12.45	01:15.74
100 Fly	S14	Women	01:06.50	01:09.83	01:13.15	01:16.47
150 IM	SM4	Women	02:53.25	03:01.91	03:10.57	03:19.24
200 IM	SM5	Women	03:39.50	03:50.47	04:01.45	04:12.43
200 IM	SM6	Women	02:59.09	03:08.04	03:17.00	03:25.95
200 IM	SM7	Women	03:03.11	03:12.27	03:21.42	03:30.58
200 IM	SM8	Women	02:48.63	02:57.06	03:05.49	03:13.92
200 IM	SM9	Women	02:35.64	02:43.42	02:51.20	02:58.99
200 IM	SM10	Women	02:27.86	02:35.25	02:42.65	02:50.04
200 IM	SM11	Women	02:45.61	02:53.89	03:02.17	03:10.45
200 IM	SM13	Women	02:27.92	02:35.32	02:42.71	02:50.11
200 IM	SM14	Women	02:29.21	02:36.67	02:44.13	02:51.59