



U.S. Paralympics Swimming

2016 National Team Standards

Event	Class	M/W	2016 National A Team Standard	2016 National B Team Standard	2016 Emerging Standard
50 Free	S4	Women	0:46.05	0:48.35	0:52.95
50 Free	S5	Women	0:37.90	0:39.80	0:43.55
50 Free	S6	Women	0:36.10	0:37.90	0:41.55
50 Free	S7	Women	0:33.30	0:34.95	0:38.30
50 Free	S8	Women	0:31.55	0:33.15	0:36.30
50 Free	S9	Women	0:29.30	0:30.75	0:33.65
50 Free	S10	Women	0:28.65	0:30.10	0:32.95
50 Free	S11	Women	0:31.65	0:33.25	0:36.40
50 Free	S12	Women	0:27.75	0:29.15	0:31.90
50 Free	S13	Women	0:27.95	0:29.35	0:32.15
100 Free	S3	Women	1:59.75	2:05.75	2:17.70
100 Free	S5	Women	1:22.55	1:26.70	1:34.95
100 Free	S6	Women	1:16.85	1:20.65	1:28.35
100 Free	S7	Women	1:12.60	1:16.25	1:23.50
100 Free	S8	Women	1:08.35	1:11.80	1:18.65
100 Free	S9	Women	1:03.60	1:06.80	1:13.15
100 Free	S10	Women	1:01.60	1:04.65	1:10.80
100 Free	S11	Women	1:10.25	1:13.75	1:20.80
100 Free	S13	Women	1:01.90	1:05.00	1:11.20
200 Free	S5	Women	2:56.10	3:04.90	3:22.55
200 Free	S14	Women	2:14.80	2:21.55	2:35.00
400 Free	S6	Women	5:33.75	5:50.40	6:23.80
400 Free	S7	Women	5:18.95	5:34.90	6:06.75
400 Free	S8	Women	5:09.35	5:24.85	5:55.75
400 Free	S9	Women	4:42.85	4:57.00	5:25.30
400 Free	S10	Women	4:37.25	4:51.10	5:18.80
400 Free	S11	Women	5:20.25	5:36.30	6:08.30
400 Free	S13	Women	4:42.00	4:56.10	5:24.30
50 Back	S2	Women	1:05.15	1:08.40	1:14.95
50 Back	S3	Women	1:07.00	1:10.35	1:17.05
50 Back	S4	Women	0:54.35	0:57.05	1:02.50
50 Back	S5	Women	0:45.25	0:47.55	0:52.05
100 Back	S2	Women	2:24.55	2:31.80	2:46.25
100 Back	S6	Women	1:29.05	1:33.50	1:42.40
100 Back	S7	Women	1:25.35	1:29.60	1:38.15
100 Back	S8	Women	1:20.20	1:24.20	1:32.25
100 Back	S9	Women	1:12.30	1:15.90	1:23.10
100 Back	S10	Women	1:09.00	1:12.45	1:19.35
100 Back	S11	Women	1:19.90	1:23.90	1:31.90

Event	Class	M/W	2016 National A Team Standard	2016 National B Team Standard	2016 Emerging Standard
100 Back	S12	Women	1:10.15	1:13.65	1:20.65
100 Back	S13	Women	1:13.15	1:16.80	1:24.10
100 Back	S14	Women	1:09.50	1:13.00	1:19.95
50 Breast	SB3	Women	1:09.45	1:12.90	1:19.85
100 Breast	SB4	Women	1:56.15	2:02.00	2:13.60
100 Breast	SB5	Women	1:50.75	1:56.30	2:07.35
100 Breast	SB6	Women	1:40.90	1:45.95	1:56.03
100 Breast	SB7	Women	1:37.00	1:41.85	1:51.55
100 Breast	SB8	Women	1:22.45	1:26.55	1:34.80
100 Breast	SB9	Women	1:19.55	1:23.50	1:31.45
100 Breast	SB11	Women	1:31.20	1:35.75	1:44.90
100 Breast	SB13	Women	1:21.50	1:25.60	1:33.70
100 Breast	SB14	Women	1:21.20	1:25.25	1:33.40
50 Fly	S5	Women	0:46.60	0:48.95	0:53.60
50 Fly	S6	Women	0:39.25	0:41.20	0:45.15
50 Fly	S7	Women	0:36.50	0:38.30	0:41.95
100 Fly	S8	Women	1:13.30	1:16.95	1:24.25
100 Fly	S9	Women	1:10.10	1:13.60	1:20.60
100 Fly	S10	Women	1:09.10	1:12.55	1:19.45
100 Fly	S13	Women	1:07.90	1:11.25	1:18.05
150 IM	SM4	Women	3:30.65	3:41.15	4:02.20
200 IM	SM5	Women	3:28.60	3:39.00	3:59.85
200 IM	SM6	Women	3:14.30	3:24.00	3:43.45
200 IM	SM7	Women	3:08.00	3:17.40	3:36.20
200 IM	SM8	Women	2:49.45	2:57.95	3:14.90
200 IM	SM9	Women	2:37.80	2:45.70	3:01.45
200 IM	SM10	Women	2:33.95	2:41.65	2:57.05
200 IM	SM11	Women	2:59.00	3:07.95	3:25.85
200 IM	SM13	Women	2:30.35	2:37.90	2:52.90
200 IM	SM14	Women	2:35.65	2:43.40	2:58.95
50 Free	S3	Men	0:43.90	0:46.05	0:50.45
50 Free	S4	Men	0:39.45	0:41.45	0:45.40
50 Free	S5	Men	0:33.70	0:35.35	0:38.75
50 Free	S6	Men	0:30.05	0:31.55	0:34.55
50 Free	S7	Men	0:28.45	0:29.90	0:32.75
50 Free	S8	Men	0:26.30	0:27.65	0:30.25
50 Free	S9	Men	0:25.90	0:27.25	0:29.80
50 Free	S10	Men	0:23.90	0:25.10	0:27.45
50 Free	S11	Men	0:26.35	0:27.70	0:30.35
50 Free	S12	Men	0:24.35	0:25.60	0:28.05
50 Free	S13	Men	0:24.10	0:25.30	0:27.70
100 Free	S3	Men	1:36.85	1:41.70	1:51.40
100 Free	S4	Men	1:25.75	1:30.05	1:38.60
100 Free	S5	Men	1:15.70	1:19.50	1:27.05
100 Free	S6	Men	1:08.00	1:11.40	1:18.20
100 Free	S7	Men	1:01.50	1:04.60	1:10.70

Event	Class	M/W	2016 National A Team Standard	2016 National B Team Standard	2016 Emerging Standard
100 Free	S8	Men	0:58.35	1:01.25	1:07.10
100 Free	S9	Men	0:56.70	0:59.50	1:05.20
100 Free	S10	Men	0:52.75	0:55.40	1:00.70
100 Free	S11	Men	0:59.60	1:02.60	1:08.55
100 Free	S13	Men	0:53.45	0:56.10	1:01.45
200 Free	S2	Men	4:58.55	5:13.45	5:43.30
200 Free	S3	Men	3:37.80	3:48.70	4:10.45
200 Free	S4	Men	3:01.60	3:10.70	3:28.85
200 Free	S5	Men	2:43.15	2:51.30	3:07.60
200 Free	S14	Men	1:59.95	2:05.95	2:17.90
400 Free	S6	Men	5:11.60	5:27.15	5:58.35
400 Free	S7	Men	4:46.75	5:01.10	5:29.75
400 Free	S8	Men	4:32.95	4:46.60	5:13.85
400 Free	S9	Men	4:18.55	4:31.50	4:57.35
400 Free	S10	Men	4:08.20	4:20.60	4:45.40
400 Free	S11	Men	4:41.75	4:55.80	5:24.00
400 Free	S13	Men	4:11.15	4:23.70	4:48.80
50 Back	S1	Men	1:32.45	1:37.05	1:46.30
50 Back	S2	Men	1:05.70	1:09.10	1:15.55
50 Back	S3	Men	0:46.50	0:48.80	0:53.45
50 Back	S4	Men	0:47.15	0:49.55	0:54.25
50 Back	S5	Men	0:38.90	0:40.85	0:44.75
100 Back	S1	Men	2:55.40	3:04.20	3:21.75
100 Back	S2	Men	2:10.85	2:17.40	2:30.50
100 Back	S6	Men	1:15.95	1:19.75	1:27.35
100 Back	S7	Men	1:12.55	1:16.15	1:23.40
100 Back	S8	Men	1:08.35	1:11.75	1:18.60
100 Back	S9	Men	1:03.75	1:06.90	1:13.30
100 Back	S10	Men	1:00.75	1:03.75	1:09.85
100 Back	S11	Men	1:08.20	1:11.65	1:18.45
100 Back	S12	Men	1:01.55	1:04.65	1:10.80
100 Back	S13	Men	1:01.10	1:04.15	1:10.25
100 Back	S14	Men	1:04.55	1:07.75	1:14.20
50 Breast	SB2	Men	0:58.50	1:01.45	1:07.30
50 Breast	SB3	Men	0:50.25	0:52.75	0:57.80
100 Breast	SB4	Men	1:37.25	1:42.10	1:51.80
100 Breast	SB5	Men	1:36.85	1:41.70	1:51.40
100 Breast	SB6	Men	1:27.10	1:31.45	1:40.15
100 Breast	SB7	Men	1:22.60	1:26.75	1:35.00
100 Breast	SB8	Men	1:11.10	1:14.65	1:21.75
100 Breast	SB9	Men	1:07.40	1:10.75	1:17.50
100 Breast	SB11	Men	1:14.45	1:18.15	1:25.60
100 Breast	SB13	Men	1:07.05	1:10.40	1:17.10
100 Breast	SB14	Men	1:08.45	1:11.85	1:18.70
50 Fly	S5	Men	0:37.20	0:39.05	0:42.80
50 Fly	S6	Men	0:31.45	0:33.00	0:36.15

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50 Fly	S7	Men	0:30.75	0:32.30	0:35.35
100 Fly	S8	Men	1:02.00	1:05.10	1:11.30
100 Fly	S9	Men	1:00.75	1:03.80	1:09.90
100 Fly	S10	Men	0:57.75	1:00.65	1:06.40
100 Fly	S11	Men	1:04.70	1:07.95	1:14.40
100 Fly	S13	Men	0:56.50	0:59.30	1:04.95
150 IM	SM3	Men	3:01.15	3:10.20	3:28.35
150 IM	SM4	Men	2:40.25	2:48.25	3:04.30
200 IM	SM6	Men	2:44.40	2:52.60	3:09.05
200 IM	SM7	Men	2:37.20	2:45.05	3:00.75
200 IM	SM8	Men	2:27.15	2:34.55	2:49.25
200 IM	SM9	Men	2:20.30	2:27.30	2:41.30
200 IM	SM10	Men	2:14.75	2:21.50	2:35.00
200 IM	SM11	Men	2:27.75	2:35.15	2:49.95
200 IM	SM13	Men	2:10.20	2:16.75	2:29.75
200 IM	SM14	Men	2:20.70	2:27.75	2:41.80