

Para 1 LSC Motivational Time Standards

| P1 - non-ambulatory (wheelchair bound): limited use of all four extremities | Girls | | | | | | | | Boys | | | | | | | | |
|---|-----------|---------|----------|---------|----------|---------|-----------|--------|---------|-----------|---------|----------|---------|----------|---------|-----------|-----|
| | 10 & U P1 | | 11-12 P1 | | 13-14 P1 | | 15 & O P1 | | P1 | 10 & U P1 | | 11-12 P1 | | 13-14 P1 | | 15 & O P1 | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM |
| 1:44.49 | 1:44.49 | 1:34.69 | 1:34.69 | 1:26.19 | 1:26.19 | 1:24.89 | 1:24.89 | 50 FR | 1:39.29 | 1:39.29 | 1:30.29 | 1:30.29 | 1:21.29 | 1:21.29 | 1:18.29 | 1:18.29 | |
| 3:39.19 | 3:39.19 | 3:18.59 | 3:18.59 | 3:00.79 | 3:00.79 | 2:58.09 | 2:58.09 | 100 FR | 3:44.19 | 3:44.19 | 3:23.79 | 3:23.79 | 3:03.49 | 3:03.49 | 2:56.69 | 2:56.69 | |
| 8:44.89 | 8:44.89 | 7:55.69 | 7:55.69 | 7:12.99 | 7:12.99 | 7:06.49 | 7:06.49 | 200 FR | 6:09.09 | 6:09.09 | 5:35.59 | 5:35.59 | 5:01.99 | 5:01.99 | 4:50.90 | 4:50.89 | |
| 2:03.59 | 2:03.59 | 1:51.99 | 1:51.99 | 1:41.99 | 1:41.99 | 1:40.39 | 1:40.39 | 50 BK | 1:22.89 | 1:22.89 | 1:15.39 | 1:15.39 | 1:07.89 | 1:07.89 | 1:05.39 | 1:05.39 | |
| 3:47.19 | 3:47.19 | 3:25.89 | 3:25.89 | 3:07.49 | 3:07.49 | 3:04.59 | 3:04.59 | 100 BK | 3:01.19 | 3:01.19 | 2:44.69 | 2:44.69 | 2:28.19 | 2:28.19 | 2:22.69 | 2:22.69 | |
| 1:54.39 | 1:54.39 | 1:43.63 | 1:43.63 | 1:34.39 | 1:34.39 | 1:32.99 | 1:32.99 | 50 BR | 1:29.59 | 1:29.59 | 1:21.49 | 1:21.49 | 1:13.29 | 1:13.29 | 1:10.59 | 1:10.59 | |
| 5:26.29 | 5:26.29 | 4:55.69 | 4:55.69 | 4:29.19 | 4:29.19 | 4:25.19 | 4:25.19 | 100 BR | 4:19.99 | 4:19.99 | 3:56.39 | 3:56.39 | 3:32.69 | 3:32.69 | 3:24.89 | 3:24.89 | |
| 3:03.89 | 3:03.89 | 2:46.69 | 2:46.69 | 2:31.79 | 2:31.79 | 2:29.49 | 2:29.49 | 50 FL | 2:48.09 | 2:48.09 | 2:32.79 | 2:32.79 | 2:17.49 | 2:17.49 | 2:12.39 | 2:12.39 | |
| 7:35.89 | 7:35.89 | 6:53.15 | 6:53.15 | 6:16.19 | 6:16.19 | 6:10.49 | 6:10.49 | 150 IM | 7:30.09 | 7:30.09 | 6:49.19 | 6:49.19 | 6:08.19 | 6:08.19 | 5:54.59 | 5:54.59 | |

Para 2 LSC Motivational Time Standards

| P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body. | Girls | | | | | | | | Boys | | | | | | | | |
|--|-----------|---------|----------|---------|----------|---------|-----------|----------------|---------|-----------|---------|----------|---------|----------|---------|-----------|-----|
| | 10 & U P2 | | 11-12 P2 | | 13-14 P2 | | 15 & O P2 | | P2 | 10 & U P2 | | 11-12 P2 | | 13-14 P2 | | 15 & O P2 | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM |
| 56.89 | 59.79 | 51.49 | 54.19 | 46.89 | 49.39 | 46.19 | 48.59 | 50 FR | 53.99 | 56.79 | 49.09 | 51.69 | 44.19 | 46.49 | 42.59 | 44.79 | |
| 2:06.59 | 2:13.19 | 1:54.69 | 2:00.69 | 1:44.39 | 1:49.89 | 1:42.79 | 1:48.19 | 100 FR | 1:59.09 | 2:05.29 | 1:48.29 | 1:53.99 | 1:37.39 | 1:42.59 | 1:33.79 | 1:38.79 | |
| 4:20.49 | 4:34.19 | 3:56.09 | 4:08.49 | 3:34.89 | 3:46.29 | 3:31.69 | 3:42.79 | 200 FR | 4:11.89 | 4:25.09 | 3:48.49 | 4:00.99 | 3:26.09 | 3:36.89 | 3:18.49 | 3:28.89 | |
| | | 9:37.09 | 7:51.09 | 8:45.39 | 7:08.89 | 8:37.49 | 7:02.39 | 400/ 500 FR | | | 9:37.89 | 7:51.69 | 8:40.09 | 7:04.49 | 8:20.79 | 6:48.79 | |
| 1:09.09 | 1:12.69 | 1:02.59 | 1:05.89 | 56.99 | 59.99 | 56.09 | 59.09 | 50 BK | 1:01.09 | 1:04.29 | 55.49 | 58.39 | 49.99 | 52.59 | 48.09 | 50.69 | |
| 2:39.79 | 2:48.19 | 2:24.79 | 2:32.49 | 2:11.89 | 2:18.79 | 2:09.89 | 2:16.69 | 100 BK | 2:32.79 | 2:40.89 | 2:18.89 | 2:26.29 | 2:05.09 | 2:11.59 | 2:00.39 | 2:06.79 | |
| | | 4:58.79 | 5:14.49 | 4:31.99 | 4:46.29 | 4:27.89 | 4:41.99 | 200 BK | | | 4:20.89 | 4:34.59 | 3:54.79 | 4:07.09 | 3:46.09 | 3:57.99 | |
| 1:12.09 | 1:15.89 | 1:05.49 | 1:08.89 | 59.59 | 1:02.69 | 58.69 | 1:01.69 | 50 BR | 1:09.19 | 1:12.79 | 1:02.89 | 1:06.19 | 56.59 | 59.59 | 54.49 | 57.39 | |
| 2:39.99 | 2:48.39 | 2:24.99 | 2:32.59 | 2:11.99 | 2:18.89 | 2:09.99 | 2:16.79 | 100 BR | 2:33.39 | 2:41.49 | 2:19.49 | 2:26.79 | 2:05.49 | 2:12.09 | 2:00.89 | 2:07.19 | |
| | | 5:17.19 | 5:34.19 | 4:24.89 | 4:38.79 | 4:44.69 | 4:59.59 | 200 BR | | | 5:00.99 | 5:16.79 | 4:30.89 | 4:45.09 | 4:20.89 | 4:34.59 | |
| 1:09.59 | 1:13.19 | 1:03.09 | 1:06.39 | 57.39 | 1:00.39 | 56.59 | 59.49 | 50 FL | 55.89 | 58.79 | 50.79 | 53.49 | 45.69 | 48.09 | 43.99 | 46.39 | |
| 2:58.89 | 3:08.29 | 2:42.09 | 2:50.59 | 2:27.59 | 2:35.29 | 2:25.39 | 2:32.99 | 100 FL | 2:55.29 | 3:04.49 | 2:39.39 | 2:47.79 | 2:23.39 | 2:30.99 | 2:18.09 | 2:25.39 | |
| 5:31.79 | 5:49.19 | 5:00.59 | 5:16.39 | 4:33.69 | 4:48.09 | 4:29.59 | 4:43.69 | 200 IM | 5:12.39 | 5:28.89 | 4:43.99 | 4:58.99 | 4:15.59 | 4:29.09 | 4:06.19 | 4:19.09 | |

Para 3 LSC Motivational Time Standards

| P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance. | Girls | | | | | | | | Boys | | | | | | | | |
|---|-----------|----------|----------|----------|----------|----------|-----------|------------------|---------|---------|----------|----------|----------|----------|----------|-----------|-----|
| | 10 & U P3 | | 11-12 P3 | | 13-14 P3 | | 15 & O P3 | | P3 | 10 U P3 | | 11-12 P3 | | 13-14 P3 | | 15 & O P3 | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM |
| 44.09 | 48.89 | 39.89 | 44.29 | 36.39 | 40.39 | 35.79 | 39.69 | 50 FR | 39.79 | 44.19 | 36.19 | 40.19 | 32.59 | 36.19 | 31.39 | 34.79 | |
| 1:33.89 | 1:44.29 | 1:25.09 | 1:34.49 | 1:17.49 | 1:26.09 | 1:16.39 | 1:24.79 | 100 FR | 1:26.49 | 1:36.09 | 1:18.59 | 1:27.29 | 1:10.79 | 1:18.59 | 1:08.09 | 1:15.69 | |
| 3:51.49 | 4:17.19 | 3:29.79 | 3:53.09 | 3:10.99 | 3:32.19 | 3:08.09 | 3:28.99 | 200 FR | 3:17.69 | 3:39.59 | 2:59.69 | 3:19.69 | 2:41.69 | 2:59.59 | 2:35.79 | 2:53.09 | |
| 8:46.89 | 7:43.19 | 7:57.59 | 6:59.79 | 7:14.79 | 6:22.19 | 7:08.19 | 6:16.39 | 400/ 500 FR | 8:31.99 | 7:30.09 | 7:45.49 | 6:49.19 | 6:58.99 | 6:08.29 | 6:43.49 | 5:54.69 | |
| | | 18:00.49 | 15:19.59 | 16:32.09 | 14:04.39 | 16:18.49 | 13:52.79 | 800/ 1000 FR | | | 18:21.59 | 15:37.49 | 16:31.39 | 14:03.69 | 15:54.69 | 13:32.49 | |
| | | 32:31.69 | 30:29.19 | 30:01.09 | 28:08.19 | 29:37.99 | 27:46.39 | 1500/ 1650 FR | | | 34:04.19 | 31:55.79 | 30:39.71 | 28:44.19 | 29:31.53 | 27:40.29 | |
| 53.39 | 59.29 | 48.39 | 53.69 | 44.09 | 48.99 | 43.39 | 48.19 | 50 BK | 45.59 | 50.69 | 41.49 | 46.09 | 37.29 | 41.49 | 35.89 | 39.89 | |
| 1:52.49 | 2:04.99 | 1:41.99 | 1:53.29 | 1:32.89 | 1:43.19 | 1:31.49 | 1:41.59 | 100 BK | 1:36.09 | 1:46.79 | 1:27.39 | 1:37.09 | 1:18.59 | 1:27.39 | 1:15.69 | 1:24.09 | |
| | | 4:04.79 | 4:31.89 | 3:42.99 | 4:07.69 | 3:39.59 | 4:03.89 | 200 BK | | | 3:29.49 | 3:52.79 | 3:08.59 | 3:29.49 | 3:01.59 | 3:21.79 | |
| 56.79 | 1:03.09 | 51.49 | 57.19 | 46.79 | 51.99 | 46.09 | 51.19 | 50 BR | 49.79 | 55.29 | 45.29 | 50.29 | 40.79 | 45.29 | 39.29 | 43.59 | |
| 1:59.69 | 2:12.99 | 1:48.49 | 2:00.49 | 1:38.69 | 1:49.69 | 1:37.19 | 1:47.99 | 100 BR | 1:50.59 | 2:02.89 | 1:20.49 | 1:51.69 | 1:30.49 | 1:40.49 | 1:27.19 | 1:36.79 | |
| | | 4:20.29 | 4:49.19 | 3:56.99 | 4:23.29 | 3:53.29 | 4:19.19 | 200 BR | | | 3:40.09 | 4:04.49 | 3:18.09 | 3:40.09 | 2:56.09 | 3:31.89 | |
| 48.29 | 53.59 | 43.69 | 48.49 | 39.79 | 44.19 | 39.19 | 43.49 | 50 FL | 43.29 | 48.09 | 39.29 | 43.69 | 35.39 | 39.29 | 31.49 | 37.89 | |
| 1:41.69 | 1:52.89 | 1:32.09 | 1:42.29 | 1:23.89 | 1:33.19 | 1:22.59 | 1:31.69 | 100 FL | 1:30.89 | 1:40.99 | 1:22.79 | 1:31.99 | 1:14.39 | 1:22.59 | 1:06.09 | 1:19.59 | |
| | | 3:40.99 | 4:05.49 | 3:21.39 | 3:43.69 | 3:18.09 | 3:40.09 | 200 FL | | | 3:29.19 | 3:52.39 | 3:08.29 | 3:29.19 | 2:47.39 | 3:21.39 | |
| 3:57.99 | 4:24.39 | 3:35.69 | 3:59.59 | 3:16.29 | 3:38.09 | 3:19.39 | 3:34.79 | 200 IM | 3:29.69 | 3:52.99 | 3:10.69 | 3:31.79 | 2:51.59 | 3:10.69 | 2:32.49 | 3:03.59 | |
| | | 8:34.59 | 9:25.49 | 7:48.39 | 8:34.69 | 7:41.39 | 8:26.99 | 400 IM | | | 7:46.79 | 8:20.09 | 6:56.79 | 7:30.09 | 6:40.09 | 7:13.39 | |