

2025-2026 Time Standards for Athletes with a Disability

PARALLEL TIME STANDARDS FOR ATHLETES WITH A DISABILITY - PC AGE GROUP CHAMPIONSHIPS

PARA 1 Wheelchair bound; limited use of all four extremities	GIRLS										BOYS											
	10 & U P1		11 P1		12 P1		13 P1		14 P1		P1	10 & U P1		11 P1		12 P1		13 P1		14 P1		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		
	1:47.29	1:47.29	1:46.39	1:46.39	1:38.59	1:38.59	1:30.59	1:30.59	1:28.99	1:28.99	50 FREE	1:41.99	1:41.99	1:39.79	1:39.79	1:33.79	1:33.79	1:26.49	1:26.49	1:22.69	1:22.69	
3:45.89	3:46.99	3:40.19	3:23.39	3:23.39	3:08.69	3:08.69	3:05.39	3:05.39	100 FREE	3:51.19	3:51.19	3:45.89	3:45.89	3:30.99	3:30.99	3:13.09	3:13.09	3:07.79	3:07.79			
9:06.39	9:06.39	8:46.09	8:46.09	8:09.09	8:09.09	7:32.89	7:32.89	7:24.19	7:24.19	200 FREE	6:15.19	6:15.19	6:05.59	6:05.59	5:42.29	5:42.29	5:18.39	5:18.39	5:10.39	5:10.39		
2:07.79	2:07.79	2:02.49	2:02.49	1:55.29	1:55.29	1:48.49	1:48.49	1:45.29	1:45.29	50 BACK	1:25.69	1:25.69	1:21.49	1:21.49	1:17.89	1:17.89	1:11.69	1:11.69	1:09.59	1:09.59		
3:53.69	3:53.69	3:46.09	3:46.09	3:31.99	3:31.99	3:19.39	3:19.39	3:13.59	3:13.59	100 BACK	3:06.39	3:06.39	3:01.69	3:01.69	2:48.69	2:48.69	2:36.49	2:36.49	2:31.79	2:31.79		
1:58.39	1:58.39	1:54.09	1:54.09	1:46.99	1:46.99	1:38.59	1:38.59	1:36.09	1:36.09	50 BREAST	1:31.89	1:31.89	1:28.29	1:28.29	1:24.19	1:24.19	1:18.79	1:18.79	1:15.39	1:15.39		
5:36.99	5:36.99	5:27.29	5:27.29	5:04.69	5:04.69	4:37.19	4:37.19	4:34.39	4:34.39	100 BREAST	4:25.99	4:25.99	4:18.99	4:18.99	4:01.49	4:01.49	3:48.69	3:48.69	3:38.59	3:38.59		
3:15.79	3:15.79	3:04.29	3:04.29	2:52.99	2:52.99	2:40.29	2:40.29	2:36.79	2:36.79	50 FLY	2:55.09	2:55.09	2:51.59	2:51.59	2:39.69	2:39.69	2:25.39	2:25.39	2:21.79	2:21.79		
7:47.89	7:47.89	7:35.69	7:35.69	7:02.59	7:02.59	6:31.99	6:31.99	6:23.99	6:23.99	150 IM	7:44.09	7:44.09	7:36.99	7:36.99	6:57.71	6:57.71	6:27.59	6:27.59	6:16.29	6:16.29		

PARALLEL TIME STANDARDS FOR ATHLETES WITH A DISABILITY - PC AGE GROUP CHAMPIONSHIPS

PARA 2	GIRLS												BOYS											
	10 & U P2		11 P2		12 P2		13 P2		14 P2		P2	10 & U P2		11 P2		12 P2		13 P2		14 P2				
SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body	58.39	1:01.19	57.89	59.79	53.69	55.79	49.29	51.29	48.39	49.79	50 FREE	55.49	58.69	53.89	57.29	50.99	53.19	46.99	48.59	44.99	47.69			
	2:11.09	2:17.69	2:07.19	2:11.49	1:57.49	2:02.29	1:48.99	1:54.59	1:47.09	1:52.89	100 FREE	2:02.79	2:09.19	1:57.29	2:04.19	1:52.09	1:58.29	1:42.49	1:46.59	1:39.69	1:44.69			
	4:31.19	4:38.69	4:21.09	4:34.59	4:02.79	4:13.09	3:44.79	3:52.09	3:40.49	3:49.49	200 FREE	4:16.09	4:30.69	4:09.09	4:24.99	3:53.09	4:06.19	3:37.29	3:46.59	3:31.79	3:41.89			
		10:48.39	8:48.59	9:53.19	8:05.89	9:18.09	7:32.49	8:55.89	7:24.79	400/500 FREE			10:43.19	8:54.39	9:56.49	8:04.29	9:18.29	7:32.59	9:00.59	7:16.79				
	1:11.49	1:17.09	1:08.49	1:13.19	1:04.49	1:08.49	1:00.59	1:03.79	58.89	1:02.09	50 BACK	1:03.19	1:07.79	1:00.99	1:04.59	57.39	1:01.69	52.79	55.89	51.19	53.69			
	2:44.39	2:49.69	2:38.99	2:44.29	2:28.89	2:36.89	2:20.19	2:27.59	2:16.09	2:23.49	100 BACK	2:36.39	2:48.89	2:32.69	2:42.99	2:22.29	2:29.99	2:12.09	2:19.79	2:08.09	2:14.39			
		5:22.49	5:48.99	5:07.19	5:21.49	4:45.99	5:06.59	4:39.29	4:59.29	200 BACK			4:54.09	5:12.49	4:33.19	4:50.79	4:12.39	4:23.39	4:03.09	4:16.89				
	1:14.59	1:18.59	1:12.09	1:16.99	1:07.59	1:10.99	1:02.19	1:04.99	1:01.19	1:03.99	50 BREAST	1:10.99	1:15.09	1:07.99	1:12.09	1:04.99	1:08.29	1:00.89	1:04.29	58.19	1:01.69			
	2:45.29	2:54.59	2:40.49	2:50.49	2:29.39	2:36.69	2:17.79	2:23.99	2:15.59	2:21.59	100 BREAST	2:36.99	2:47.19	2:32.99	2:43.79	2:22.49	2:32.39	2:14.98	2:22.39	2:08.99	2:16.69			
		5:46.89	6:10.99	5:29.29	5:45.19	4:35.89	4:48.39	4:29.19	4:42.99	200 BREAST			5:37.79	5:57.29	5:13.29	5:33.19	4:51.29	5:06.89	4:37.09	4:52.69				
	1:14.09	1:17.59	1:09.79	1:12.79	1:05.49	1:07.59	1:00.59	1:02.89	59.29	1:01.89	50 FLY	58.19	1:01.39	55.79	59.99	53.09	55.99	48.39	50.99	47.19	49.49			
	3:06.89	3:18.99	3:03.49	3:10.39	2:47.59	2:54.89	2:35.79	2:41.69	2:32.49	2:39.09	100 FLY	3:00.09	3:12.69	2:56.99	3:06.19	2:44.59	2:52.39	2:31.59	2:39.99	2:27.89	2:35.39			
	5:40.49	6:02.89	5:31.49	5:45.69	5:07.49	5:20.89	4:45.19	4:59.89	4:39.39	4:53.89	200 IM	5:17.99	5:36.89	5:09.09	5:28.79	4:49.99	5:08.59	4:29.09	4:45.19	4:21.29	4:37.29			

PARALLEL TIME STANDARDS FOR ATHLETES WITH A DISABILITY - PC AGE GROUP CHAMPIONSHIPS

PARA 3		GIRLS										BOYS										
		10 & U P3		11 P3		12 P3		13 P3		14 P3		P3	10 & U P3		11 P3		12 P3		13 P3		14 P3	
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	45.29	50.09	42.89	47.19	41.09	45.39	38.29	41.89	37.59	41.39	50 FREE	40.89	45.69	38.99	43.79	37.59	41.29	34.69	37.79	33.19	37.19	
	1:37.29	1:47.79	1:34.39	1:42.89	1:27.19	1:35.79	1:20.89	1:29.79	1:19.49	1:28.49	100 FREE	1:29.19	1:39.09	1:25.19	1:35.39	1:20.29	1:29.09	1:14.49	1:21.69	1:12.49	1:20.19	
	4:00.99	4:21.39	3:52.09	4:13.59	3:35.69	3:57.39	3:19.79	3:37.59	3:15.99	3:35.19	200 FREE	3:20.99	3:44.29	3:12.59	3:35.79	3:03.29	3:23.99	2:50.49	3:07.79	2:46.19	3:03.89	
	9:11.89	8:09.69	8:56.59	7:51.09	8:10.89	7:12.99	7:41.89	6:43.19	7:32.89	6:36.39	400/500 FREE	8:45.69	7:48.09	8:30.09	7:33.59	8:00.49	7:00.09	7:29.79	6:32.69	7:15.49	6:18.89	
			20:26.59	17:25.69	18:41.79	15:54.89	17:25.89	14:50.59	17:10.59	14:31.49	800/1000 FREE			20:47.59	17:51.99	18:49.49	16:13.79	17:33.89	14:57.09	16:59.79	14:26.69	
			36:02.89	34:32.39	32:52.99	31:19.89	31:40.19	29:57.79	30:50.79	29:10.09	1500/1650 FREE			37:26.49	36:31.49	34:56.79	32:51.19	32:40.79	30:30.39	31:37.69	29:36.99	
	55.29	1:02.89	52.99	59.59	49.79	55.89	46.89	52.09	45.59	50.69	50 BACK	47.19	53.49	44.79	51.09	42.89	48.69	39.39	44.09	38.19	42.39	
	1:55.79	2:07.49	1:51.99	2:03.69	1:44.89	1:56.59	1:38.79	1:49.69	1:35.99	1:46.69	100 BACK	1:38.39	1:51.89	1:33.59	1:47.09	1:29.59	1:39.59	1:22.99	1:32.79	1:20.49	1:29.19	
			4:24.19	4:50.49	4:11.69	4:37.99	3:54.49	4:25.29	3:48.99	4:18.89	200 BACK			3:56.19	4:19.59	3:39.39	3:59.79	3:22.69	3:43.39	3:15.29	3:37.79	
	58.79	1:05.29	56.69	1:02.89	53.19	58.99	48.89	53.89	47.89	53.09	50 BREAST	51.09	56.99	48.89	54.79	46.79	51.89	43.89	48.89	41.99	46.89	
	2:03.59	2:17.89	2:00.09	2:14.59	1:51.79	2:03.69	1:42.99	1:53.69	1:41.39	1:51.89	100 BREAST	1:53.19	2:07.29	1:49.99	2:04.09	1:42.49	1:55.99	1:37.29	1:48.29	1:32.99	1:43.99	
			4:44.89	5:11.09	4:30.39	4:58.69	4:06.79	4:32.39	4:00.89	4:27.29	200 BREAST			4:06.99	4:35.79	3:49.09	4:10.19	3:32.99	3:49.19	3:22.69	3:42.89	
	51.49	56.79	48.29	53.19	45.39	49.39	41.99	46.09	41.09	45.29	50 FLY	45.09	50.29	42.69	47.89	41.09	45.19	37.49	41.29	36.49	40.49	
	1:46.29	1:57.89	1:41.29	1:52.89	1:35.19	1:46.79	1:28.59	1:37.09	1:26.69	1:35.49	100 FLY	1:33.39	1:45.49	1:29.09	1:41.19	1:25.49	1:36.59	1:18.69	1:27.59	1:16.79	1:24.99	
			4:12.79	4:36.09	3:50.29	4:13.49	3:29.29	3:53.99	3:26.49	3:50.89	200 FLY			4:04.29	4:33.79	3:33.99	4:01.79	3:22.79	3:47.29	3:14.69	3:37.29	
	4:04.29	4:34.79	3:57.89	4:21.79	3:40.69	4:03.09	3:24.59	3:47.09	3:20.39	3:42.49	200 IM	3:33.49	3:58.69	3:27.99	3:52.19	3:14.69	3:34.39	3:00.69	3:17.89	2:55.39	3:13.09	
			9:26.89	10:24.99	8:49.39	9:38.09	8:13.89	8:51.79	8:03.29	8:41.39	400 IM			8:46.39	9:33.29	8:00.39	8:34.99	7:22.29	7:54.19	7:06.59	7:43.99	