

2018 U.S. Paralympics National Para Swimming Championships

Presented by  **TOYOTA**

December 14-16, 2018
Oro Valley Aquatic Center

Important Facts About the Meet:

- The 2018 U.S. Paralympics National Para Swimming Championships is a Long Course competition.
- There will be no International or National Classification offered at this competition. Athletes from Canada should contact Janet Dunn at jdunn@swimming.ca with classification questions.
- This meet is open to swimmers with a disability from all nations who have met the qualifying standards (which are included in this meet packet).
 - All swimmers who hold a National or International sport class and meet the published time standards for the meet are eligible to compete.
- Should visas be required, please contact Jamie Martin with the Paralympic Division of the United States Olympic Committee (“USOC”) for a letter of support at Jamie.Martin@usoc.org.
- Current World Para Swimming Rules and Regulations will govern this meet and they can be found at <https://www.paralympic.org/swimming/rules-and-regulations>.
- Only coaches, swimmers, personal assistants, and meet officials with credentials are permitted on deck.

Host:

Paralympic Division, USOC/ U.S. Paralympics Swimming – www.usparalympics.org

Meet information and results will be posted on this website.

Location:

Oro Valley Aquatic Center
23 W. Calle Concordia
Oro Valley, AZ 85704

Facility:

The Oro Valley Aquatic Center is Southern Arizona’s premier outdoor, competition level facility. The facility features:

- 25-yard recreation pool
- Competition 50-meter pool
- Colorado timing system, touch pads & score board
- Classroom for parties, meetings and classes
- Family changing rooms
- Shaded bleachers

Accommodation:

All individuals and teams are responsible for their own accommodation. U.S. Paralympics Swimming and the local organizing committee will **not** be responsible for travel, meals, or housing arrangements for teams or individuals.

Classification:

National and international classification will **not** be offered at this competition.

Volunteers:

Volunteers are always needed. Please contact Devin Price at coach.devin.price@gmail.com if you are interested in volunteering.

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Officials:

Officials who wish to volunteer should complete the application at

https://docs.google.com/forms/d/e/1FAIpQLSfW8ybkvAZnYafsaUnoZYmbiYodOgg_LasmBAc0mjZ5Zbx1Q/viewform

Format:

- The format of the meet will be preliminaries/finals and timed finals.
- All preliminary events will be seeded by time and gender (regardless of sport class).
- Finals will be seeded by sport class.
- A swimmer must place in the top eight (8) in their sport class during preliminaries to advance to the final. Events that are not on the eligible event list for the Paralympic Games will be designated as timed finals ONLY to be conducted during the preliminary sessions. The eligible event list for the Paralympic Games can be found at <https://www.paralympic.org/swimming/rules-and-regulations> on page 26 10.4.1.

Entry Process:

Entries will only be accepted through the online entry system. Please see the link below to register both athletes and staff:

<https://www.teamusa.org/US-Paralympics/Sports/Swimming/Events>

- **The entry deadline is November 2, 2018.**
- Late entries for new qualifying swimmers may be accepted after the entry deadline at the discretion of the meet organizing committee and subject to approval of the U.S. Paralympic Competition Co-Meet Directors.
- Late entries will be assessed a late fee of \$100 in addition to the entry fee. No late entries will be accepted after November 16, 2018.

Fees:

- All swimmers will be charged a \$107 USD fee to enter the meet, regardless of the number of events they choose to enter.
- All team staff (i.e. coaches, medical, managers, etc.) will be charged a \$20 USD fee per credential. Clubs not registering staff in advance will be subject to a \$10 fine per support staff credential for a total of \$30 for on-site staff registration.
- Capacity to submit payment through means of charge card is included in the online entry process. If you wish to pay at the event, please check “pay offline” in the payment section.

Accreditation:

- Swimmers and support staff will be provided with an accreditation card for deck access.
- Accreditation must be displayed at all times. Access to the pool will be through the front gate.
- Lost accreditation will be replaced at a cost of \$40.00 per accreditation.
- A maximum of one coach per swimmer is allowed on the deck.

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- Deck access for additional coaches and/or Support Staff is at the discretion of meet management and must be a proven need (e.g. tappers, personal assistants).
- Coaches must send a copy of a recognized swimming coaching certification [i.e. USA Swimming/YMCA/High School/NCAA] to Queenie Nichols at Queenie.Nichols@usoc.org by the published entry deadline.
- **All U.S. coaches and support staff requesting accreditation must complete or have completed within the past two years, the USOC Safe Sport training. The training can be found at the link below:**

<https://safesport.org/authentication/register?token=a2a86c44-2902-48a8-bb7b-ebf897533bb4>

Access Code: HR2J-B6GM-QQE5-SN7E

It will take about 60 minutes to complete and is free with the access code above. Once complete, please email a copy of the certificate to Jamie Martin at Jamie.Martin@usoc.org.

- **All Canadian coaches and support staff must be a member in good standing with CSCTA.**

Note:

The Deck Accreditation Card remains the property of U.S. Paralympics Swimming and can be withdrawn, with immediate effect, at U.S. Paralympics Swimming's sole discretion. Please be advised that deck accreditations should not be provided to children, youth or adults that are not participants in the competition, either as an athlete, coach, support staff or volunteer/official. Insurance and risk management do not extend to non-supervised minors or individuals that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

Entry Information:

- Swimmers must have met two (2) Minimum Qualifying Standards (MQS) in two of the World Para Swimming Paralympic Games program events (50 Free [S1-S13]; 100 Free [S1-S13]; 200 Free [S1-5, S14]; 400 Free [S6-13]; 50 Backstroke [S1-5]; 100 Backstroke [S1-S2, S6-14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S13]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14]).
- All times swum from January 1, 2016 through the published entry deadline will be eligible for entry.
- Swimmers may enter a maximum of seven (7) events for the competition, but not exceeding three (3) events per day.
- A swimmer may swim any event they have a qualifying standard in. If a swimmer has met less than five (5) qualifying standards for the competition, he/she may enter bonus events as follows:
 - 2 Qualifying Times = 2 Bonus Events
 - 3 Qualifying Times = 2 Bonus Events
 - 4 Qualifying Times = 1 Bonus Event
- Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.
- Proof-of-Time is required with entry submission. Please submit official results or submit the link to the actual event results in the online entry system. It is the responsibility of the club to prove any entry times if requested. Any club not able to prove an entry time when challenged will be fined \$100.00.

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- Relays will be swum at the end of finals. There must be two (2) teams entered in order to run the event. Sign-up sheets for U.S. athletes will be available at registration. Canadian athletes please see your representative. Events offered will be:
 - 20 pt. Mixed 4 X 50m Freestyle Relay
 - 34 pt. Men's 4 X 100m Freestyle Relay
 - 34 pt. Women's 4 X 100m Freestyle Relay
 - 34 pt. Women's 4 X 100m Medley Relay
 - 34 pt. Men's 4 X 100m Medley Relay
 - 49 pt. Mixed 4 X 100m Freestyle Relay
 - 56 pt. Mixed 4 X 100m Freestyle Relay
- No deck entries will be accepted.
- Swimmers who only have an SB sport classification (SB9) are eligible to enter the S/SM10 sport class events provided they meet the S/SM10 standards. These swims will be exhibition only swum in the preliminary session.

Meet Entry Time Standards:

Time standards are available in all three courses – LCM, SCM, SCY – and are included in this meet information packet.

Entry Chairperson:

Queenie Nichols
One Olympic Plaza
Colorado Springs, CO 80909
Phone: 719-866-3214
Fax: 719-866-2029
Queenie.Nichols@usoc.org

Awards:

- Awards will be presented to the first-place finisher in each sport class in each event.
- One Swim of the Meet Award will be presented based on the top individual scoring swim (Paralympic events only) using the Can-Am LC Performance Points Charts. This award will be presented at the end of the meet.

Scratches

- Following the start of the Technical Meeting on December 13, 2018, athletes will be required to submit a scratch card for every event they wish to scratch.
- The scratch deadline for all preliminary events on Day 1 will be 30 minutes following the conclusion of the technical meeting on December 13.
- The scratch deadline for all preliminary events on days 2 and 3 will be 30 minutes following the start of finals the evening prior.
- The scratch deadline for finals each day will be 30 minutes following the completion of the event during prelims.

Fines and Protests:

- Fines and Protests Fees will be accepted in U.S. Dollars. These fees are as follows:

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- Re-entry back into the meet for a missed event will be \$50.00.
- Protest of a Technical Disqualification during competition will be \$50.00.
- Jury of Appeal will be \$100.00.

Training Times:

The Oro Valley Aquatic Center will have several lanes available for training during the following times:

- Wednesday, December 12 Long course: 10:00am – 1:00pm
- Thursday, December 13 Long course: 10:00am – 1:00pm

Anyone interested in pre-training before these dates should contact Brandon Laue at blaue@orovalleyaz.gov.

Meet Registration:

Athletes and coaches are required to register at the pool.

- Wednesday, December 12 11:30am – 1:30pm
- Thursday, December 13 11:30am – 1:30pm

To register during competition (December 14 – 16, 2018), please find Jamie Martin or Queenie Nichols.

Technical Meeting:

The technical meeting will be held on Thursday, December 13 at 2:00pm.

Warm-up Information:

Preliminaries will begin at 9:00am with warm-ups starting at 7:30am. Finals will begin at 4:00pm with warm-ups at 2:30pm.

Meet Management & Contacts:

Co-Meet Director

Queenie Nichols
One Olympic Plaza
Colorado Springs, CO 80909
queenie.nichols@usoc.org
719-866-3214

Co-Meet Director

Jamie Martin
One Olympic Plaza
Colorado Springs, CO 80909
Jamie.Martin@usoc.org
719-866-2024

Facility Contact

Brandon Laue
blaue@orovalleyaz.gov

Meet Referee

Mark Rieniets
Rieniets@gmail.com

A special thank you to our sponsors.



**2018 U.S. Paralympics
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Day 1, Friday, December 14, 2018

Preliminary Session Warm-up: 7:30am Start: 9:00am			Finals Session Warm-up: 3:30pm Start: 4:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
1	200m Freestyle (S1-S14)	2	1	200m Freestyle (S1-S5, S14)	2
3	400m Freestyle (S1-S14)	4	3	400m Freestyle (S6-S13)	4
5	200m Breaststroke (SB1-SB14) TF	6			
7	100m Butterfly (S1-S14)	8	7	100m Butterfly (S8-S14)	8
9	50m Butterfly (S1-S14)	10	9	50m Butterfly (S1-S7)	10
11	400m IM (SM6-SM14) TF	12			

Day 2, Saturday, December 15, 2018

Preliminary Session Warm-up: 7:30am Start: 9:00am			Finals Session Warm-up: 3:30pm Start: 4:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
13	50m Freestyle (S1-S14)	14	13	50m Freestyle (S1-S13)	14
15	100m Breaststroke (SB1-SB14)	16	15	100m Breaststroke (SB4-SB14)	16
17	50m Breaststroke (SB1-SB14)	18		50m Breaststroke (SB1-SB3)	
19	200m Butterfly (Classes S6-S14) TF	20	17		18
	100m Backstroke (S1-S14)			100m Backstroke (S1, S2, S6-S14)	
21		22	21		22

Day 3, Sunday, December 16, 2018

Preliminary Session Warm-up: 7:30am Start: 9:00am			Finals Session Warm-up: 3:30pm Start: 4:00pm		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
23	150m IM (SM1-SM4)	24	23	150m IM (SM1-SM4)	24
25	200m IM (SM5-SM14)	26	25	200m IM (SM5-SM14)	26
27	50m Backstroke (S1-S14)	28	27	50m Backstroke (S1-S5)	28
29	200m Backstroke (S1-S14) TF	30			
31	100m Freestyle (S1-S14)	32	31	100m Freestyle (S1-S13)	32
33	1500m Freestyle (S1-S14) TF	34			

TF=Timed Finals

****All non-Paralympic and OPEN events will be conducted as Timed Finals during the Preliminaries****

National Para Swimming Championships Standards / WOMEN Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:20.41	2:10.48	1:51.18	1:20.86	1:09.36	54.50	43.70	39.81	34.96	33.99	43.70	42.82	34.96	34.96
100 Free	6:03.89	4:22.81	3:42.37	2:51.83	2:28.64	1:49.00	1:32.26	1:27.40	1:17.69	1:12.83	1:37.11	1:35.17	1:22.54	1:17.69
200 Free	11:49.40	7:53.24	7:02.70	6:06.64	4:57.29	3:47.02	3:04.52	3:03.63	2:44.21	2:34.50	3:23.06	3:19.00	2:49.51	2:44.22
500 Free	29:59.86	20:24.00	18:15.77	15:53.55	12:57.14	10:01.14	9:14.40	8:38.67	8:00.48	7:35.84	9:14.40	9:03.31	8:12.80	6:18.76
50 Back	3:01.94	2:11.40	2:01.29	1:30.97	1:19.27	59.90	53.85	49.88	44.14	39.28	53.85	52.77	44.14	44.14
100 Back	6:13.08	4:32.00	4:11.78	3:11.13	2:47.56	2:08.82	1:56.54	1:46.82	1:37.11	1:27.40	1:56.54	1:54.20	1:37.11	1:37.12
50 Breast	3:32.27	2:41.72	2:01.29	1:26.37	1:19.72	1:14.77	1:03.56	53.85	49.00		1:03.56	1:02.29	49.00	49.00
100 Breast	7:13.72	5:32.64	4:11.78	3:01.94	2:48.46	2:38.55	2:15.96	1:56.54	1:46.82		2:15.96	2:13.24	1:46.82	1:46.83
50 Fly	2:31.62	2:21.51	2:01.29	1:51.18	1:39.09	1:14.32	58.27	53.85	49.00	44.14	53.85	52.77	44.14	49.00
100 Fly	5:12.43	4:47.62	4:07.18	3:46.05	3:22.70	2:37.65	2:00.95	1:56.54	1:46.82	1:37.11	1:56.54	1:54.20	1:37.11	1:46.83
150 IM	6:34.21	6:19.05	6:03.89	5:03.24										
200 IM	9:10.43	7:50.02	8:09.78	6:59.02	5:56.75	4:57.29	4:12.50	3:53.08	3:14.23	3:04.52	3:53.08	3:48.42	3:23.94	3:14.23

National Para Swimming Championships Standards / WOMEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:42.36	2:24.84	2:03.42	1:29.76	1:17.00	1:00.50	48.51	44.20	38.81	37.73	48.51	47.54	38.81	38.81
100 Free	6:43.92	4:51.72	4:06.84	3:10.74	2:45.00	2:01.00	1:42.41	1:37.02	1:26.24	1:20.85	1:47.80	1:45.64	1:31.63	1:26.24
200 Free	13:07.44	8:45.30	7:49.20	6:46.98	5:30.00	4:12.00	3:24.82	3:23.84	3:02.28	2:51.50	3:45.40	3:40.89	3:08.16	3:02.28
400 Free	26:14.88	17:51.00	15:58.80	13:54.36	11:20.00	8:46.00	8:05.10	7:54.32	7:00.42	6:38.86	8:05.10	7:55.40	7:11.20	7:00.42
50 Back	3:21.96	2:25.86	2:14.64	1:40.98	1:28.00	1:06.50	59.78	55.37	49.00	43.61	59.78	58.58	49.00	49.00
100 Back	6:54.12	5:01.92	4:39.48	3:32.16	3:06.00	2:23.00	2:09.36	1:58.58	1:47.80	1:37.02	2:09.36	2:06.77	1:47.80	1:47.80
50 Breast	3:55.62	2:59.52	2:14.64	1:35.88	1:28.50	1:23.00	1:10.56	59.78	54.39		1:10.56	1:09.15	54.39	54.39
100 Breast	8:01.44	6:09.24	4:39.48	3:21.96	3:07.00	2:56.00	2:30.92	2:09.36	1:58.58		2:30.92	2:27.90	1:58.58	1:58.58
50 Fly	2:48.30	2:37.08	2:14.64	2:03.42	1:50.00	1:22.50	1:04.68	59.78	54.39	49.00	59.78	58.58	49.00	54.39
100 Fly	5:46.80	5:19.26	4:34.38	4:10.92	3:45.00	2:55.00	2:14.26	2:09.36	1:58.58	1:47.80	2:09.36	2:06.77	1:47.80	1:58.58
150 IM	7:17.58	7:00.75	6:43.92	5:36.60										
200 IM	10:10.98	8:41.73	9:03.66	7:45.12	6:36.00	5:30.00	4:40.28	4:18.72	3:35.60	3:24.82	4:18.72	4:13.55	3:46.38	3:35.60

National Para Swimming Championships Standards / WOMEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:38.00	2:22.00	2:01.00	1:28.00	1:17.00	1:00.50	49.50	45.10	39.60	38.50	49.50	42.90	39.60	39.60
100 Free	6:36.00	4:46.00	4:02.00	3:07.00	2:45.00	2:01.00	1:44.50	1:39.00	1:28.00	1:22.50	1:50.00	1:39.00	1:33.50	1:28.00
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00	4:12.00	3:29.00	3:28.00	3:06.00	2:55.00	3:50.00	3:28.00	3:12.00	3:06.00
400 Free	25:44.00	17:30.00	15:40.00	13:38.00	11:20.00	8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	7:09.00
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00	1:06.50	1:01.00	56.50	50.00	44.50	1:01.00	56.50	50.00	50.00
100 Back	6:46.00	4:56.00	4:34.00	3:28.00	3:06.00	2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00	1:50.00
50 Breast	3:51.00	2:56.00	2:12.00	1:34.00	1:28.50	1:23.00	1:12.00	1:01.00	55.50		1:12.00	1:01.00	55.50	55.50
100 Breast	7:52.00	6:02.00	4:34.00	3:18.00	3:07.00	2:56.00	2:34.00	2:12.00	2:01.00		2:34.00	2:12.00	2:01.00	2:01.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00	1:01.00	55.50	50.00	1:01.00	55.50	50.00	55.50
100 Fly	5:40.00	5:13.00	4:29.00	4:06.00	3:45.00	2:55.00	2:17.00	2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	2:01.00
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM	9:59.00	8:31.50	8:53.00	7:36.00	6:36.00	5:30.00	4:46.00	4:24.00	3:40.00	3:29.00	4:24.00	4:13.00	3:51.00	3:40.00

National Para Swimming Championships Standards / MEN Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:41.72	1:41.08	1:20.86	1:10.75	54.50	44.59	34.96	33.99	31.08	30.10	38.84	33.99	31.08	31.08
100 Free	4:57.29	3:32.27	3:01.94	2:31.62	1:58.91	1:34.14	1:25.91	1:20.86	1:10.75	1:06.71	1:17.69	1:12.83	1:07.98	1:07.98
200 Free	9:54.59	7:02.70	5:25.29	5:03.24	4:37.47	3:16.39	3:01.02	2:50.91	2:30.70	2:21.51	2:44.21	2:34.50	2:24.79	2:24.79
500 Free	25:31.42	17:40.80	13:45.32	13:12.68	12:06.85	8:48.00	8:32.91	8:20.09	7:41.62	7:28.80	8:37.44	7:48.16	7:26.88	5:49.62
50 Back	2:38.55	2:01.29	1:41.08	1:20.86	59.45	50.00	45:94	43:41	35.83	34:82	49.00	44.14	39.28	34.43
100 Back	5:21.62	4:11.78	3:26.75	2:46.32	2:03.42	1:49.00	1:41.08	1:46.02	1:20.86	1:18.10	1:46.82	1:37.11	1:27.40	1:17.69
50 Breast	3:16.39	2:01.29	1:41.08	1:06.16	1:02.38	59.90	56.05	45.94	38.87		53.85	44.14	39.28	37.35
100 Breast	6:41.80	4:07.18	3:31.35	2:21.51	2:13.78	2:08.82	2:01.29	1:41.08	1:26.92		1:56.54	1:37.11	1:27.40	1:23.52
50 Fly	1:58.91	1:51.18	1:30.95	1:20.86	1:09.36	54.50	45.48	43.41	35.83	33.08	44.14	36.86	34.43	34.43
100 Fly	4:06.84	3:51.56	2:11.13	2:59.91	2:27.74	1:58.01	1:40.16	1:36.02	1:20.86	1:15.35	1:37.11	1:22.54	1:17.69	1:17.69
150 IM	5:56.75	5:33.56	5:03.24	4:02.52										
200 IM	8:00.18	7:29.35	6:40.61	5:28.05	2:27.74	3:57.83	3:32.27	3:22.16	3:01.94	2:51.83	3:33.65	3:14.23	2:54.81	2:54.81

National Para Swimming Championships Standards / MEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:59.52	1:52.20	1:29.76	1:18.54	1:00.50	49.50	38.81	37.73	34.50	33.42	43.12	37.73	34.50	34.50
100 Free	5:30.00	3:55.62	3:21.96	2:48.30	2:12.00	1:44.50	1:35.37	1:29.76	1:18.54	1:14.05	1:26.24	1:20.85	1:15.46	1:15.46
200 Free	11:00.00	7:49.20	6:01.08	5:36.60	5:08.00	3:38.00	3:20.94	3:09.72	2:47.28	2:37.08	3:02.28	2:51.50	2:40.72	2:40.72
400 Free	22:20.00	15:28.20	12:02.16	11:33.60	10:36.00	7:42.00	7:28.80	7:17.58	6:43.92	6:32.70	7:32.76	6:49.64	6:31.02	6:28.08
50 Back	2:56.00	2:14.64	1:52.20	1:29.76	1:06.00	55.50	51.00	48.19	39.78	38.66	54.39	49.00	43.61	38.22
100 Back	5:57.00	4:34.38	3:49.50	3:04.62	2:17.00	2:01.00	1:52.20	1:46.59	1:29.76	1:26.70	1:58.58	1:47.80	1:37.02	1:26.24
50 Breast	3:38.00	2:14.64	1:52.20	1:13.44	1:09.25	1:06.50	1:02.22	51.00	43.15		59.78	49.00	43.61	41.45
100 Breast	7:26.00	4:39.48	3:54.60	2:38.08	2:28.50	2:23.00	2:14.64	1:52.20	1:36.49		2:09.36	1:47.80	1:37.02	1:32.71
50 Fly	2:12.00	2:03.42	1:40.98	1:29.76	1:17.00	1:00.50	50.49	48.19	39.78	36.72	49.00	40.92	38.22	38.22
100 Fly	4:34.00	4:17.04	3:32.16	3:09.72	2:44.00	2:11.00	1:51.18	1:46.59	1:29.76	1:23.64	1:47.80	1:31.63	1:26.24	1:26.24
150 IM	6:36.00	6:10.26	5:36.60	4:29.28										
200 IM	8:53.00	8:18.78	7:22.68	6:04.14	5:30.00	4:24.00	3:55.62	3:44.40	3:21.96	3:10.74	3:57.16	3:35.60	3:14.04	3:14.04

National Para Swimming Championships Standards / MEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20	35.20
100 Free	5:30.00	3:51.00	3:18.00	2:45.00	2:12.00	1:44.50	1:33.50	1:28.00	1:17.00	1:12.60	1:28.00	1:22.50	1:17.00	1:17.00
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00	3:38.00	3:17.00	3:06.00	2:44.00	2:34.00	3:06.00	2:55.00	2:44.00	2:44.00
400 Free	22:20.00	15:10.00	11:48.00	11:20.00	10:36.00	7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	6:36.00
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00	55.50	50.00	47.25	39.00	37.90	55.50	50.00	44.50	39.00
100 Back	5:57.00	4:29.00	3:45.00	3:01.00	2:17.00	2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00	1:28.00
50 Breast	3:38.00	2:12.00	1:50.00	1:12.00	1:09.25	1:06.50	1:01.00	50.00	42.30		1:01.00	50.00	44.50	42.30
100 Breast	7:26.00	4:34.00	3:50.00	2:34.00	2:28.50	2:23.00	2:12.00	1:50.00	1:34.60		2:12.00	1:50.00	1:39.00	1:34.60
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50	47.25	39.00	36.00	50.00	41.75	39.00	39.00
100 Fly	4:34.00	4:12.00	3:28.00	3:06.00	2:44.00	2:11.00	1:49.00	1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
150 IM	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM	8:53.00	8:09.00	7:14.00	5:57.00	5:30.00	4:24.00	3:51.00	3:40.00	3:18.00	3:07.00	4:02.00	3:40.00	3:18.00	3:18.00