

2026 U.S. Paralympics Swimming Time Standards

Event	2026 National A Standard	2026 National B Standard	2026 U23 Standard	2026 Emerging Standard
Men's 50 m Freestyle S3	00:43.49	00:45.66	00:47.84	00:50.01
Men's 50 m Freestyle S4	00:37.73	00:39.62	00:41.50	00:43.39
Men's 50 m Freestyle S5	00:31.67	00:33.25	00:34.84	00:36.42
Men's 50 m Freestyle S7	00:28.28	00:29.69	00:31.11	00:32.52
Men's 50 m Freestyle S9	00:25.53	00:26.81	00:28.08	00:29.36
Men's 50 m Freestyle S10	00:23.58	00:24.76	00:25.94	00:27.12
Men's 50 m Freestyle S11	00:26.07	00:27.37	00:28.68	00:29.98
Men's 50 m Freestyle S13	00:23.93	00:25.13	00:26.32	00:27.52
Men's 100 m Freestyle S4	01:23.33	01:27.50	01:31.66	01:35.83
Men's 100 m Freestyle S5	01:09.98	01:13.48	01:16.98	01:20.48
Men's 100 m Freestyle S6	01:06.04	01:09.34	01:12.64	01:15.95
Men's 100 m Freestyle S8	00:58.14	01:01.05	01:03.95	01:06.86
Men's 100 m Freestyle S10	00:51.66	00:54.24	00:56.83	00:59.41
Men's 100 m Freestyle S12	00:54.00	00:56.70	00:59.40	01:02.10
Men's 200 m Freestyle S2	04:16.61	04:29.44	04:42.27	04:55.10
Men's 200 m Freestyle S3	03:26.11	03:36.42	03:46.72	03:57.03
Men's 200 m Freestyle S4	02:55.01	03:03.76	03:12.51	03:21.26
Men's 200 m Freestyle S5	02:29.32	02:36.79	02:44.25	02:51.72
Men's 200 m Freestyle S14	01:53.97	01:59.67	02:05.37	02:11.07
Men's 400 m Freestyle S6	05:03.79	05:18.98	05:34.17	05:49.36
Men's 400 m Freestyle S7	04:55.00	05:09.75	05:24.50	05:39.25
Men's 400 m Freestyle S8	04:25.76	04:39.05	04:52.34	05:05.62
Men's 400 m Freestyle S9	04:14.69	04:27.42	04:40.16	04:52.89
Men's 400 m Freestyle S11	04:37.46	04:51.33	05:05.21	05:19.08
Men's 400 m Freestyle S13	04:13.59	04:26.27	04:38.95	04:51.63
Men's 50 m Backstroke S1	01:14.82	01:18.56	01:22.30	01:26.04
Men's 50 m Backstroke S2	00:56.54	00:59.37	01:02.19	01:05.02
Men's 50 m Backstroke S3	00:49.02	00:51.47	00:53.92	00:56.37
Men's 50 m Backstroke S4	00:43.94	00:46.14	00:48.33	00:50.53
Men's 50 m Backstroke S5	00:32.97	00:34.62	00:36.27	00:37.92
Men's 100 m Backstroke S1	02:40.20	02:48.21	02:56.22	03:04.23
Men's 100 m Backstroke S2	02:03.87	02:10.06	02:16.26	02:22.45
Men's 100 m Backstroke S6	01:15.88	01:19.67	01:23.47	01:27.26
Men's 100 m Backstroke S7	01:12.17	01:15.78	01:19.39	01:23.00
Men's 100 m Backstroke S8	01:06.52	01:09.85	01:13.17	01:16.50
Men's 100 m Backstroke S9	01:01.54	01:04.62	01:07.69	01:10.77
Men's 100 m Backstroke S10	01:01.23	01:04.29	01:07.35	01:10.41
Men's 100 m Backstroke S11	01:07.10	01:10.46	01:13.81	01:17.16
Men's 100 m Backstroke S12	01:03.05	01:06.20	01:09.36	01:12.51
Men's 100 m Backstroke S13	00:59.45	01:02.42	01:05.40	01:08.37
Men's 100 m Backstroke S14	00:58.28	01:01.19	01:04.11	01:07.02
Men's 50 m Breaststroke SB2	00:58.55	01:01.48	01:04.41	01:07.33
Men's 50 m Breaststroke SB3	00:49.43	00:51.90	00:54.37	00:56.84
Men's 100 m Breaststroke SB4	01:38.41	01:43.33	01:48.25	01:53.17
Men's 100 m Breaststroke SB5	01:32.31	01:36.93	01:41.54	01:46.16
Men's 100 m Breaststroke SB6	01:20.87	01:24.91	01:28.96	01:33.00
Men's 100 m Breaststroke SB8	01:11.08	01:14.63	01:18.19	01:21.74
Men's 100 m Breaststroke SB9	01:07.29	01:10.65	01:14.02	01:17.38
Men's 100 m Breaststroke SB11	01:13.68	01:17.36	01:21.05	01:24.73
Men's 100 m Breaststroke SB13	01:07.69	01:11.07	01:14.46	01:17.84
Men's 100 m Breaststroke SB14	01:04.04	01:07.24	01:10.44	01:13.65
Men's 50 m Butterfly S5	00:31.82	00:33.41	00:35.00	00:36.59
Men's 50 m Butterfly S6	00:31.46	00:33.03	00:34.61	00:36.18
Men's 50 m Butterfly S7	00:30.11	00:31.62	00:33.12	00:34.63
Men's 100 m Butterfly S8	01:03.36	01:06.53	01:09.70	01:12.86
Men's 100 m Butterfly S9	01:00.61	01:03.64	01:06.67	01:09.70
Men's 100 m Butterfly S10	00:56.56	00:59.39	01:02.22	01:05.04
Men's 100 m Butterfly S11	01:02.58	01:05.71	01:08.84	01:11.97
Men's 100 m Butterfly S12	00:57.87	01:00.76	01:03.66	01:06.55
Men's 100 m Butterfly S13	00:56.51	00:59.34	01:02.16	01:04.99
Men's 100 m Butterfly S14	00:54.32	00:57.04	00:59.75	01:02.47
Men's 150 m Individual Medley SM3	03:04.04	03:13.24	03:22.44	03:31.65
Men's 150 m Individual Medley SM4	02:37.65	02:45.53	02:53.42	03:01.30
Men's 200 m Individual Medley SM6	02:41.12	02:49.18	02:57.23	03:05.29
Men's 200 m Individual Medley SM7	02:35.65	02:43.43	02:51.22	02:59.00
Men's 200 m Individual Medley SM8	02:26.72	02:34.06	02:41.39	02:48.73

Men's 200 m Individual Medley SM9	02:15.64	02:22.42	02:29.20	02:35.99
Men's 200 m Individual Medley SM10	02:12.67	02:19.30	02:25.94	02:32.57
Men's 200 m Individual Medley SM11	02:21.73	02:28.82	02:35.90	02:42.99
Men's 200 m Individual Medley SM13	02:11.67	02:18.25	02:24.84	02:31.42
Men's 200 m Individual Medley SM14	02:06.30	02:12.62	02:18.93	02:25.24
Women's 50 m Freestyle S4	00:40.96	00:43.01	00:45.06	00:47.10
Women's 50 m Freestyle S6	00:34.56	00:36.29	00:38.02	00:39.74
Women's 50 m Freestyle S8	00:31.30	00:32.87	00:34.43	00:35.99
Women's 50 m Freestyle S10	00:28.35	00:29.77	00:31.19	00:32.60
Women's 50 m Freestyle S11	00:30.19	00:31.70	00:33.21	00:34.72
Women's 50 m Freestyle S13	00:27.63	00:29.01	00:30.39	00:31.77
Women's 100 m Freestyle S3	01:31.59	01:36.17	01:40.75	01:45.33
Women's 100 m Freestyle S5	01:22.92	01:27.07	01:31.21	01:35.36
Women's 100 m Freestyle S7	01:12.49	01:16.11	01:19.74	01:23.36
Women's 100 m Freestyle S9	01:02.71	01:05.85	01:08.98	01:12.12
Women's 100 m Freestyle S10	01:00.97	01:04.02	01:07.07	01:10.12
Women's 100 m Freestyle S11	01:06.93	01:10.28	01:13.62	01:16.97
Women's 100 m Freestyle S12	01:01.21	01:04.27	01:07.33	01:10.39
Women's 200 m Freestyle S5	02:58.67	03:07.60	03:16.54	03:25.47
Women's 200 m Freestyle S14	02:07.51	02:13.89	02:20.26	02:26.64
Women's 400 m Freestyle S6	05:34.97	05:51.72	06:08.47	06:25.22
Women's 400 m Freestyle S7	05:20.81	05:36.85	05:52.89	06:08.93
Women's 400 m Freestyle S8	04:59.21	05:14.17	05:29.13	05:44.09
Women's 400 m Freestyle S9	04:47.10	05:01.46	05:15.81	05:30.17
Women's 400 m Freestyle S10	04:40.63	04:54.66	05:08.69	05:22.72
Women's 400 m Freestyle S11	05:14.03	05:29.73	05:45.43	06:01.13
Women's 400 m Freestyle S13	04:38.51	04:52.44	05:06.36	05:20.29
Women's 50 m Backstroke S2	01:05.83	01:09.12	01:12.41	01:15.70
Women's 50 m Backstroke S3	00:55.36	00:58.13	01:00.90	01:03.66
Women's 50 m Backstroke S4	00:49.89	00:52.38	00:54.88	00:57.37
Women's 50 m Backstroke S5	00:42.08	00:44.18	00:46.29	00:48.39
Women's 100 m Backstroke S2	02:27.72	02:35.11	02:42.49	02:49.88
Women's 100 m Backstroke S6	01:24.47	01:28.69	01:32.92	01:37.14
Women's 100 m Backstroke S8	01:17.88	01:21.77	01:25.67	01:29.56
Women's 100 m Backstroke S9	01:10.63	01:14.16	01:17.69	01:21.22
Women's 100 m Backstroke S10	01:07.85	01:11.24	01:14.64	01:18.03
Women's 100 m Backstroke S11	01:16.80	01:20.64	01:24.48	01:28.32
Women's 100 m Backstroke S12	01:12.97	01:16.62	01:20.27	01:23.92
Women's 100 m Backstroke S13	01:07.87	01:11.26	01:14.66	01:18.05
Women's 100 m Backstroke S14	01:06.27	01:09.58	01:12.90	01:16.21
Women's 50 m Breaststroke SB3	00:57.45	01:00.32	01:03.20	01:06.07
Women's 100 m Breaststroke SB4	01:54.05	01:59.75	02:05.46	02:11.16
Women's 100 m Breaststroke SB5	01:44.61	01:49.84	01:55.07	02:00.30
Women's 100 m Breaststroke SB6	01:37.69	01:42.57	01:47.46	01:52.34
Women's 100 m Breaststroke SB7	01:32.94	01:37.59	01:42.23	01:46.88
Women's 100 m Breaststroke SB8	01:25.05	01:29.30	01:33.55	01:37.81
Women's 100 m Breaststroke SB9	01:18.55	01:22.48	01:26.40	01:30.33
Women's 100 m Breaststroke SB11	01:24.33	01:28.55	01:32.76	01:36.98
Women's 100 m Breaststroke SB12	01:22.17	01:26.28	01:30.39	01:34.50
Women's 100 m Breaststroke SB13	01:18.78	01:22.72	01:26.66	01:30.60
Women's 100 m Breaststroke SB14	01:15.63	01:19.41	01:23.19	01:26.97
Women's 50 m Butterfly S5	00:43.79	00:45.98	00:48.17	00:50.36
Women's 50 m Butterfly S6	00:36.80	00:38.64	00:40.48	00:42.32
Women's 50 m Butterfly S7	00:35.21	00:36.97	00:38.73	00:40.49
Women's 100 m Butterfly S8	01:13.65	01:17.33	01:21.02	01:24.70
Women's 100 m Butterfly S9	01:08.49	01:11.91	01:15.34	01:18.76
Women's 100 m Butterfly S10	01:05.82	01:09.11	01:12.40	01:15.69
Women's 100 m Butterfly S13	01:04.47	01:07.69	01:10.92	01:14.14
Women's 100 m Butterfly S14	01:04.69	01:07.92	01:11.16	01:14.39
Women's 150 m Individual Medley SM4	02:53.69	03:02.37	03:11.06	03:19.74
Women's 200 m Individual Medley SM5	03:27.68	03:38.06	03:48.45	03:58.83
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Women's 200 m Individual Medley SM7	02:59.91	03:08.91	03:17.90	03:26.90
Women's 200 m Individual Medley SM8	02:45.31	02:53.58	03:01.84	03:10.11
Women's 200 m Individual Medley SM9	02:36.09	02:43.89	02:51.70	02:59.50
Women's 200 m Individual Medley SM10	02:32.07	02:39.67	02:47.28	02:54.88
Women's 200 m Individual Medley SM11	02:47.37	02:55.74	03:04.11	03:12.48

Women's 200 m Individual Medley SM13	02:28.85	02:36.29	02:43.74	02:51.18
Women's 200 m Individual Medley SM14	02:25.24	02:32.50	02:39.76	02:47.03