

# U.S. Paralympics Swimming 2026 Motivational Time Standards

| Event                             | AAAA/Emerging | AAA      | AA       | A        | B        | BB       |
|-----------------------------------|---------------|----------|----------|----------|----------|----------|
| Men's 50 m Freestyle S3           | 00:50.01      | 00:52.19 | 00:54.36 | 00:56.54 | 00:58.71 | 01:00.89 |
| Men's 50 m Freestyle S4           | 00:43.39      | 00:45.28 | 00:47.16 | 00:49.05 | 00:50.94 | 00:52.82 |
| Men's 50 m Freestyle S5           | 00:36.42      | 00:38.00 | 00:39.59 | 00:41.17 | 00:42.75 | 00:44.34 |
| Men's 50 m Freestyle S7           | 00:32.52      | 00:33.94 | 00:35.35 | 00:36.76 | 00:38.18 | 00:39.59 |
| Men's 50 m Freestyle S9           | 00:29.36      | 00:30.64 | 00:31.91 | 00:33.19 | 00:34.47 | 00:35.74 |
| Men's 50 m Freestyle S10          | 00:27.12      | 00:28.30 | 00:29.47 | 00:30.65 | 00:31.83 | 00:33.01 |
| Men's 50 m Freestyle S11          | 00:29.98      | 00:31.28 | 00:32.59 | 00:33.89 | 00:35.19 | 00:36.50 |
| Men's 50 m Freestyle S13          | 00:27.52      | 00:28.72 | 00:29.91 | 00:31.11 | 00:32.31 | 00:33.50 |
| Men's 100 m Freestyle S4          | 01:35.83      | 01:40.00 | 01:44.16 | 01:48.33 | 01:52.50 | 01:56.66 |
| Men's 100 m Freestyle S5          | 01:20.48      | 01:23.98 | 01:27.47 | 01:30.97 | 01:34.47 | 01:37.97 |
| Men's 100 m Freestyle S6          | 01:15.95      | 01:19.25 | 01:22.55 | 01:25.85 | 01:29.15 | 01:32.46 |
| Men's 100 m Freestyle S8          | 01:06.86      | 01:09.77 | 01:12.68 | 01:15.58 | 01:18.49 | 01:21.40 |
| Men's 100 m Freestyle S10         | 00:59.41      | 01:01.99 | 01:04.57 | 01:07.16 | 01:09.74 | 01:12.32 |
| Men's 100 m Freestyle S12         | 01:02.10      | 01:04.80 | 01:07.50 | 01:10.20 | 01:12.90 | 01:15.60 |
| Men's 200 m Freestyle S2          | 04:55.10      | 05:07.93 | 05:20.76 | 05:33.59 | 05:46.42 | 05:59.25 |
| Men's 200 m Freestyle S3          | 03:57.03      | 04:07.33 | 04:17.64 | 04:27.94 | 04:38.25 | 04:48.55 |
| Men's 200 m Freestyle S4          | 03:21.26      | 03:30.01 | 03:38.76 | 03:47.51 | 03:56.26 | 04:05.01 |
| Men's 200 m Freestyle S5          | 02:51.72      | 02:59.18 | 03:06.65 | 03:14.12 | 03:21.58 | 03:29.05 |
| Men's 200 m Freestyle S14         | 02:11.07      | 02:16.76 | 02:22.46 | 02:28.16 | 02:33.86 | 02:39.56 |
| Men's 400 m Freestyle S6          | 05:49.36      | 06:04.55 | 06:19.74 | 06:34.93 | 06:50.12 | 07:05.31 |
| Men's 400 m Freestyle S7          | 05:39.25      | 05:54.00 | 06:08.75 | 06:23.50 | 06:38.25 | 06:53.00 |
| Men's 400 m Freestyle S8          | 05:05.62      | 05:18.91 | 05:32.20 | 05:45.49 | 05:58.78 | 06:12.06 |
| Men's 400 m Freestyle S9          | 04:52.89      | 05:05.63 | 05:18.36 | 05:31.10 | 05:43.83 | 05:56.57 |
| Men's 400 m Freestyle S11         | 05:19.08      | 05:32.95 | 05:46.83 | 06:00.70 | 06:14.57 | 06:28.44 |
| Men's 400 m Freestyle S13         | 04:51.63      | 05:04.31 | 05:16.99 | 05:29.67 | 05:42.35 | 05:55.03 |
| Men's 50 m Backstroke S1          | 01:26.04      | 01:29.78 | 01:33.52 | 01:37.27 | 01:41.01 | 01:44.75 |
| Men's 50 m Backstroke S2          | 01:05.02      | 01:07.85 | 01:10.68 | 01:13.50 | 01:16.33 | 01:19.16 |
| Men's 50 m Backstroke S3          | 00:56.37      | 00:58.82 | 01:01.28 | 01:03.73 | 01:06.18 | 01:08.63 |
| Men's 50 m Backstroke S4          | 00:50.53      | 00:52.73 | 00:54.93 | 00:57.12 | 00:59.32 | 01:01.52 |
| Men's 50 m Backstroke S5          | 00:37.92      | 00:39.56 | 00:41.21 | 00:42.86 | 00:44.51 | 00:46.16 |
| Men's 100 m Backstroke S1         | 03:04.23      | 03:12.24 | 03:20.25 | 03:28.26 | 03:36.27 | 03:44.28 |
| Men's 100 m Backstroke S2         | 02:22.45      | 02:28.64 | 02:34.84 | 02:41.03 | 02:47.22 | 02:53.42 |
| Men's 100 m Backstroke S6         | 01:27.26      | 01:31.06 | 01:34.85 | 01:38.64 | 01:42.44 | 01:46.23 |
| Men's 100 m Backstroke S7         | 01:23.00      | 01:26.60 | 01:30.21 | 01:33.82 | 01:37.43 | 01:41.04 |
| Men's 100 m Backstroke S8         | 01:16.50      | 01:19.82 | 01:23.15 | 01:26.48 | 01:29.80 | 01:33.13 |
| Men's 100 m Backstroke S9         | 01:10.77      | 01:13.85 | 01:16.93 | 01:20.00 | 01:23.08 | 01:26.16 |
| Men's 100 m Backstroke S10        | 01:10.41      | 01:13.48 | 01:16.54 | 01:19.60 | 01:22.66 | 01:25.72 |
| Men's 100 m Backstroke S11        | 01:17.16      | 01:20.52 | 01:23.88 | 01:27.23 | 01:30.58 | 01:33.94 |
| Men's 100 m Backstroke S12        | 01:12.51      | 01:15.66 | 01:18.81 | 01:21.97 | 01:25.12 | 01:28.27 |
| Men's 100 m Backstroke S13        | 01:08.37      | 01:11.34 | 01:14.31 | 01:17.29 | 01:20.26 | 01:23.23 |
| Men's 100 m Backstroke S14        | 01:07.02      | 01:09.94 | 01:12.85 | 01:15.76 | 01:18.68 | 01:21.59 |
| Men's 50 m Breaststroke SB2       | 01:07.33      | 01:10.26 | 01:13.19 | 01:16.11 | 01:19.04 | 01:21.97 |
| Men's 50 m Breaststroke SB3       | 00:56.84      | 00:59.32 | 01:01.79 | 01:04.26 | 01:06.73 | 01:09.20 |
| Men's 100 m Breaststroke SB4      | 01:53.17      | 01:58.09 | 02:03.01 | 02:07.93 | 02:12.85 | 02:17.77 |
| Men's 100 m Breaststroke SB5      | 01:46.16      | 01:50.77 | 01:55.39 | 02:00.00 | 02:04.62 | 02:09.23 |
| Men's 100 m Breaststroke SB6      | 01:33.00      | 01:37.04 | 01:41.09 | 01:45.13 | 01:49.17 | 01:53.22 |
| Men's 100 m Breaststroke SB8      | 01:21.74      | 01:25.30 | 01:28.85 | 01:32.40 | 01:35.96 | 01:39.51 |
| Men's 100 m Breaststroke SB9      | 01:17.38      | 01:20.75 | 01:24.11 | 01:27.48 | 01:30.84 | 01:34.21 |
| Men's 100 m Breaststroke SB11     | 01:24.73      | 01:28.42 | 01:32.10 | 01:35.78 | 01:39.47 | 01:43.15 |
| Men's 100 m Breaststroke SB13     | 01:17.84      | 01:21.23 | 01:24.61 | 01:28.00 | 01:31.38 | 01:34.77 |
| Men's 100 m Breaststroke SB14     | 01:13.65      | 01:16.85 | 01:20.05 | 01:23.25 | 01:26.45 | 01:29.66 |
| Men's 50 m Butterfly S5           | 00:36.59      | 00:38.18 | 00:39.77 | 00:41.37 | 00:42.96 | 00:44.55 |
| Men's 50 m Butterfly S6           | 00:36.18      | 00:37.75 | 00:39.33 | 00:40.90 | 00:42.47 | 00:44.04 |
| Men's 50 m Butterfly S7           | 00:34.63      | 00:36.13 | 00:37.64 | 00:39.14 | 00:40.65 | 00:42.15 |
| Men's 100 m Butterfly S8          | 01:12.86      | 01:16.03 | 01:19.20 | 01:22.37 | 01:25.54 | 01:28.70 |
| Men's 100 m Butterfly S9          | 01:09.70      | 01:12.73 | 01:15.76 | 01:18.79 | 01:21.82 | 01:24.85 |
| Men's 100 m Butterfly S10         | 01:05.04      | 01:07.87 | 01:10.70 | 01:13.53 | 01:16.36 | 01:19.18 |
| Men's 100 m Butterfly S11         | 01:11.97      | 01:15.10 | 01:18.23 | 01:21.35 | 01:24.48 | 01:27.61 |
| Men's 100 m Butterfly S12         | 01:06.55      | 01:09.44 | 01:12.34 | 01:15.23 | 01:18.12 | 01:21.02 |
| Men's 100 m Butterfly S13         | 01:04.99      | 01:07.81 | 01:10.64 | 01:13.46 | 01:16.29 | 01:19.11 |
| Men's 100 m Butterfly S14         | 01:02.47      | 01:05.18 | 01:07.90 | 01:10.62 | 01:13.33 | 01:16.05 |
| Men's 150 m Individual Medley SM3 | 03:31.65      | 03:40.85 | 03:50.05 | 03:59.25 | 04:08.45 | 04:17.66 |

|                                     |          |          |          |          |          |          |
|-------------------------------------|----------|----------|----------|----------|----------|----------|
| Men's 150 m Individual Medley SM4   | 03:01.30 | 03:09.18 | 03:17.06 | 03:24.94 | 03:32.83 | 03:40.71 |
| Men's 200 m Individual Medley SM6   | 03:05.29 | 03:13.34 | 03:21.40 | 03:29.46 | 03:37.51 | 03:45.57 |
| Men's 200 m Individual Medley SM7   | 02:59.00 | 03:06.78 | 03:14.56 | 03:22.35 | 03:30.13 | 03:37.91 |
| Men's 200 m Individual Medley SM8   | 02:48.73 | 02:56.06 | 03:03.40 | 03:10.74 | 03:18.07 | 03:25.41 |
| Men's 200 m Individual Medley SM9   | 02:35.99 | 02:42.77 | 02:49.55 | 02:56.33 | 03:03.11 | 03:09.90 |
| Men's 200 m Individual Medley SM10  | 02:32.57 | 02:39.20 | 02:45.84 | 02:52.47 | 02:59.10 | 03:05.74 |
| Men's 200 m Individual Medley SM11  | 02:42.99 | 02:50.08 | 02:57.16 | 03:04.25 | 03:11.34 | 03:18.42 |
| Men's 200 m Individual Medley SM13  | 02:31.42 | 02:38.00 | 02:44.59 | 02:51.17 | 02:57.75 | 03:04.34 |
| Men's 200 m Individual Medley SM14  | 02:25.24 | 02:31.56 | 02:37.88 | 02:44.19 | 02:50.50 | 02:56.82 |
| Women's 50 m Freestyle S4           | 00:47.10 | 00:49.15 | 00:51.20 | 00:53.25 | 00:55.30 | 00:57.34 |
| Women's 50 m Freestyle S6           | 00:39.74 | 00:41.47 | 00:43.20 | 00:44.93 | 00:46.66 | 00:48.38 |
| Women's 50 m Freestyle S8           | 00:35.99 | 00:37.56 | 00:39.13 | 00:40.69 | 00:42.26 | 00:43.82 |
| Women's 50 m Freestyle S10          | 00:32.60 | 00:34.02 | 00:35.44 | 00:36.86 | 00:38.27 | 00:39.69 |
| Women's 50 m Freestyle S11          | 00:34.72 | 00:36.23 | 00:37.74 | 00:39.25 | 00:40.76 | 00:42.27 |
| Women's 50 m Freestyle S13          | 00:31.77 | 00:33.16 | 00:34.54 | 00:35.92 | 00:37.30 | 00:38.68 |
| Women's 100 m Freestyle S3          | 01:45.33 | 01:49.91 | 01:54.49 | 01:59.07 | 02:03.65 | 02:08.23 |
| Women's 100 m Freestyle S5          | 01:35.36 | 01:39.50 | 01:43.65 | 01:47.80 | 01:51.94 | 01:56.09 |
| Women's 100 m Freestyle S7          | 01:23.36 | 01:26.99 | 01:30.61 | 01:34.24 | 01:37.86 | 01:41.49 |
| Women's 100 m Freestyle S9          | 01:12.12 | 01:15.25 | 01:18.39 | 01:21.52 | 01:24.66 | 01:27.79 |
| Women's 100 m Freestyle S10         | 01:10.12 | 01:13.16 | 01:16.21 | 01:19.26 | 01:22.31 | 01:25.36 |
| Women's 100 m Freestyle S11         | 01:16.97 | 01:20.32 | 01:23.66 | 01:27.01 | 01:30.36 | 01:33.70 |
| Women's 100 m Freestyle S12         | 01:10.39 | 01:13.45 | 01:16.51 | 01:19.57 | 01:22.63 | 01:25.69 |
| Women's 200 m Freestyle S5          | 03:25.47 | 03:34.40 | 03:43.34 | 03:52.27 | 04:01.20 | 04:10.14 |
| Women's 200 m Freestyle S14         | 02:26.64 | 02:33.01 | 02:39.39 | 02:45.76 | 02:52.14 | 02:58.51 |
| Women's 400 m Freestyle S6          | 06:25.22 | 06:41.96 | 06:58.71 | 07:15.46 | 07:32.21 | 07:48.96 |
| Women's 400 m Freestyle S7          | 06:08.93 | 06:24.97 | 06:41.01 | 06:57.05 | 07:13.09 | 07:29.13 |
| Women's 400 m Freestyle S8          | 05:44.09 | 05:59.05 | 06:14.01 | 06:28.97 | 06:43.93 | 06:58.89 |
| Women's 400 m Freestyle S9          | 05:30.17 | 05:44.52 | 05:58.87 | 06:13.23 | 06:27.59 | 06:41.94 |
| Women's 400 m Freestyle S10         | 05:22.72 | 05:36.76 | 05:50.79 | 06:04.82 | 06:18.85 | 06:32.88 |
| Women's 400 m Freestyle S11         | 06:01.13 | 06:16.84 | 06:32.54 | 06:48.24 | 07:03.94 | 07:19.64 |
| Women's 400 m Freestyle S13         | 05:20.29 | 05:34.21 | 05:48.14 | 06:02.06 | 06:15.99 | 06:29.91 |
| Women's 50 m Backstroke S2          | 01:15.70 | 01:19.00 | 01:22.29 | 01:25.58 | 01:28.87 | 01:32.16 |
| Women's 50 m Backstroke S3          | 01:03.66 | 01:06.43 | 01:09.20 | 01:11.97 | 01:14.74 | 01:17.50 |
| Women's 50 m Backstroke S4          | 00:57.37 | 00:59.87 | 01:02.36 | 01:04.86 | 01:07.35 | 01:09.85 |
| Women's 50 m Backstroke S5          | 00:48.39 | 00:50.50 | 00:52.60 | 00:54.70 | 00:56.81 | 00:58.91 |
| Women's 100 m Backstroke S2         | 02:49.88 | 02:57.26 | 03:04.65 | 03:12.04 | 03:19.42 | 03:26.81 |
| Women's 100 m Backstroke S6         | 01:37.14 | 01:41.36 | 01:45.59 | 01:49.81 | 01:54.03 | 01:58.26 |
| Women's 100 m Backstroke S8         | 01:29.56 | 01:33.46 | 01:37.35 | 01:41.24 | 01:45.14 | 01:49.03 |
| Women's 100 m Backstroke S9         | 01:21.22 | 01:24.76 | 01:28.29 | 01:31.82 | 01:35.35 | 01:38.88 |
| Women's 100 m Backstroke S10        | 01:18.03 | 01:21.42 | 01:24.81 | 01:28.20 | 01:31.60 | 01:34.99 |
| Women's 100 m Backstroke S11        | 01:28.32 | 01:32.16 | 01:36.00 | 01:39.84 | 01:43.68 | 01:47.52 |
| Women's 100 m Backstroke S12        | 01:23.92 | 01:27.56 | 01:31.21 | 01:34.86 | 01:38.51 | 01:42.16 |
| Women's 100 m Backstroke S13        | 01:18.05 | 01:21.44 | 01:24.84 | 01:28.23 | 01:31.62 | 01:35.02 |
| Women's 100 m Backstroke S14        | 01:16.21 | 01:19.52 | 01:22.84 | 01:26.15 | 01:29.46 | 01:32.78 |
| Women's 50 m Breaststroke SB3       | 01:06.07 | 01:08.94 | 01:11.81 | 01:14.68 | 01:17.56 | 01:20.43 |
| Women's 100 m Breaststroke SB4      | 02:11.16 | 02:16.86 | 02:22.56 | 02:28.27 | 02:33.97 | 02:39.67 |
| Women's 100 m Breaststroke SB5      | 02:00.30 | 02:05.53 | 02:10.76 | 02:15.99 | 02:21.22 | 02:26.45 |
| Women's 100 m Breaststroke SB6      | 01:52.34 | 01:57.23 | 02:02.11 | 02:07.00 | 02:11.88 | 02:16.77 |
| Women's 100 m Breaststroke SB7      | 01:46.88 | 01:51.53 | 01:56.17 | 02:00.82 | 02:05.47 | 02:10.12 |
| Women's 100 m Breaststroke SB8      | 01:37.81 | 01:42.06 | 01:46.31 | 01:50.57 | 01:54.82 | 01:59.07 |
| Women's 100 m Breaststroke SB9      | 01:30.33 | 01:34.26 | 01:38.19 | 01:42.11 | 01:46.04 | 01:49.97 |
| Women's 100 m Breaststroke SB11     | 01:36.98 | 01:41.20 | 01:45.41 | 01:49.63 | 01:53.85 | 01:58.06 |
| Women's 100 m Breaststroke SB12     | 01:34.50 | 01:38.60 | 01:42.71 | 01:46.82 | 01:50.93 | 01:55.04 |
| Women's 100 m Breaststroke SB13     | 01:30.60 | 01:34.54 | 01:38.47 | 01:42.41 | 01:46.35 | 01:50.29 |
| Women's 100 m Breaststroke SB14     | 01:26.97 | 01:30.76 | 01:34.54 | 01:38.32 | 01:42.10 | 01:45.88 |
| Women's 50 m Butterfly S5           | 00:50.36 | 00:52.55 | 00:54.74 | 00:56.93 | 00:59.12 | 01:01.31 |
| Women's 50 m Butterfly S6           | 00:42.32 | 00:44.16 | 00:46.00 | 00:47.84 | 00:49.68 | 00:51.52 |
| Women's 50 m Butterfly S7           | 00:40.49 | 00:42.25 | 00:44.01 | 00:45.77 | 00:47.53 | 00:49.29 |
| Women's 100 m Butterfly S8          | 01:24.70 | 01:28.38 | 01:32.06 | 01:35.74 | 01:39.43 | 01:43.11 |
| Women's 100 m Butterfly S9          | 01:18.76 | 01:22.19 | 01:25.61 | 01:29.04 | 01:32.46 | 01:35.89 |
| Women's 100 m Butterfly S10         | 01:15.69 | 01:18.98 | 01:22.27 | 01:25.57 | 01:28.86 | 01:32.15 |
| Women's 100 m Butterfly S13         | 01:14.14 | 01:17.36 | 01:20.59 | 01:23.81 | 01:27.03 | 01:30.26 |
| Women's 100 m Butterfly S14         | 01:14.39 | 01:17.63 | 01:20.86 | 01:24.10 | 01:27.33 | 01:30.57 |
| Women's 150 m Individual Medley SM4 | 03:19.74 | 03:28.43 | 03:37.11 | 03:45.80 | 03:54.48 | 04:03.17 |

|                                      |          |          |          |          |          |          |
|--------------------------------------|----------|----------|----------|----------|----------|----------|
| Women's 200 m Individual Medley SM5  | 03:58.83 | 04:09.22 | 04:19.60 | 04:29.98 | 04:40.37 | 04:50.75 |
| Women's 200 m Individual Medley SM6  | 03:31.45 | 03:40.64 | 03:49.84 | 03:59.03 | 04:08.22 | 04:17.42 |
| Women's 200 m Individual Medley SM7  | 03:26.90 | 03:35.89 | 03:44.89 | 03:53.88 | 04:02.88 | 04:11.87 |
| Women's 200 m Individual Medley SM8  | 03:10.11 | 03:18.37 | 03:26.64 | 03:34.90 | 03:43.17 | 03:51.43 |
| Women's 200 m Individual Medley SM9  | 02:59.50 | 03:07.31 | 03:15.11 | 03:22.92 | 03:30.72 | 03:38.53 |
| Women's 200 m Individual Medley SM10 | 02:54.88 | 03:02.48 | 03:10.09 | 03:17.69 | 03:25.29 | 03:32.90 |
| Women's 200 m Individual Medley SM11 | 03:12.48 | 03:20.84 | 03:29.21 | 03:37.58 | 03:45.95 | 03:54.32 |
| Women's 200 m Individual Medley SM13 | 02:51.18 | 02:58.62 | 03:06.06 | 03:13.50 | 03:20.95 | 03:28.39 |
| Women's 200 m Individual Medley SM14 | 02:47.03 | 02:54.29 | 03:01.55 | 03:08.81 | 03:16.07 | 03:23.34 |

\*Events in each classification and gender are based off of the LA2028 Games Program.