

2025 U.S. Paralympics Swimming Standards

Event	Class	2025 National A Standard	2025 National B Standard	2025 National C Standard	2025 Emerging Standard
Men's 50 m Freestyle	S3	0:44.83	00:47.07	00:49.31	00:51.55
Men's 50 m Freestyle	S4	0:37.11	00:38.97	00:40.82	00:42.68
Men's 50 m Freestyle	S5	0:31.23	00:32.79	00:34.35	00:35.91
Men's 50 m Freestyle	S7	0:27.55	00:28.93	00:30.30	00:31.68
Men's 50 m Freestyle	S9	0:25.15	00:26.41	00:27.67	00:28.92
Men's 50 m Freestyle	S10	0:23.77	00:24.96	00:26.15	00:27.34
Men's 50 m Freestyle	S11	0:26.04	00:27.34	00:28.64	00:29.95
Men's 50 m Freestyle	S13	0:24.01	00:25.21	00:26.41	00:27.61
Men's 100 m Freestyle	S4	1:22.32	01:26.44	01:30.55	01:34.67
Men's 100 m Freestyle	S5	1:09.41	01:12.88	01:16.35	01:19.82
Men's 100 m Freestyle	S6	1:05.27	01:08.53	01:11.80	01:15.06
Men's 100 m Freestyle	S8	0:58.30	01:01.22	01:04.13	01:07.04
Men's 100 m Freestyle	S10	0:51.86	00:54.45	00:57.05	00:59.64
Men's 100 m Freestyle	S12	0:53.62	00:56.30	00:58.98	01:01.66
Men's 200 m Freestyle	S2	4:14.71	04:27.45	04:40.18	04:52.92
Men's 200 m Freestyle	S3	3:19.76	03:29.75	03:39.74	03:49.72
Men's 200 m Freestyle	S4	2:55.17	03:03.93	03:12.69	03:21.45
Men's 200 m Freestyle	S5	2:30.13	02:37.64	02:45.14	02:52.65
Men's 200 m Freestyle	S14	1:53.77	01:59.46	02:05.15	02:10.84
Men's 400 m Freestyle	S6	5:07.00	05:22.35	05:37.70	05:53.05
Men's 400 m Freestyle	S7	4:38.82	04:52.76	05:06.70	05:20.64

Men's 400 m Freestyle	S8	4:24.00	04:37.20	04:50.40	05:03.60
Men's 400 m Freestyle	S9	4:15.61	04:28.39	04:41.17	04:53.95
Men's 400 m Freestyle	S11	4:32.33	04:45.95	04:59.56	05:13.18
Men's 400 m Freestyle	S13	4:06.38	04:18.70	04:31.02	04:43.34
Men's 50 m Backstroke	S1	1:13.90	01:17.60	01:21.29	01:24.99
Men's 50 m Backstroke	S2	0:56.99	00:59.84	01:02.69	01:05.54
Men's 50 m Backstroke	S3	0:48.42	00:50.84	00:53.26	00:55.68
Men's 50 m Backstroke	S4	0:43.05	00:45.20	00:47.36	00:49.51
Men's 50 m Backstroke	S5	0:33.06	00:34.71	00:36.37	00:38.02
Men's 100 m Backstroke	S1	2:30.56	02:38.09	02:45.62	02:53.14
Men's 100 m Backstroke	S2	2:01.74	02:07.83	02:13.91	02:20.00
Men's 100 m Backstroke	S6	1:15.16	01:18.92	01:22.68	01:26.43
Men's 100 m Backstroke	S7	1:09.32	01:12.79	01:16.25	01:19.72
Men's 100 m Backstroke	S8	1:07.26	01:10.62	01:13.99	01:17.35
Men's 100 m Backstroke	S9	1:01.51	01:04.59	01:07.66	01:10.74
Men's 100 m Backstroke	S10	1:01.34	01:04.41	01:07.47	01:10.54
Men's 100 m Backstroke	S11	1:07.03	01:10.38	01:13.73	01:17.08
Men's 100 m Backstroke	S12	1:01.41	01:04.48	01:07.55	01:10.62
Men's 100 m Backstroke	S13	0:58.83	01:01.77	01:04.71	01:07.65
Men's 100 m Backstroke	S14	0:59.19	01:02.15	01:05.11	01:08.07
Men's 50 m Breaststroke	S14	3:12.20	03:21.81	03:31.42	03:41.03
Men's 50 m Breaststroke	SB2	1:03.86	01:07.05	01:10.25	01:13.44
Men's 50 m Breaststroke	SB3	0:49.41	00:51.88	00:54.35	00:56.82
Men's 100 m Breaststroke	SB4	1:37.87	01:42.76	01:47.66	01:52.55
Men's 100 m Breaststroke	SB5	1:27.45	01:31.82	01:36.20	01:40.57

Men's 100 m Breaststroke	SB6	1:20.50	01:24.53	01:28.55	01:32.57
Men's 100 m Breaststroke	SB8	1:11.07	01:14.62	01:18.18	01:21.73
Men's 100 m Breaststroke	SB9	1:07.04	01:10.39	01:13.74	01:17.10
Men's 100 m Breaststroke	SB11	1:12.72	01:16.36	01:19.99	01:23.63
Men's 100 m Breaststroke	SB12	1:07.04	01:10.39	01:13.74	01:17.10
Men's 100 m Breaststroke	SB13	1:06.63	01:09.96	01:13.29	01:16.62
Men's 100 m Breaststroke	SB14	1:04.27	01:07.48	01:10.70	01:13.91
Men's 50 m Butterfly	S5	0:30.89	00:32.43	00:33.98	00:35.52
Men's 50 m Butterfly	S6	0:31.34	00:32.91	00:34.47	00:36.04
Men's 50 m Butterfly	S7	0:29.08	00:30.53	00:31.99	00:33.44
Men's 100 m Butterfly	S8	1:02.73	01:05.87	01:09.00	01:12.14
Men's 100 m Butterfly	S9	1:01.08	01:04.13	01:07.19	01:10.24
Men's 100 m Butterfly	S10	0:56.61	00:59.44	01:02.27	01:05.10
Men's 100 m Butterfly	S11	1:02.94	01:06.09	01:09.23	01:12.38
Men's 100 m Butterfly	S12	0:58.13	01:01.04	01:03.94	01:06.85
Men's 100 m Butterfly	S13	0:56.17	00:58.98	01:01.79	01:04.60
Men's 100 m Butterfly	S14	0:54.86	00:57.60	01:00.35	01:03.09
Men's 150 m Individual Medley	SM3	2:58.30	03:07.22	03:16.13	03:25.05
Men's 150 m Individual Medley	SM4	2:37.16	02:45.02	02:52.88	03:00.73
Men's 200 m Individual Medley	SM6	2:39.30	02:47.27	02:55.23	03:03.19
Men's 200 m Individual Medley	SM7	2:30.48	02:38.00	02:45.53	02:53.05

Men's 200 m Individual Medley	SM8	2:23.64	02:30.82	02:38.00	02:45.19
Men's 200 m Individual Medley	SM9	2:17.34	02:24.21	02:31.07	02:37.94
Men's 200 m Individual Medley	SM10	2:13.73	02:20.42	02:27.10	02:33.79
Men's 200 m Individual Medley	SM11	2:23.84	02:31.03	02:38.22	02:45.42
Men's 200 m Individual Medley	SM13	2:08.77	02:15.21	02:21.65	02:28.09
Men's 200 m Individual Medley	SM14	2:08.61	02:15.04	02:21.47	02:27.90
Women's 50 m Freestyle	S4	0:40.54	00:42.57	00:44.59	00:46.62
Women's 50 m Freestyle	S6	0:33.01	00:34.66	00:36.31	00:37.96
Women's 50 m Freestyle	S8	0:30.59	00:32.12	00:33.65	00:35.18
Women's 50 m Freestyle	S10	0:27.70	00:29.08	00:30.47	00:31.85
Women's 50 m Freestyle	S11	0:29.72	00:31.21	00:32.69	00:34.18
Women's 50 m Freestyle	S13	0:27.64	00:29.02	00:30.40	00:31.79
Women's 100 m Freestyle	S3	1:31.62	01:36.20	01:40.78	01:45.36
Women's 100 m Freestyle	S5	1:20.82	01:24.86	01:28.90	01:32.94
Women's 100 m Freestyle	S7	1:11.38	01:14.95	01:18.52	01:22.09
Women's 100 m Freestyle	S9	1:02.22	01:05.33	01:08.44	01:11.55
Women's 100 m Freestyle	S10	1:01.02	01:04.07	01:07.12	01:10.17
Women's 100 m Freestyle	S11	1:06.24	01:09.55	01:12.86	01:16.18
Women's 100 m Freestyle	S12	1:01.05	01:04.10	01:07.16	01:10.21
Women's 200 m Freestyle	S5	2:47.96	02:56.36	03:04.76	03:13.15
Women's 200 m Freestyle	S14	2:07.91	02:14.31	02:20.70	02:27.10

Women's 400 m Freestyle	S6	5:19.62	05:35.60	05:51.58	06:07.56
Women's 400 m Freestyle	S7	5:12.61	05:28.24	05:43.87	05:59.50
Women's 400 m Freestyle	S8	4:56.62	05:11.45	05:26.28	05:41.11
Women's 400 m Freestyle	S9	4:44.91	04:59.16	05:13.40	05:27.65
Women's 400 m Freestyle	S10	4:34.18	04:47.89	05:01.60	05:15.31
Women's 400 m Freestyle	S11	5:04.08	05:19.28	05:34.49	05:49.69
Women's 400 m Freestyle	S13	4:44.62	04:58.85	05:13.08	05:27.31
Women's 50 m Backstroke	S2	1:08.79	01:12.23	01:15.67	01:19.11
Women's 50 m Backstroke	S3	0:58.63	01:01.56	01:04.49	01:07.42
Women's 50 m Backstroke	S4	0:50.81	00:53.35	00:55.89	00:58.43
Women's 50 m Backstroke	S5	0:40.99	00:43.04	00:45.09	00:47.14
Women's 100 m Backstroke	S2	2:24.48	02:31.70	02:38.93	02:46.15
Women's 100 m Backstroke	S6	1:21.97	01:26.07	01:30.17	01:34.27
Women's 100 m Backstroke	S8	1:18.36	01:22.28	01:26.20	01:30.11
Women's 100 m Backstroke	S9	1:09.24	01:12.70	01:16.16	01:19.63
Women's 100 m Backstroke	S10	1:08.59	01:12.02	01:15.45	01:18.88
Women's 100 m Backstroke	S11	1:16.64	01:20.47	01:24.30	01:28.14
Women's 100 m Backstroke	S12	1:11.33	01:14.90	01:18.46	01:22.03
Women's 100 m Backstroke	S13	1:08.08	01:11.48	01:14.89	01:18.29
Women's 100 m Backstroke	S14	1:07.75	01:11.14	01:14.52	01:17.91
Women's 50 m Breaststroke	SB3	0:57.07	00:59.92	01:02.78	01:05.63
Women's 100 m Breaststroke	SB4	1:50.21	01:55.72	02:01.23	02:06.74
Women's 100 m Breaststroke	SB5	1:44.25	01:49.46	01:54.68	01:59.89

Women's 100 m Breaststroke	SB6	1:33.95	01:38.65	01:43.35	01:48.04
Women's 100 m Breaststroke	SB7	1:30.47	01:34.99	01:39.52	01:44.04
Women's 100 m Breaststroke	SB8	1:23.17	01:27.33	01:31.49	01:35.65
Women's 100 m Breaststroke	SB9	1:16.94	01:20.79	01:24.63	01:28.48
Women's 100 m Breaststroke	SB11	1:21.50	01:25.58	01:29.65	01:33.72
Women's 100 m Breaststroke	SB12	1:20.03	01:24.03	01:28.03	01:32.03
Women's 100 m Breaststroke	SB13	1:17.70	01:21.59	01:25.47	01:29.35
Women's 100 m Breaststroke	SB14	1:16.25	01:20.06	01:23.88	01:27.69
Women's 50 m Butterfly	S5	0:43.53	00:45.71	00:47.88	00:50.06
Women's 50 m Butterfly	S6	0:37.06	00:38.91	00:40.77	00:42.62
Women's 50 m Butterfly	S7	0:35.40	00:37.17	00:38.94	00:40.71
Women's 100 m Butterfly	S6	1:44.84	01:50.08	01:55.32	02:00.57
Women's 100 m Butterfly	S8	1:11.44	01:15.01	01:18.58	01:22.16
Women's 100 m Butterfly	S9	1:07.96	01:11.36	01:14.76	01:18.15
Women's 100 m Butterfly	S10	1:06.75	01:10.09	01:13.43	01:16.76
Women's 100 m Butterfly	S13	1:04.83	01:08.07	01:11.31	01:14.55
Women's 100 m Butterfly	S14	1:03.33	01:06.50	01:09.66	01:12.83
Women's 150 m Individual Medley	SM4	2:57.44	03:06.31	03:15.18	03:24.06

Women's 200 m Individual Medley	SM5	3:24.81	03:35.05	03:45.29	03:55.53
Women's 200 m Individual Medley	SM6	3:03.60	03:12.78	03:21.96	03:31.14
Women's 200 m Individual Medley	SM7	2:58.48	03:07.40	03:16.33	03:25.25
Women's 200 m Individual Medley	SM8	2:41.29	02:49.35	02:57.42	03:05.48
Women's 200 m Individual Medley	SM9	2:37.17	02:45.03	02:52.89	03:00.75
Women's 200 m Individual Medley	SM10	2:29.51	02:36.99	02:44.46	02:51.94
Women's 200 m Individual Medley	SM11	2:41.83	02:49.92	02:58.01	03:06.10
Women's 200 m Individual Medley	SM13	2:27.47	02:34.84	02:42.22	02:49.59
Women's 200 m Individual Medley	SM14	2:25.63	02:32.91	02:40.19	02:47.47