



# USA Swimming

## Para Motivational Time Standards: Why, How and When?

**USAS National Disability  
Committee**

**Presenter: Jim Peterfish**





# USA Swimming

## Para Motivational Time Standards: Why, How and When?

Topics we'll discuss today:

1. What are Para Motivational Time Standards?
2. Why? The rationale behind creating them.
3. Opportunities for athletes and meet committees.
4. Implementation: How, when & where.



# USA Swimming

## Para Motivational Time Standards: Why, How and When?

### History-Making Moments

- ▶ The United States Olympic Committee formally changed its name to the United States Olympic & Paralympic Committee – a change celebrating the athletes of Team USA and the Paralympic Movement in the United States. The USOPC board of directors unanimously approved the change in its quarterly meeting. - June 20, 2019
- ▶ The approval of the USAS Para Motivational Time Standards represents a historic event that will have a significant impact on the advancement of para-swimming nationwide! Sept. 27, 2018



# USA Swimming

## Para Motivational Time Standards: Why, How and When?

### What are para standards?

A set of times using a combination of 3 groupings of similar disabilities for athletes designed to provide fair and equitable inclusion of athletes with disabilities into a tiered championship series (LSC, Zone, Sectionals).

- ▶ **Standardized**                      Nationally approved and consistent
- ▶ **Motivational**                      Progressive, challenging & fair
- ▶ **Adaptable**                          Appropriately tiered for different ability levels



# USA Swimming

## Para Motivational Time Standards: Why, How and When?

### Why? Rational for Para Standards

- ▶ Prior to fall 2018, para swimmers within USA Swimming have had no standards in which to attach personal goals.
- ▶ Once classified through US Paralympics the first standard to reach is the Can-Am standard. From there it's a 40% leap to Emerging Team status.
- ▶ Para swimmers have been graciously accepted in many regular season meets for several years now, but with little consistency.
- ▶ Unfortunately, more often than not, they have been denied access to most championship meets due to the lack of available standards.
- ▶ More recently, standards for para-swimmers have been despairingly applied across meets of similar ability in comparison to those for traditional swimmers.



To be effective they must positively impact:

**The Athlete**

**LSCs and Meet Committees**

**The Sport of Swimming**



# For the athlete

- ▶ Provide a structured tier of progressive para time standards to be used for personal goal setting as they advance towards national and international para-swimming opportunities.
- ▶ Provide the opportunity to train with same-age peers while working towards similar goals of season culminating championships.



# For swimming committees

(LSCs, Zones & Sectionals)

- ▶ Provide the means for organizing committees to establish fair guidelines for the inclusion of para-swimmers into their championship meets.
- ▶ Empowers LSCs, Zone and Sectional committees to modify eligibility requirements to accommodate the para-swimmers under their jurisdiction.
- ▶ Reduces disparity by providing consistent standards among similar level multi-site meets.





# For the sport of swimming

- ▶ Allows greater inclusion of ALL athletes of comparable ability preparing for championship meets.
- ▶ Foster a greater awareness of the achievements of para-swimmers participating in various levels of meets.



# How? Para-groupings

## 14 Sport Classes (US Paralympics) = 3 Groupings (USAS)

- ▶ P1 - non-ambulatory (wheelchair bound): limited use of all four extremities.
- ▶ P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.
- ▶ P3 - single limb deficiencies, visual impairments, and intellectual impairments, ambulatory without significant assistance.



# How? Standard progressions

## Zone Progression

## LSC Progression

Women	Bronze Medal	Emerging	Sectional	Sect bonus	15 & O	13-14	11-12	10 & U		15 & O	13-14	11-12	10 & U
	0%	15%	20%	25%	25%	27%	37%	50%		30%	32%	45%	60%

Men	Bronze Medal	Emerging	Sectional	Sect bonus	15 & O	13-14	11-12	10 & U		15 & O P1	13-14	11-12	10 & U
	0%	15%	20%	25%	25%	30%	40%	55%		30%	35%	50%	65%

	SCY conversions			
	200 & less	400/500	800/1000	1500/1650
<b>P1</b>	100%			
<b>P2</b>	95%			
<b>P3</b>	90%	91%	94%	97%

# Where do we go from here?

- ▶ Encourage LSC, Zone and Sectional Committees to accept these standards as a fair representation of the performance level of para-athletes worthy to compete in these championship meets.
- ▶ Create a separate division at these meets for para-athletes giving them the opportunity to compete in finals, score team points and receive awards.
- ▶ Identify those in your club that have a disability and mark them accordingly on their registration so their results go into the SWIMS data base.
- ▶ Continue to collect results data through 2020 to make appropriate adjustments to these standards into the next quad.



# Resources

## USA Swimming Website – Disability Page

What you'll find:

Links to various valuable resources:

<https://www.usaswimming.org/utility/landing-pages/club/disability>

Randy Julian, USA Swimming Disability Committee Liason: [rjulian@usaswimming.org](mailto:rjulian@usaswimming.org)

Courses on working with swimmers with disabilities: Aquatics for Children with Challenges

Events: A link to US Paralympics competition list: <https://www.teamusa.org/US-Paralympics/Sports/Swimming>

Times: (Listed on the disability page and the general time standards page)

The three sets of standards for LSC, Zones and Sectionals

\*FAQ section that addresses the purpose and intent of these para-standards

This sheet answers questions related to groupings, accommodations for para-athletes, official's considerations & responsibilities and a lot more.

How to get involved:

For coaches and officials

ASCA Disability Swimming Certification



# Preview USAS 2019 Disability Workshop

## USAS 2019 Convention Disability Committee Workshop

Autism 101 for Swim Coaches

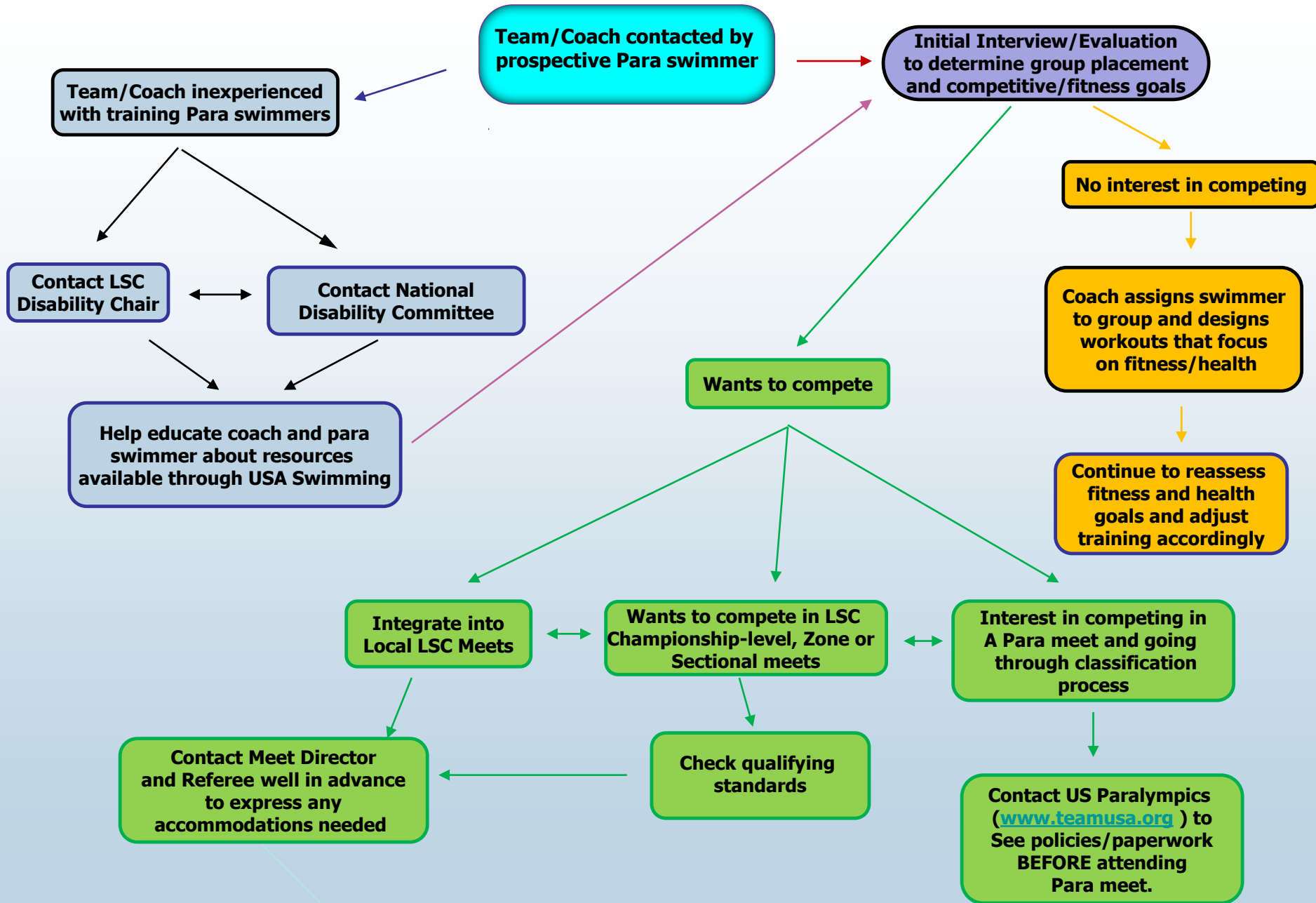
Presenter: Amanda Pope

### Presentation Outline:

- Autism Statistics & Demographics
- Autism Diagnosis
- Legal Requirements – ADA, IDEA
- Coaching Considerations
- Evidence-Based Practices for Behavior Management



# Pathways for Guiding a Swimmer with a Disability



# Q & A





# Para 1 LSC Motivational Time Standards

Para 1 LSC Motivational Time Standards																	
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	1:37.89	1:44.49	1:29.39	1:29.39	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:25.49	3:45.49	3:07.69	3:07.69	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:12.09	8:12.09	7:29.39	7:29.39	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	1:55.89	1:55.89	1:45.79	1:45.79	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:33.99	3:32.99	3:14.59	3:14.59	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:47.29	1:47.29	1:30.99	1:37.99	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:05.89	5:05.89	4:39.39	4:39.39	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
2:52.49	2:52.49	2:37.49	2:37.49	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39	
7:07.49	7:07.49	6:30.39	6:30.39	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59	

# Para 2 LSC Motivational Time Standards

Para 2 LSC Motivational Time Standards																	
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	1:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
	1:12.09	1:15.89	1:00.79	1:03.99	55.29	58.29	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:43.69	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09

# Para 3 LSC Motivational Time Standards

Para 3 LSC Motivational Time Standards																	
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	7:01.59	7:43.19	6:22.09	6:59.79	5:47.79	6:22.19	5:42.59	6:16.39	500/ 400 FR	7:45.09	7:30.09	7:00.09	6:49.19	6:15.09	6:08.29	6:00.09	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	1000/ 800 FR			16:02.39	15:37.49	14:19.29	14:03.69	13:44.99	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1650/ 1500 FR			29:30.19	31:55.79	26:20.49	28:44.19	25:17.29	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.59	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:26.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39

# Para 1 ZONE Motivational Time Standards

Para 1 ZONE Motivational Time Standards																	
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	1:51.19	1:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:14.99	3:16.99
	2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29
	7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99

# Para 2 ZONE Motivational Time Standards

Para 2 ZONE Motivational Time Standards																	
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	2:04.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	01:33.9	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	2:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	03:18.5	3:28.89	3:10.79	3:20.89
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:23.59	2:40.89	2:09.69	2:16.49	02:00.5	2:06.79	1:55.79	2:01.89
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	02:00.9	2:07.19	1:56.19	2:02.39
	5:28.59	5:45.79	5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	04:20.9	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:26.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19

# Para 3 ZONE Motivational Time Standards

Para 3 ZONE Motivational Time Standards																	
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19	50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:41.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	500/ 400 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	1000/ 800 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1650/ 1500 FR			27:23.69	29:48.09	29:31.59	27:40.29	24:15.09	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:25.09	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	3:44.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79

# Para 1 Sectional Motivational Time Standards

Para 1 Sectional Motivational Time Standards									
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls				P1	Boys			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	121.59	121.59	50 FR	1:12.29	1:12.29	1:15.29	1:15.29
	2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:06.19	1:05.19	1:07.89	1:07.89
	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:14.99	3:16.99
	2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29
	5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99

# Para 2 Sectional Motivational Time Standards

Para 2 Sectional Motivational Time Standards									
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls				P2	Boys			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
	54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19
	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39
	4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99
	52.19	54.89	54.33	57.19	50 FL	40.69	42.79	42.39	44.59
	2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79
	4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19



# Para 3 Sectional Motivational Time Standards

Para 3 Sectional Motivational Time Standards									
	Girls				P3	Boys			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
<b>P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.</b>	33.09	36.69	34.39	38.19	<b>50 FR</b>	28.89	32.19	30.09	33.49
	1:10.39	1:18.19	1:13.39	1:21.49	<b>100 FR</b>	1:02.89	1:09.89	1:05.49	1:12.79
	2:53.69	3:12.89	3:00.89	3:20.99	<b>200 FR</b>	2:23.79	2:39.79	2:29.79	2:46.39
	6:35.19	5:47.39	6:51.69	6:01.89	<b>500/ 400 FR</b>	6:12.49	5:27.39	6:27.89	5:40.99
	15:10.39	12:54.79	15:44.49	13:23.79	<b>1000/ 800 FR</b>	14:41.29	12:29.99	15:17.89	13:01.19
	27:41.99	25:57.69	28:40.09	26:52.09	<b>1650/ 1500 FR</b>	23:10.89	25:32.59	24:15.09	26:36.49
	40.09	44.49	42.19	46.79	<b>50 BK</b>	33.19	36.89	34.59	38.39
	1:24.49	1:33.79	1:27.99	1:37.69	<b>100 BK</b>	1:09.89	1:17.69	1:12.79	1:20.89
	3:22.59	3:45.09	3:32.79	3:56.39	<b>200 BK</b>	2:47.59	3:06.19	2:54.59	3:13.99
	40.49	44.99	42.59	47.29	<b>50 BR</b>	36.19	40.29	37.79	41.89
	1:29.79	1:39.69	1:33.49	1:43.89	<b>100 BR</b>	1:20.49	1:29.39	1:23.79	1:33.09
	3:16.29	3:38.39	3:26.39	3:49.29	<b>200 BR</b>	2:56.09	3:15.59	3:03.39	3:23.79
	36.39	40.39	38.29	42.49	<b>50 FL</b>	31.49	34.99	32.79	36.39
	1:16.29	1:24.69	1:19.39	1:28.19	<b>100 FL</b>	1:06.09	1:13.49	1:08.89	1:16.49
	3:12.89	3:34.29	3:22.49	3:44.99	<b>200 FL</b>	2:47.39	3:05.89	2:44.29	3:13.69
	2:58.49	3:18.29	3:05.99	3:26.59	<b>200 IM</b>	2:32.49	2:49.49	2:38.89	2:56.49
7:01.19	7:47.99	7:22.29	8:11.39	<b>400 IM</b>	6:06.79	6:40.09	6:56.79	6:56.79	