

2024-2025 PARA Female Invitational Recommendation Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	3:23.65	2:20.59	2:20.14	1:22.44	1:18.02	1:05.10	1:02.26	56.78	51.5	48.99	58.1	53.41	48.78	48.99
100 Free	7:18.65	5:05.48	4:25.01	3:23.65	2:43.46	2:23.69	2:14.38	2:06.13	1:51.24	1:48.76	2:10.06	1:57.26	1:51.47	1:47.50
200 Free		10:57.99	9:27.65	8:29.15	6:08.34									3:53.48
400 Free						10:13.36	9:57.62	9:03.62	8:33.71	8:09.01	10:16.11	11:09.10	8:25.19	
50 Back	3:54.97	3:15.74	2:08.75	1:48.81	1:28.02									
100 Back	7:49.99	6:13.83				2:43.28	2:35.19	2:22.33	2:11.41	2:05.90	2:33.53	2:21.25	2:03.36	2:06.01
50 Breast	4:41.99	2:44.49	1:57.85											
100 Breast				4:08.99	3:25.43	3:09.13	3:01.01	2:39.36	2:25.91		2:54.24	2:37.69	2:24.74	2:25.42
50 Fly			2:28.81	2:05.32	1:37.51	1:13.22	1:09.36							
100 Fly								2:17.71	2:05.26	1:59.22	2:28.81	2:17.89	2:06.01	2:01.62
150 IM		12:31.97	4:40.99	6:25.24										
200 IM					8:04.50	5:52.02	5:48.36	5:16.10	4:41.33	4:29.33	5:28.20	5:24.32	4:31.12	4:31.80

2024-2025 PARA Male Invitational Recommendation Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	2:37.81	2:20.75	1:33.95	1:14.04	1:02.35	57.29	51.59	48.76	45.37	43.02	49.06	43.75	43.14	43.02
100 Free	5:52.49	5:10.05	3:31.50	2:48.31	2:19.06	2:03.17	1:55.48	1:46.48	1:40.86	1:33.46	1:55.44	1:39.85	1:35.72	1:33.68
200 Free	13:11.15	9:25.48	8:08.90	6:14.33	5:14.03									3:24.92
400 Free						9:43.28	8:52.46	8:10.40	7:41.48	7:20.04	9:17.93	8:47.67	7:43.96	
50 Back	3:15.18	2:08.45	1:41.77	1:30.76	1:12.50									
100 Back	6:44.31	4:36.03				2:26.35	2:17.06	2:03.40	1:54.32	1:48.57	2:16.05	1:58.88	1:51.28	1:48.81
50 Breast	6:00.32	5:41.86	1:37.18											
100 Breast				3:23.66	3:07.49	2:32.60	2:29.08	2:15.83	2:06.63		2:27.39	2:11.27	2:05.26	2:00.89
50 Fly		1:33.99	1:25.38	1:16.77	1:09.98	1:00.23	56.68							
100 Fly								1:54.49	1:47.12	1:44.90	2:18.22	1:49.27	1:42.79	1:41.13
150 IM	17:45.31	14:37.31	8:07.65	5:26.93										
200 IM					8:04.50	5:20.22	4:55.35	4:20.53	4:08.80	3:54.76	4:52.83	4:54.56	3:59.04	3:52.60

2024-2025 PARA Female Invitational Recommendation Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	3:27.73	2:23.40	2:22.94	1:24.10	1:18.02	1:05.10	1:02.26	55.66	50.47	48.01	59.26	52.34	47.79	48.01
100 Free	7:27.43	5:11.59	4:30.31	3:27.73	2:43.46	2:23.69	1:11.38	1:21.60	1:49.02	1:46.59	2:12.66	1:54.92	1:49.25	1:45.35
200 Free		11:11.14	10:00.43	8:39.34	6:08.34									3:48.81
400 Free						10:13.36	9:57.62	8:52.75	8:03.44	7:59.24	10:28.44	10:55.71	8:15.09	
50 Back	3:59.68	3:19.65	2:11.33	1:50.98	1:28.02									
100 Back	7:59.39	6:21.30				2:43.28	2:35.19	2:19.49	2:08.79	2:03.38	2:36.60	2:18.43	1:29.39	2:03.49
50 Breast	4:47.64	2:47.76	2:00.21											
100 Breast				4:13.97	3:25.43	3:09.13	3:01.01	2:36.18	2:22.99		2:57.73	2:34.53	2:21.84	2:22.51
50 Fly			2:31.79	2:07.82	1:37.51	1:13.22	1:09.36							
100 Fly								2:14.96	2:02.75	1:56.84	2:31.79	2:15.13	2:03.49	1:59.18
150 IM		12:47.01	7:59.39	6:32.95										
200 IM					8:04.50	5:52.02	5:48.36	5:09.78	4:35.71	4:23.94	5:34.77	5:17.84	4:25.70	4:26.37

2024-2025 PARA Male Invitational Recommendation Standards

EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	2:40.97	2:23.56	1:35.82	1:15.52	1:02.35	57.29	51.59	47.78	44.46	42.16	50.05	42.88	42.28	42.16
100 Free	5:59.54	5:16.24	3:35.73	2:51.67	2:19.06	2:03.17	1:13.48	1:44.35	1:07.34	1:31.59	1:57.75	1:37.86	1:33.80	1:31.81
200 Free	13:26.96		8:18.67	6:21.82	5:14.03									3:20.82
400 Free						9:33.28	8:52.46	8:00.58	7:32.26	7:11.24	9:29.08	8:57.70	7:34.68	
50 Back	3:19.08	2:11.02	1:43.81	1:32.57	1:12.50									
100 Back	6:52.39	4:41.55				2:26.35	2:17.06	2:00.93	1:52.04	1:46.39	2:18.77	1:56.49	1:49.06	1:46.63
50 Breast	6:07.53	5:48.70	1:39.13											
100 Breast				3:27.74	3:07.49	2:32.60	2:29.08	2:13.11	2:04.08		2:30.33	2:08.64	2:02.75	1:58.48
50 Fly		1:35.87	1:27.09	1:18.30	1:09.98	1:00.23	56.68							
100 Fly								1:52.19	1:44.98	1:42.81	2:20.99	1:47.08	1:40.73	1:39.12
150 IM	18:06.63	14:54.87	8:17.40	5:33.48										
200 IM					8:04.50	5:20.22	4:55.35	4:15.31	4:03.83	3:50.07	4:58.58	4:48.68	3:54.25	3:47.95