

2024-2025 PARA Female Regional Motivation 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	3:13.96	2:13.90	2:13.47	1:18.52	1:14.31	1:02.00	59.3	54.08	49.05	46.66	55.34	50.87	46.46	46.66
100 Free	6:57.77	4:50.94	4:12.39	3:13.96	2:35.68	2:16.85	2:07.99	2:00.13	1:45.95	1:43.59	2:03.87	1:51.68	1:46.17	1:42.39
200 Free		10:26.66	9:00.62	8:04.91	5:50.80									3:42.37
400 Free						9:44.16	9:29.17	8:37.74	8:09.25	7:45.73	9:46.78	10:37.24	8:01.14	
50 Back	3:43.79	3:06.42	2:02.62	1:43.63	1:23.83									
100 Back	7:27.61	5:56.03				2:35.51	2:27.80	2:15.56	2:05.16	1:59.91	2:26.22	2:14.53	1:57.49	2:00.01
50 Breast	4:28.57	2:36.66	1:52.24											
100 Breast				3:57.14	3:15.65	3:00.13	2:52.39	2:31.78	2:18.97		2:45.95	2:30.19	2:17.85	2:18.50
50 Fly			2:21.73	1:59.36	1:32.87	1:09.74	1:06.06							
100 Fly								2:11.16	1:59.30	1:53.55	2:21.73	2:11.33	2:00.01	1:55.83
150 IM		11:56.17	4:27.61	6:06.90										
200 IM					7:41.43	5:35.26	5:31.78	5:01.05	4:27.94	4:16.51	5:12.58	5:08.88	4:18.21	4:18.86

2024-2025 PARA Male Regional Motivation 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	02:30.3	2:14.05	1:29.48	1:10.52	59.39	54.57	49.14	46.44	43.21	40.98	46.73	41.67	41.09	40.98
100 Free	5:35.71	4:55.29	3:21.43	2:40.30	2:12.44	1:57.31	1:49.99	1:41.41	1:36.06	1:29.01	1:49.95	1:35.10	1:31.17	1:29.22
200 Free	12:33.48	8:58.56	7:45.62	5:56.51	4:59.08									3:15.17
400 Free						9:15.51	8:27.11	7:47.05	7:19.51	6:59.09	8:51.37	8:22.55	7:21.87	
50 Back	3:05.89	2:02.34	1:36.93	1:26.44	1:09.05									
100 Back	6:25.06	4:22.89				2:19.39	2:10.54	1:57.53	1:48.88	1:43.40	2:09.58	1:53.22	1:45.99	1:43.63
50 Breast	5:43.17	5:25.59	1:32.56											
100 Breast				3:13.97	2:58.57	2:25.34	2:21.99	2:09.37	2:00.60		2:20.38	2:05.02	1:59.30	1:55.14
50 Fly		1:29.52	1:21.32	1:13.12	1:06.65	57.37	53.99							
100 Fly								1:49.04	1:42.02	1:39.91	2:11.64	1:44.07	1:37.90	1:36.32
150 IM	16:54.59	13:55.54	7:44.43	5:11.37										
200 IM					7:41.43	5:04.98	4:41.29	4:08.13	3:56.96	3:43.59	4:38.89	4:40.54	3:47.66	3:41.53

2024-2025 PARA Female Regional Motivation 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	3:17.84	2:16.58	2:16.14	1:20.10	1:14.31	1:02.00	59.3	53.01	48.07	45.72	56.44	49.85	45.52	45.72
100 Free	7:06.13	4:56.76	4:17.44	3:17.84	2:35.68	2:16.85	1:07.99	1:17.72	1:43.83	1:41.52	2:06.35	1:49.45	1:44.05	1:40.34
200 Free		10:39.19	9:31.84	8:14.61	5:50.80									3:37.92
400 Free						9:44.16	9:29.17	8:27.39	7:59.47	7:36.42	9:58.52	10:24.49	7:51.52	
50 Back	3:48.27	3:10.15	2:05.08	1:45.70	1:23.83									
100 Back	7:36.57	6:03.15				2:35.51	2:27.80	2:12.85	2:02.66	1:57.51	2:29.15	2:11.84	1:25.14	1:57.61
50 Breast	4:33.95	2:39.78	1:54.49											
100 Breast				4:01.88	3:15.65	3:00.13	2:52.39	2:28.75	2:16.19		2:49.27	2:27.18	2:15.09	2:15.73
50 Fly			2:24.57	2:01.74	1:32.87	1:09.74	1:06.06							
100 Fly								2:08.54	1:56.91	1:51.28	2:24.57	2:08.70	1:57.61	1:53.51
150 IM		12:10.49	7:36.57	6:14.24										
200 IM					7:41.43	5:35.26	5:31.78	4:55.03	4:22.59	4:11.38	5:18.83	5:02.71	4:13.05	4:13.69

2024-2025 PARA Male Regional Motivation 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	2:33.31	2:16.73	1:31.26	1:11.93	59.39	54.57	49.14	45.51	42.35	40.16	47.67	40.84	40.27	40.16
100 Free	5:42.42	5:01.19	3:25.46	2:43.50	2:12.44	1:57.31	1:09.99	1:39.39	1:04.14	1:27.23	1:52.15	1:33.20	1:29.34	1:27.44
200 Free	12:48.54		7:54.93	6:03.64	4:59.08									3:11.26
400 Free						9:15.51	8:27.11	7:37.70	7:10.73	6:50.71	9:01.99	8:32.10	7:13.03	
50 Back	3:09.60	2:04.79	1:38.87	1:28.17	1:09.05									
100 Back	6:32.76	4:28.15				2:19.39	2:10.54	1:55.18	1:46.71	1:41.33	2:12.17	1:50.95	1:43.87	1:41.56
50 Breast	5:50.03	5:32.10	1:34.41											
100 Breast				3:17.85	2:58.57	2:25.34	2:21.99	2:06.78	1:58.18		2:23.18	2:02.52	1:56.91	1:52.84
50 Fly		1:31.31	1:22.95	1:14.58	1:06.65	57.37	53.99							
100 Fly								1:46.85	1:39.99	1:37.92	2:14.28	1:41.99	1:35.94	1:34.40
150 IM	17:14.89	14:12.26	7:53.72	5:17.60										
200 IM					7:41.43	5:04.98	4:41.29	4:03.16	3:52.22	3:39.12	4:44.46	4:34.94	3:43.10	3:37.10