

As of January 1, 2019 Niagara, LSC has adopted the USA Swimming and USA Swimming National Disability Committee Motivational Time Standards into Niagara Level Championship meets. The time standards are for LSC Championships (Golds). We applied the same difference to create an additional standard for the Qualifier Championships (Silvers).

USA Swimming National Disability Committee released the following statement.

These time standards are intended to foster and promote the inclusion of athletes with a disability within USA Swimming LSC Championships. The motivational times are designed to provide a fair, equitable and structured by using a combination of three groupings of similar disabilities for athletes, along with qualifying/motivational times tailored to different levels of competition.

These motivational times will supplement existing initiatives for inclusion within USA Swimming. The primary focus and intended use for the motivational times are:

- 1. Provide a simple and easy to implement grouping of athletes with a disability for competition that complies with the USA Swimming rules and regulations.*
- 2. Provide a consistent national level benchmark for athletes with a disability to work towards. These motivational times are similar in their purpose to the existing C, B, A, time standards issued by USA Swimming today.*
- 3. Provide fair and consistent qualifying times at a national level for championship meets ranging from LSC Championships through Zones and up to Sectional Level meets. Prior to these motivational times, there was inconsistency between LSC's within USA Swimming for qualifying times at championship meets for athletes with a disability.*
- 4. Foster and promote a fair and equitable framework for the inclusion of athletes with a disability within USA Swimming.*

The standards are divided up into three "P" groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:

- 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 impairment, intellectual impairment, ambulatory without significant assistance

A swimmer must be classified in order to participate with the "P" qualifying time for the NI Championship meets. To be classified please email Courtney Christ, NI Disability Chair, (disability@niagaraswim.org) with a description of the impairment. Once the swimmer is classified they will receive a letter for their keeping and to show the meet referee and meet director, if needed.

Once the swimmer has gone through the classification process and achieves a qualifying time please submit all disability qualifications and any accommodations needed to Niagara's Disability Chair for Proof of Time. After they are approved, the entry and accommodations will be submitted to the host via the Disability Chair for entry into the meet.

Niagara Qualifier Disability Time Standards 2022-2024

Para 1 NI Qualifier Parallel 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	SCY	SCY	SCY		SCY	SCY	SCY	SCY
	1:51.09	1:39.99	1:29.49	1:28.19	50 FR	1:45.29	1:36.29	1:24.29	1:21.29
	3:52.89	3:31.49	3:07.59	3:04.99	100 FR	3:57.79	3:37.29	3:10.29	3:03.49
	9:17.29	8:21.99	7:29.39	7:22.89	200 FR	6:31.39	5:57.99	5:13.09	5:02.29
	2:11.29	1:58.19	1:45.89	1:44.19	50 BK	1:27.89	1:20.39	1:10.39	1:07.99
	4:01.39	3:37.19	3:14.59	3:11.69	100 BK	3:12.19	2:55.69	2:33.69	2:28.09
	2:01.49	1:56.39	1:37.99	1:36.59	50 BR	1:34.99	1:26.89	1:15.99	1:13.29
	5:46.69	5:11.99	4:39.39	4:35.39	100 BR	4:35.79	4:12.19	3:40.49	3:32.79
3:15.29	2:55.89	2:37.59	2:35.29	50 FL	2:58.29	2:42.99	2:22.59	2:17.49	

Para 2 NI Qualifier Parallel 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	SCY	SCY	SCY		SCY	SCY	SCY	SCY
	1:00.49	54.19	48.59	47.89	50 FR	57.29	52.39	45.79	44.29
	2:14.49	2:00.99	1:48.29	1:46.69	100 FR	2:06.29	1:55.59	1:40.79	1:37.39
	4:36.69	4:09.09	3:43.19	3:39.79	200 FR	4:27.19	4:03.29	3:33.59	3:26.19
		9:56.69	9:05.29	8:53.49	500 FR		10:16.39	8:59.39	8:39.99
	1:13.89	1:05.99	59.09	58.19	50 BK	1:04.79	59.19	51.79	49.89
	2:49.69	2:32.69	2:16.89	2:14.89	100 BK	2:40.69	2:28.09	2:09.59	2:04.99
		5:15.19	4:42.19	4:38.09	200 BK		4:38.29	4:03.49	3:54.79
	1:16.49	1:09.19	1:01.89	1:00.99	50 BR	1:10.69	1:06.59	58.59	56.59
	2:49.99	2:32.99	2:18.79	2:14.89	100 BR	2:42.69	2:28.79	2:09.99	2:05.59
		5:34.29	5:12.39	4:55.59	200 BR		5:21.09	4:40.79	4:30.99
1:13.89	1:06.59	59.59	58.79	50 FL	59.29	54.19	47.29	45.59	
3:10.09	2:50.99	2:33.09	2:30.99	100 FL	3:05.89	2:49.09	2:28.49	2:23.39	
5:52.49	5:17.09	4:43.99	4:39.99	200 IM	5:31.29	5:02.89	4:24.89	4:15.69	

Niagara Qualifier Disability Time Standards 2022-2024

Para 3 NI Qualifier Parallel Time Standards									
	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
P3- single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	SCY	SCY	SCY	SCY		SCY	SCY	SCY	SCY
	46.79	41.99	37.79	36.59	50 FR	42.19	38.59	33.79	32.69
	1:39.69	1:29.79	1:20.39	1:19.39	100 FR	1:31.79	1:23.79	1:13.29	1:10.69
	4:05.89	3:41.29	3:18.19	3:15.29	200 FR	3:29.59	3:11.69	2:47.59	2:41.79
	9:19.69	8:23.89	7:31.29	7:24.69	500 FR	9:02.89	8:16.59	17:14.49	6:59.09
		18:54.79	17:05.09	16:52.49	1000 FR		19:34.99	17:08.09	16:31.49
		34:03.99	30:58.49	30:35.89	1650 FR		36:18.49	31:47.99	30:39.69
	58.59	49.87	45.19	44.59	50 BK	48.39	44.29	38.59	37.19
	1:59.49	1:47.60	1:36.39	1:34.99	100 BK	1:41.89	1:33.19	1:21.49	1:18.59
		4:12.49	3:49.09	3:46.39	200 BK		3:43.39	3:15.49	3:08.59
	1:00.89	55.49	50.19	49.59	50 BR	52.79	48.29	42.29	40.79
	2:07.09	1:54.39	1:42.29	1:40.89	100 BR	1:57.29	1:07.19	1:33.79	1:30.59
		4:50.59	4:23.59	4:20.19	200 BR		3:56.79	3:25.39	3:23.59
	49.19	44.79	40.59	40.09	50 FL	45.99	41.89	36.59	35.99
	1:47.99	1:37.09	1:27.09	1:25.79	100 FL	1:36.39	1:28.39	1:17.09	1:19.49
		4:46.29	4:26.99	4:23.11	200 FL		3:43.19	3:15.29	2:50.49
	4:12.79	3:47.59	3:23.59	3:32.79	200 IM	3:42.39	3:23.39	2:57.89	2:57.89
		8:56.29	8:05.99	8:00.49	400 IM		8:20.19	7:23.09	7:15.79

Niagara Championship Disability Time Standards 2022-2024

Para 1 NI Championship 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	SCY	SCY	SCY		SCY	SCY	SCY	SCY
	1:44.49	1:34.69	1:26.19	1:24.89	50 FR	1:39.29	1:30.29	1:21.29	1:18.29
	3:39.19	3:18.59	3:00.79	2:58.09	100 FR	3:44.19	3:23.79	3:03.49	2:56.69
	8:44.89	7:55.69	7:12.99	7:06.49	200 FR	6:09.09	5:35.59	5:01.99	4:50.99
	2:03.59	1:51.99	1:41.99	1:40.39	50 BK	1:22.89	1:15.39	1:07.89	1:05.39
	3:47.19	3:25.89	3:07.49	3:04.59	100 BK	3:01.19	2:44.69	2:28.19	2:22.69
	1:54.39	1:43.69	1:34.39	1:32.99	50 BR	1:29.59	1:21.49	1:13.29	1:10.59
	5:26.29	4:55.69	4:29.19	4:25.19	100 BR	4:19.99	3:56.39	3:32.69	3:24.89
3:03.89	2:46.69	2:31.79	2:29.49	50 FL	2:48.09	2:32.79	2:17.49	2:12.39	

Para 2 NI Championship 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	SCY	SCY	SCY		SCY	SCY	SCY	SCY
	56.89	51.49	46.89	46.19	50 FR	53.99	49.09	44.19	42.59
	2:06.59	1:54.69	1:44.39	1:42.79	100 FR	1:59.09	1:48.29	1:37.39	1:33.79
	4:20.49	3:56.09	3:34.89	3:31.69	200 FR	4:11.89	3:48.49	3:26.09	3:18.49
		9:37.09	8:45.39	8:35.49	500 FR		9:37.89	8:40.09	8:20.79
	1:09.09	1:02.59	56.99	56.09	50 BK	1:01.09	55.49	49.99	48.09
	2:39.79	2:24.79	2:11.89	2:09.89	100 BK	2:36.79	2:18.89	2:05.09	2:00.39
		4:58.79	4:31.99	4:27.89	200 BK		4:20.89	3:54.79	3:46.09
	1:12.09	1:05.49	59.59	58.69	50 BR	1:09.19	1:02.89	56.59	54.49
	2:39.99	2:24.99	2:11.99	2:09.99	100 BR	2:33.39	2:19.49	2:05.49	2:00.89
		5:17.19	4:55.29	4:44.69	200 BR		5:00.99	4:30.89	4:20.89
1:09.59	1:03.09	57.39	56.59	50 FL	55.89	50.79	45.69	43.99	
2:58.89	2:42.09	2:27.59	2:25.39	100 FL	2:55.29	2:39.39	2:23.39	2:18.09	
5:31.79	5:00.59	4:33.69	4:29.59	200 IM	5:12.39	4:43.99	4:15.59	4:06.19	

Niagara Championship Disability Time Standards 2022-2024

Para 3 NI Championship Motivational Time Standards									
	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
P3- single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	SCY	SCY	SCY	SCY		SCY	SCY	SCY	SCY
	44.09	39.89	36.39	35.79	50 FR	39.79	36.19	32.59	31.39
	1:33.89	1:25.09	1:17.49	1:16.39	100 FR	1:26.49	1:18.59	1:10.79	1:08.09
	3:51.49	3:29.79	3:10.99	3:08.09	200 FR	3:17.69	2:59.69	2:41.69	2:35.79
	8:46.89	7:57.59	7:14.79	7:08.19	500 FR	8:31.99	7:45.49	6:58.99	6:43.49
		18:00.49	16:32.09	16:18.49	1000 FR		18:21.59	16:31.39	15:54.69
		32:31.69	30:01.09	29:37.99	1650 FR		34:04.19	30:39.79	29:31.59
	55.39	48.38	44.09	43.39	50 BK	45.59	41.49	37.29	35.89
	1:52.49	1:41.99	1:32.89	1:31.49	100 BK	1:36.09	1:27.39	1:18.59	1:15.69
		4:04.79	3:42.99	3:39.59	200 BK		3:29.49	3:08.59	3:01.59
	56.79	51.49	46.79	46.09	50 BR	49.79	45.29	40.79	39.29
	1:59.69	1:48.49	1:38.69	1:37.19	100 BR	1:50.59	1:20.49	1:30.49	1:27.19
		4:20.29	3:56.99	3:53.29	200 BR		3:40.09	3:18.09	3:13.49
	48.29	43.69	39.79	39.19	50 FL	43.29	39.29	35.39	31.49
	1:41.69	1:32.09	1:23.89	1:22.59	100 FL	1:30.89	1:22.79	1:14.39	1:06.09
		4:15.99	3:56.69	3:52.80	200 FL		3:29.19	3:08.29	2:47.39
	3:57.99	3:35.69	3:16.29	3:19.39	200 IM	3:29.69	3:10.69	2:51.59	2:48.39
		8:34.59	7:48.39	7:41.39	400 IM		7:46.79	6:56.79	7:06.29