



2022 SENIOR CHAMPS PARA QUALIFYING TIMES



Para 1 LSC Motivational Time Standards					
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	GIRLS		P1	BOYS	
	15 & O P1			15 & O P1	
	SCY	LCM	SCY	LCM	
	1:24.89	1:24.89	50 FR	1:18.29	1:18.29
2:58.09	2:58.09	100 FR	2:56.69	2:56.69	
7:06.49	7:06.49	200 FR	4:50.90	4:50.89	
1:40.39	1:40.39	50 BK	1:05.39	1:05.39	
3:04.59	3:04.59	100 BK	2:22.69	2:22.69	
1:32.99	1:32.99	50 BR	1:10.59	1:10.59	
4:25.19	4:25.19	100 BR	3:24.89	3:24.89	
2:29.49	2:29.49	50 FL	2:12.39	2:12.39	
6:10.49	6:10.49	150 IM	5:54.59	5:54.59	

Para 2 LSC Motivational Time Standards					
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	15 & O P2		P2	15 & O P2	
	SCY	LCM		SCY	LCM
	46.19	48.59	50 FR	42.59	44.79
	1:42.79	1:48.19	100 FR	1:33.79	1:38.79
3:31.69	3:42.79	200 FR	3:18.49	3:28.89	
8:37.49	7:02.39	400/500 FR	8:20.79	6:48.79	
56.09	59.09	50 BK	48.09	50.69	
2:09.89	2:16.69	100 BK	2:00.39	2:06.79	
4:27.89	4:41.99	200 BK	3:46.09	3:57.99	
58.69	1:01.69	50 BR	54.49	57.39	
2:09.99	2:16.79	100 BR	2:00.89	2:07.19	
4:44.69	4:59.59	200 BR	4:20.89	4:34.59	
56.59	59.49	50 FL	43.99	46.39	
2:25.39	2:32.99	100 FL	2:18.09	2:25.39	
4:29.59	4:43.69	200 IM	4:06.19	4:19.09	

Para 3 LSC Motivational Time Standards					
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	15 & O P3		P3	15 & O P2	
	SCY	LCM		SCY	LCM
	35.79	39.69	50 FR	31.39	34.79
	1:16.39	1:24.79	100 FR	1:08.09	1:15.69
3:08.09	3:28.99	200 FR	2:35.79	2:53.09	
7:08.19	6:16.39	400/500 FR	6:43.49	5:54.69	
16:18.49	13:52.79	800/1000 FR	15:54.69	13:32.49	
29:37.99	27:46.39	1500/1650 FR	29:31.53	27:40.29	
43.39	48.19	50 BK	35.89	39.89	
1:31.49	1:41.59	100 BK	1:15.69	1:24.09	
3:39.59	4:03.89	200 BK	3:01.59	3:21.79	
46.09	51.19	50 BR	39.29	43.59	
1:37.19	1:47.99	100 BR	1:27.19	1:36.79	
3:53.29	4:19.19	200 BR	2:56.09	3:31.89	
39.19	43.49	50 FL	31.49	37.89	
1:22.59	1:31.69	100 FL	1:06.09	1:19.59	
3:18.09	3:40.09	200 FL	2:47.39	3:21.39	
3:19.39	3:34.79	200 IM	2:32.49	3:03.59	
7:41.39	8:26.99	400 IM	6:40.09	7:13.39	