

Swimming New Zealand National Programmes

Para Performance Standards 2022-2024

		Senior Standards				National Age Programme Standards										
		Women		Men		Female					Male					
		19+		19+		15-18 years		13-14 years			15-18 years			13-14 years		
		Gold	Silver	Gold	Silver	Gold	Silver	Bronze	Gold	Silver	Gold	Silver	Bronze	Gold	Silver	
50 free	S3			01:04.57	01:50.93											
	S4	00:47.54	01:34.70	00:42.86	00:51.03	00:51.38	01:04.88	01:34.70	02:04.38	02:16.23	01:04.57	01:26.42	01:50.93	01:26.42	01:50.93	
	S5			00:37.31	00:46.02						00:45.43	00:51.03	00:57.57	01:05.35	01:27.87	
	S6	00:40.09	00:56.43			00:40.09	00:53.31	00:56.43	00:56.43	01:15.56	00:38.35	00:40.83	00:46.02	00:52.16	01:14.00	
	S7			00:30.30	00:40.71						00:32.31	00:36.98	00:40.71	00:42.04	00:51.73	
	S8	00:31.85	00:39.05			00:34.61	00:37.65	00:39.05	00:39.05	00:46.94						
	S9			00:26.45	00:31.29						00:26.47	00:29.41	00:34.21	00:37.91	00:49.20	
	S10	00:27.72	00:33.50	00:27.07	00:33.45	00:29.96	00:30.62	00:33.50	00:38.58	00:42.58	00:26.15	00:27.19	00:33.45	00:34.97	00:40.96	
	S11	00:30.96	00:47.20	00:28.98	00:39.34	00:30.96	00:35.09	00:47.20	00:47.20	00:58.31	00:30.99	00:32.73	00:39.34	00:39.34	00:55.66	
	S12	00:29.22	00:37.18	00:24.90	00:28.75	00:29.22	00:32.38	00:34.17	00:37.18	00:41.46	00:26.34	00:27.76	00:28.75	00:34.29	00:36.00	
	100 free	S3	03:16.24	05:14.65			02:42.58	03:16.24	05:14.65	05:14.65	05:14.65					
		S4			01:39.31	02:02.14						01:48.43	02:02.14	02:36.19	02:36.19	03:28.48
S5		01:30.74	01:53.26	01:23.22	01:35.28	01:35.92	01:53.26	02:02.61	02:02.61	02:40.75	01:24.12	01:35.28	01:46.83	01:46.83	02:32.62	
S6				01:08.45	01:15.13						01:14.19	01:15.13	01:33.37	01:44.13	02:32.62	
S7		01:15.94	01:24.45			01:16.62	01:24.45	01:27.63	01:36.83	01:43.60						
S8				01:05.98	01:12.58						01:03.56	01:07.81	01:17.91	01:26.32	01:37.00	
S9		00:59.78	01:10.40			01:07.05	01:10.40	01:15.77	01:31.26	01:58.05	00:57.52	01:02.44	01:07.95	00:58.62	01:23.32	
S10		00:59.77	01:11.32	00:58.49	01:04.18	01:05.13	01:08.14	01:11.32	01:31.26	01:58.05	00:58.01	00:58.93	01:09.78	01:16.47	01:37.00	
S11		01:08.79	01:42.62			01:15.44	01:18.59	01:42.62	01:42.62	01:59.53						
S12		01:10.20	01:17.33	00:58.03	01:17.77	01:10.20	01:17.33	01:29.07	01:29.07	01:35.29	00:58.03	01:04.62	01:17.77	01:17.77	01:22.29	
200 free		S2			05:46.04	08:01.66						05:46.04	07:03.67	08:01.66	09:00.00	09:00.00
		S3			04:23.03	08:07.83						04:23.03	06:59.71	08:07.83	09:00.00	09:00.00
	S4			03:00.72	04:02.45						03:09.93	04:02.45	04:36.92	05:03.81	05:54.70	
	S5	03:47.69	03:58.52	02:52.10	03:09.93	03:47.69	03:58.52	04:17.58	05:12.40	05:24.60	03:09.93	03:28.74	03:50.60	04:27.69	05:54.70	
	S14	02:20.21	02:32.59	02:06.38	02:35.40	02:28.14	02:45.50	02:53.06	03:23.07	03:39.57	02:06.38	02:13.65	02:35.40	02:59.26	03:02.81	
	S6	06:10.77	07:08.54	05:22.00	05:44.58	06:10.77	06:29.33	07:08.54	07:49.53	08:06.77	06:02.22	06:16.60	06:33.21	07:21.64	07:30.55	
	S7	05:25.34	06:38.60	04:53.75	05:28.37	05:25.34	06:23.70	06:38.60	07:34.17	07:52.12	05:19.42	05:28.37	05:53.83	06:52.66	07:08.61	
	S8	05:47.38	07:09.88	05:12.78	05:28.18	05:47.38	06:01.82	06:18.94	07:09.88	07:46.48	05:10.63	05:12.78	05:28.18	06:29.12	06:39.47	
	S9	05:09.67	05:34.45	04:27.09	04:41.52	05:09.67	05:16.10	05:34.45	06:21.74	06:52.41	04:31.71	04:37.14	04:41.52	05:33.75	06:22.67	
	S10	04:49.37	05:24.77	04:36.95	05:04.26	04:49.37	05:17.82	05:24.77	06:08.86	06:52.41	04:39.43	05:04.26	05:16.42	05:33.75	06:09.95	
	S11	05:18.12	07:35.16	05:14.20	05:59.83	06:00.71	06:44.62	07:11.15	07:35.16	07:51.07	05:32.34	05:42.35	06:04.49	06:36.21	07:04.72	
	S12	05:02.22	05:41.73	04:12.66	05:08.75	05:11.91	05:41.73	06:27.07	06:27.07	06:55.37	04:44.34	04:56.45	05:08.75	05:30.56	06:11.08	
50 back	S1			01:14.54	01:45.00						01:42.16	01:54.04	02:29.21	01:54.04	02:29.21	
	S2	01:22.80	02:26.12	01:54.04	02:29.21	01:22.80	01:48.83	02:26.12	02:26.12	02:26.12	01:42.16	01:54.04	02:29.21	01:54.04	02:29.21	
	S3	01:14.33	02:26.12	01:23.57	02:16.88	01:14.33	01:32.44	02:26.12	02:26.12	02:26.12	01:23.57	01:25.27	02:16.88	01:23.57	02:16.88	
	S4	01:03.51	01:45.06	00:51.25	01:05.48	01:09.90	01:14.20	01:45.06	01:45.06	02:26.12	01:00.48	01:05.48	01:08.35	01:08.35	01:41.77	
	S5	00:49.57	01:19.53	00:42.82	00:51.25	00:49.57	01:08.01	01:19.53	01:19.53	01:55.05	00:45.29	00:51.25	00:57.69	01:08.01	01:41.77	
	S6	03:06.41	04:00.05	02:36.41	03:42.27	03:06.41	03:56.04	04:00.05	03:56.04	04:00.05	02:56.50	03:19.59	03:57.11	03:42.27	03:57.11	
	S7	01:37.96	02:08.84	01:22.05	01:29.15	01:37.96	02:06.03	02:08.84	02:08.84	02:32.75	01:30.89	01:34.03	01:38.16	01:45.18	01:52.72	
	S8	01:23.62	01:57.92	01:18.83	01:28.40	01:27.61	01:40.77	01:49.95	01:58.74	02:03.82	01:17.72	01:21.28	01:32.40	01:44.87	01:49.96	
	S9	01:16.37	01:27.46	01:12.94	01:15.18	01:25.07	01:27.46	01:38.75	01:46.98	01:55.13	01:16.62	01:18.18	01:26.47	01:38.48	01:40.73	
	S10	01:07.41	01:23.11	01:04.96	01:15.22	01:14.94	01:23.11	01:31.07	01:42.80	01:44.39	01:08.81	01:15.22	01:19.60	01:28.56	01:37.96	
	S11	01:05.95	01:19.43	01:09.90	01:16.18	01:09.94	01:19.43	01:27.29	01:42.80	01:44.39	01:07.44	01:09.90	01:13.65	01:23.39	01:30.46	
	S12	01:17.96	01:59.13	01:19.48	01:43.80	01:23.31	01:40.70	01:46.86	01:59.13	02:11.00	01:22.76	01:36.49	01:43.80	01:23.19	03:07.19	
S13	01:19.68	01:33.23	01:16.02	01:30.17	01:28.42	01:33.23	01:52.72	01:52.72	01:57.00	01:16.02	01:23.77	01:30.17	01:30.17	01:37.76		
S14	01:16.10	01:34.55	01:12.28	01:20.41	01:16.10	01:22.76	01:34.55	01:52.72	01:57.00	01:11.73	01:16.60	01:20.41	01:28.99	01:32.98		
S15	01:12.76	01:18.60	01:05.30	01:15.11	01:15.52	01:30.00	01:33.98	01:39.87	01:45.75	01:08.24	01:08.83	01:15.11	01:24.04	01:34.78		

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Para Performance Standards 2022-2024

		Senior Standards				National Age Programme Standards										
		Women		Men		Female					Male					
		19+		19+		15-18 years		13-14 years			15-18 years			13-14 years		
		Gold	Silver	Gold	Silver	Gold	Silver	Bronze	Gold	Silver	Gold	Silver	Bronze	Gold	Silver	
50 breast	S82			02:15.32	03:43.89						02:15.32	02:57.81	03:43.89	02:15.32	03:43.89	
	S83	01:17.29	02:44.00	00:56.12	01:16.23	01:17.29	01:59.07	02:44.00	02:44.00	02:44.00	01:10.13	01:16.23	01:22.26	01:14.20	01:41.99	
100 breast	S84	01:55.22	02:43.75	02:07.87	02:33.01	02:15.82	02:43.75	03:46.42	04:16.59	04:28.97	02:07.87	02:10.53	02:21.79	02:33.34	03:05.06	
	S85	02:10.29	02:42.05	01:49.45	02:33.34	02:10.29	02:21.56	02:42.05	03:10.49	03:40.19	01:49.45	02:10.50	02:33.34	02:33.34	03:05.06	
	S86	01:48.24	02:00.62	01:33.44	01:46.70	01:55.45	02:00.62	02:19.07	02:32.82	02:45.53	01:39.69	01:42.73	01:46.70	01:59.51	02:05.01	
	S87	01:33.46	01:58.25	01:31.74	01:47.42	01:51.89	01:58.25	02:07.69	02:32.82	02:45.53	01:32.00	01:39.99	01:46.51	01:47.42	02:02.48	
	S88	01:19.99	01:40.90	01:21.65	01:30.50	01:24.35	01:40.90	01:44.87	01:51.02	01:57.68	01:21.53	01:25.06	01:35.48	01:46.01	02:02.48	
	S89	01:17.53	01:33.38	01:14.95	01:24.34	01:24.35	01:33.38	01:38.36	01:51.02	01:57.68	01:16.86	01:20.21	01:34.34	01:29.54	01:38.86	
	S90	01:37.90	02:16.09	01:38.21	01:38.21	01:50.58	01:59.80	02:16.09	02:16.09	02:33.89	01:24.09	01:30.45	01:38.21	01:45.32	02:02.63	
	S91	01:30.42	01:39.40	01:17.77	01:30.71	01:33.46	01:39.40	02:03.49	02:03.49	02:08.74	01:17.77	01:21.52	01:24.62	01:33.07	01:42.55	
	S92	01:29.32	01:49.84	01:06.72	01:24.31	01:29.32	01:43.42	01:49.84	02:03.49	02:08.74	01:12.93	01:19.46	01:24.31	01:33.07	01:42.55	
	S93	01:28.24	01:41.23	01:12.15	01:22.80	01:28.24	01:41.23	01:55.57	01:55.57	02:02.44	01:12.15	01:22.80	01:25.36	01:40.09	01:43.44	
	50 fly	S5	00:57.47	01:20.33	00:43.11	00:53.49	01:20.33	01:26.44	01:37.04	01:37.04	02:26.27	00:43.11	00:48.58	00:53.49	00:53.49	01:02.20
		S6	00:43.28	01:02.51	00:34.37	00:39.51	00:43.28	00:54.88	01:02.51	01:15.80	01:24.06	00:36.85	00:38.46	00:39.51	00:46.47	00:57.64
S7		00:35.26	00:43.00	00:33.28	00:40.97	00:35.35	00:									