

Motion – 2311DDEI01 Include Swimmers with Disabilities in PC Championship Meets

To adopt Parallel Time Standards to include swimmers with disabilities in Pacific Swimming Age Group Championship and Far Western Championship meets beginning January 1, 2024.

Purpose: To provide a motivational time standard for swimmers with disabilities to qualify for our LSC highest level age group swim meets. While swimmers with disabilities are encouraged to enter and compete in swim meets which have no qualifying time standard, there is currently no opportunity for them to enter our championship level meets. This motion offers these athletes a similar opportunity to qualify for higher level meets.

The proposed time standard for Far Westerns was developed by USA Swimming for LSCs. This time standard was then used to develop a slightly slower time standard for our Age Group Champs. We understand that we can review and update these time standards on a regular basis as we learn more of the needs of our swimmers with disabilities.

The PC Disability Diversity Equity and Inclusion Committee, and the Age Group Committee support this effort.

PARALLEL TIME STANDARDS FOR ATHLETES WITH A DISABILITY - PC AGE GROUP CHAMPIONSHIPS

PARA 1	GIRLS											BOYS									
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11 P1		12 P1		13 P1		14 P1		P1	10 & U P1		11 P1		12 P1		13 P1		14 P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:47.29	1:47.29	1:46.39	1:46.39	1:38.59	1:38.59	1:30.59	1:30.59	1:28.99	1:28.99	50 FREE	1:41.99	1:41.99	1:39.79	1:39.79	1:33.79	1:33.79	1:26.49	1:26.49	1:22.69	1:22.69
	3:45.89	3:46.99	3:40.19	3:40.19	3:23.39	3:23.39	3:08.69	3:08.69	3:05.39	3:05.39	100 FREE	3:51.19	3:51.19	3:45.89	3:45.89	3:30.99	3:30.99	3:13.09	3:13.09	3:07.79	3:07.79
	9:06.39	9:06.39	8:46.09	8:46.09	8:09.09	8:09.09	7:32.89	7:32.89	7:24.19	7:24.19	200 FREE	6:15.19	6:15.19	6:05.59	6:05.59	5:42.29	5:42.29	5:18.39	5:18.39	5:10.39	5:10.39
	2:07.79	2:07.79	2:02.49	2:02.49	1:55.29	1:55.29	1:48.49	1:48.49	1:45.29	1:45.29	50 BACK	1:25.69	1:25.69	1:21.49	1:21.49	1:17.89	1:17.89	1:11.69	1:11.69	1:09.59	1:09.59
	3:53.69	3:53.69	3:46.09	3:46.09	3:31.99	3:31.99	3:19.39	3:19.39	3:13.59	3:13.59	100 BACK	3:06.39	3:06.39	3:01.69	3:01.69	2:48.69	2:48.69	2:36.49	2:36.49	2:31.79	2:31.79
	1:58.39	1:58.39	1:54.09	1:54.09	1:46.99	1:46.99	1:38.59	1:38.59	1:36.09	1:36.09	50 BREAST	1:31.89	1:31.89	1:28.29	1:28.29	1:24.19	1:24.19	1:18.79	1:18.79	1:15.39	1:15.39
	5:36.99	5:36.99	5:27.29	5:27.29	5:04.69	5:04.69	4:37.19	4:37.19	4:34.39	4:34.39	100 BREAST	4:25.99	4:25.99	4:18.99	4:18.99	4:01.49	4:01.49	3:48.69	3:48.69	3:38.59	3:38.59
	3:15.79	3:15.79	3:04.29	3:04.29	2:52.99	2:52.99	2:40.29	2:40.29	2:36.79	2:36.79	50 FLY	2:55.09	2:55.09	2:51.59	2:51.59	2:39.69	2:39.69	2:25.39	2:25.39	2:21.79	2:21.79
	7:47.89	7:47.89	7:35.69	7:35.69	7:02.59	7:02.59	6:31.99	6:31.99	6:23.99	6:23.99	150 IM	7:44.09	7:44.09	7:36.99	7:36.99	6:57.71	6:57.71	6:27.59	6:27.59	6:16.29	6:16.29

PARALLEL TIME STANDARDS FOR ATHLETES WITH A DISABILITY - PC AGE GROUP CHAMPIONSHIPS

PARA 2	GIRLS											BOYS									
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11 P2		12 P2		13 P2		14 P2		P2	10 & U P2		11 P2		12 P2		13 P2		14 P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	58.39	1:01.19	57.89	59.79	53.69	55.79	49.29	51.29	48.39	49.79	50 FREE	55.49	58.69	53.89	57.29	50.99	53.19	46.99	48.59	44.99	47.69
	2:11.09	2:17.69	2:07.19	2:11.49	1:57.49	2:02.29	1:48.99	1:54.59	1:47.09	1:52.89	100 FREE	2:02.79	2:09.19	1:57.29	2:04.19	1:52.09	1:58.29	1:42.49	1:46.59	1:39.69	1:44.69
	4:31.19	4:38.69	4:21.09	4:34.59	4:02.79	4:13.09	3:44.79	3:52.09	3:40.49	3:49.49	200 FREE	4:16.09	4:30.69	4:09.09	4:24.99	3:53.09	4:06.19	3:37.29	3:46.59	3:31.79	3:41.89
			10:48.39	8:48.59	9:53.19	8:05.89	9:18.09	7:32.49	8:55.89	7:24.79	400/500 FREE			10:43.19	8:54.39	9:56.49	8:04.29	9:18.29	7:32.59	9:00.59	7:16.79
	1:11.49	1:17.09	1:08.49	1:13.19	1:04.49	1:08.49	1:00.59	1:03.79	58.89	1:02.09	50 BACK	1:03.19	1:07.79	1:00.99	1:04.59	57.39	1:01.69	52.79	55.89	51.19	53.69
	2:44.39	2:49.69	2:38.99	2:44.29	2:28.89	2:36.89	2:20.19	2:27.59	2:16.09	2:23.49	100 BACK	2:36.39	2:48.89	2:32.69	2:42.99	2:22.29	2:29.99	2:12.09	2:19.79	2:08.09	2:14.39
			5:22.49	5:48.99	5:07.19	5:21.49	4:45.99	5:06.59	4:39.29	4:59.29	200 BACK			4:54.09	5:12.49	4:33.19	4:50.79	4:12.39	4:23.39	4:03.09	4:16.89
	1:14.59	1:18.59	1:12.09	1:16.99	1:07.59	1:10.99	1:02.19	1:04.99	1:01.19	1:03.99	50 BREAST	1:10.99	1:15.09	1:07.99	1:12.09	1:04.99	1:08.29	1:00.89	1:04.29	58.19	1:01.69
	2:45.29	2:54.59	2:40.49	2:50.49	2:29.39	2:36.69	2:17.79	2:23.99	2:15.59	2:21.59	100 BREAST	2:36.99	2:47.19	2:32.99	2:43.79	2:22.49	2:32.39	2:14.98	2:22.39	2:08.99	2:16.69
			5:46.89	6:10.99	5:29.29	5:45.19	4:35.89	4:48.39	4:29.19	4:42.99	200 BREAST			5:37.79	5:57.29	5:13.29	5:33.19	4:51.29	5:06.89	4:37.09	4:52.69
	1:14.09	1:17.59	1:09.79	1:12.79	1:05.49	1:07.59	1:00.59	1:02.89	59.29	1:01.89	50 FLY	58.19	1:01.39	55.79	59.99	53.09	55.99	48.39	50.99	47.19	49.49
	3:06.89	3:18.99	3:03.49	3:10.39	2:47.59	2:54.89	2:35.79	2:41.69	2:32.49	2:39.09	100 FLY	3:00.09	3:12.69	2:56.99	3:06.19	2:44.59	2:52.39	2:31.59	2:39.99	2:27.89	2:35.39
	5:40.49	6:02.89	5:31.49	5:45.69	5:07.49	5:20.89	4:45.19	4:59.89	4:39.39	4:53.89	200 IM	5:17.99	5:36.89	5:09.09	5:28.79	4:49.99	5:08.59	4:29.09	4:45.19	4:21.29	4:37.29

PARALLEL TIME STANDARDS FOR ATHLETES WITH A DISABILITY - PC AGE GROUP CHAMPIONSHIPS

PARA 3	GIRLS											BOYS									
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 & U P3		11 P3		12 P3		13 P3		14 P3		P3	10 & U P3		11 P3		12 P3		13 P3		14 P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	45.29	50.09	42.89	47.19	41.09	45.39	38.29	41.89	37.59	41.39	50 FREE	40.89	45.69	38.99	43.79	37.59	41.29	34.69	37.79	33.19	37.19
	1:37.29	1:47.79	1:34.39	1:42.89	1:27.19	1:35.79	1:20.89	1:29.79	1:19.49	1:28.49	100 FREE	1:29.19	1:39.09	1:25.19	1:35.39	1:20.29	1:29.09	1:14.49	1:21.69	1:12.49	1:20.19
	4:00.99	4:21.39	3:52.09	4:13.59	3:35.69	3:57.39	3:19.79	3:37.59	3:15.99	3:35.19	200 FREE	3:20.99	3:44.29	3:12.59	3:35.79	3:03.29	3:23.99	2:50.49	3:07.79	2:46.19	3:03.89
	9:11.89	8:09.69	8:56.59	7:51.09	8:10.89	7:12.99	7:41.89	6:43.19	7:32.89	6:36.39	400/500 FREE	8:45.69	7:48.09	8:30.09	7:33.59	8:00.49	7:00.09	7:29.79	6:32.69	7:15.49	6:18.89
			20:26.59	17:25.69	18:41.79	15:54.89	17:25.89	14:50.59	17:10.59	14:31.49	800/1000 FREE			20:47.59	17:51.99	18:49.49	16:13.79	17:33.89	14:57.09	16:59.79	14:26.69
			36:02.89	34:32.39	32:52.99	31:19.89	31:40.19	29:57.79	30:50.79	29:10.09	1500/1650 FREE			37:26.49	36:31.49	34:56.79	32:51.19	32:40.79	30:30.39	31:37.69	29:36.99
	55.29	1:02.89	52.99	59.59	49.79	55.89	46.89	52.09	45.59	50.69	50 BACK	47.19	53.49	44.79	51.09	42.89	48.69	39.39	44.09	38.19	42.39
	1:55.79	2:07.49	1:51.99	2:03.69	1:44.89	1:56.59	1:38.79	1:49.69	1:35.99	1:46.69	100 BACK	1:38.39	1:51.89	1:33.59	1:47.09	1:29.59	1:39.59	1:22.99	1:32.79	1:20.49	1:29.19
			4:24.19	4:50.49	4:11.69	4:37.99	3:54.49	4:25.29	3:48.99	4:18.89	200 BACK			3:56.19	4:19.59	3:39.39	3:59.79	3:22.69	3:43.39	3:15.29	3:37.79
	58.79	1:05.29	56.69	1:02.89	53.19	58.99	48.89	53.89	47.89	53.09	50 BREAST	51.09	56.99	48.89	54.79	46.79	51.89	43.89	48.89	41.99	46.89
	2:03.59	2:17.89	2:00.09	2:14.59	1:51.79	2:03.69	1:42.99	1:53.69	1:41.39	1:51.89	100 BREAST	1:53.19	2:07.29	1:49.99	2:04.09	1:42.49	1:55.99	1:37.29	1:48.29	1:32.99	1:43.99
			4:44.89	5:11.09	4:30.39	4:58.69	4:06.79	4:32.39	4:00.89	4:27.29	200 BREAST			4:06.99	4:35.79	3:49.09	4:10.19	3:32.99	3:49.19	3:22.69	3:42.89
	51.49	56.79	48.29	53.19	45.39	49.39	41.99	46.09	41.09	45.29	50 FLY	45.09	50.29	42.69	47.89	41.09	45.19	37.49	41.29	36.49	40.49
	1:46.29	1:57.89	1:41.29	1:52.89	1:35.19	1:46.79	1:28.59	1:37.09	1:26.69	1:35.49	100 FLY	1:33.39	1:45.49	1:29.09	1:41.19	1:25.49	1:36.59	1:18.69	1:27.59	1:16.79	1:24.99
			4:12.79	4:36.09	3:50.29	4:13.49	3:29.29	3:53.99	3:26.49	3:50.89	200 FLY			4:04.29	4:33.79	3:33.99	4:01.79	3:22.79	3:47.29	3:14.69	3:37.29
	4:04.29	4:34.79	3:57.89	4:21.79	3:40.69	4:03.09	3:24.59	3:47.09	3:20.39	3:42.49	200 IM	3:33.49	3:58.69	3:27.99	3:52.19	3:14.69	3:34.39	3:00.69	3:17.89	2:55.39	3:13.09
			9:26.89	10:24.99	8:49.39	9:38.09	8:13.89	8:51.79	8:03.29	8:41.39	400 IM			8:46.39	9:33.29	8:00.39	8:34.99	7:22.29	7:54.19	7:06.59	7:43.99

Parallel Time Standards for Swimmers With A Disability - LSC																	
Para 1	Girls									Boys							
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59
Parallel Time Standards for Swimmers With A Disability - LSC																	
Para 2	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09
Parallel Time Standards for Swimmers With A Disability - LSC																	
Para 3	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39