

| Para 1 LSC 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 |         |
|   | Yard      | LCM     | Yard     | LCM     | Yard     | LCM     | Yard      | LCM     | Yards   | LCM       | Yards   | LCM      | Yards   | LCM      | Yards   | LCM       |         |
|   | 1:37.89   | 1:37.89 | 1:29.39  | 1:29.39 | 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 |
|   | 3:25.49   | 3:45.49 | 3:07.69  | 3:07.69 | 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 |
|   | 8:12.09   | 8:12.09 | 7:29.39  | 7:29.39 | 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 |
|   | 1:55.89   | 1:55.89 | 1:45.79  | 1:45.79 | 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 |
|   | 3:33.99   | 3:32.99 | 3:14.59  | 3:14.59 | 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 |
|   | 1:47.29   | 1:47.29 | 1:30.99  | 1:37.99 | 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 |
|   | 5:05.89   | 5:05.89 | 4:39.39  | 4:39.39 | 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 |
| 2:52.49   | 2:52.49   | 2:37.45 | 2:37.49  | 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   |         |
| 7:07.49   | 7:07.49   | 6:30.39 | 6:30.39  | 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   |         |

| Para 2 LSC 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 |         |
|  | Yard      | LCM      | Yard     | LCM     | Yard     | LCM     | Yard      | LCM     | Yards   | LCM       | Yard    | LCM      | Yards   | LCM      | Yards   | LCM       |         |
|  | 51.49     | 54.19    | 46.89    | 49.39   | 45.09    | 47.49   | 44.39     | 46.79   | 50 FR   | 53.99     | 56.79   | 49.09    | 51.69   | 44.19    | 46.49   | 42.59     | 44.79   |
|  | 1:54.69   | 2:00.69  | 1:44.39  | 1:49.89 | 1:40.39  | 1:45.69 | 1:38.89   | 1:44.09 | 100 FR  | 1:59.09   | 2:05.29 | 1:48.29  | 1:53.99 | 1:37.39  | 1:42.59 | 57:36.00  | 1:38.79 |
|  | 3:56.09   | 4:08.49  | 3:34.89  | 3:46.29 | 3:26.79  | 3:37.69 | 3:23.49   | 3:34.29 | 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 |
|  | 1:02.59   | 1:05.89  | 56.99    | 59.99   | 54.79    | 57.69   | 53.99     | 56.79   | 50 BK   | 1:01.09   | 1:04.29 | 55.49    | 58.39   | 49.99    | 52.59   | 48.09     | 50.69   |
|  | 2:24.79   | 2:32.49  | 2:11.89  | 2:18.79 | 2:06.89  | 2:13.49 | 2:04.89   | 2:11.39 | 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 |
|  | 1:00.79   | 1:03.99  | 55.29    | 58.29   | 53.19    | 55.99   | 52.39     | 55.19   | 50 BR   | 1:09.19   | 1:12.79 | 1:02.89  | 1:06.19 | 56.59    | 59.59   | 54.49     | 57.39   |
|  | 2:24.99   | 2:32.59  | 2:11.99  | 2:18.89 | 2:06.99  | 2:13.69 | 2:04.99   | 2:11.59 | 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 |
|  |           | 4:24.89  | 4:38.79  | 4:14.79 | 4:28.29  | 4:10.79 | 4:23.99   | 200 BR  |         |           | 5:00.99 | 5:16.79  | 4:30.89 | 4:45.09  | 4:20.89 | 4:34.59   |         |
| 1:03.09  | 1:06.39   | 21:36.00 | 1:00.39  | 55.19   | 58.09    | 54.39   | 57.19     | 50 FL   | 55.89   | 58.79     | 50.79   | 53.49    | 45.69   | 48.09    | 43.99   | 46.39     |         |
| 2:42.09  | 2:50.59   | 2:27.59  | 2:35.29  | 2:21.99 | 2:29.49  | 2:19.69 | 2:27.09   | 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   |         |
| 5:00.59  | 5:16.39   | 4:33.69  | 4:48.09  | 4:23.29 | 4:37.19  | 4:19.19 | 4:32.79   | 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   |         |

**Para 3 LSC 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 |          |
|   | Yards   | LCM     | Yard     | LCM      | Yard     | LCM      | Yard      | LCM      |                 | Yards    | LCM     | Yard     | LCM      | Yards        | LCM      | Yards     | LCM      |
| P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance. | 38.49   | 42.79   | 34.89    | 38.79    | 33.79    | 37.29    | 32.99     | 36.69    | 50 FR           | 39.79    | 44.19   | 36.19    | 40.19    | 32.5         | 36.19    | 31.39     | 34.79    |
|   | 1:22.09 | 1:31.29 | 1:14.49  | 1:22.79  | 1:11.59  | 1:19.59  | 1:10.39   | 1:18.19  | 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  |
|   | 3:22.59 | 3:45.09 | 3:03.79  | 3:24.19  | 2:56.49  | 3:16.19  | 2:53.69   | 3:12.89  | 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  |
|   | 7:25.89 | 7:25.89 | 6:44.49  | 6:44.49  | 6:28.59  | 6:28.59  | 6:22.19   | 6:22.19  | 500/<br>400 FR  | 7:45.09  | 7:30.09 | 7:00.09  | 6:49.19  | 6:15.09      | 6:08.29  | 6:00.09   | 5:54.69  |
|   |         |         | 14:33.09 | 14:33.09 | 13:58.69 | 13:58.69 | 13:44.99  | 14:04.99 | 500/<br>800 FR  |          |         | 16:02.39 | 15:37.49 | 14:19.29     | 14:03.69 | 13:44.99  | 13:32.49 |
|   |         |         | 26:46.19 | 26:46.19 | 25:42.89 | 25:42.89 | 25:17.69  | 25:17.69 | 500/<br>1500 FR |          |         | 29:30.19 | 31:55.79 | 26:20.4<br>9 | 28:44.19 | 25:17.29  | 27:40.29 |
|   | 38.69   | 42.99   | 35.09    | 38.99    | 33.69    | 37.49    | 33.19     | 36.89    | 50 BK           | 45.59    | 50.69   | 41.49    | 46.09    | 37.29        | 41.49    | 35.89     | 39.89    |
|   | 1:38.49 | 1:45.39 | 1:29.29  | 1:39.29  | 1:25.79  | 1:35.39  | 1:24.39   | 1:33.79  | 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  |
|   |         |         | 2:57.39  | 3:17.09  | 2:50.39  | 3:09.29  | 2:47.59   | 3:06.19  | 200 BK          |          |         | 3:29.49  | 3:52.79  | 3:08.59      | 3:29.49  | 3:01.59   | 3:21.79  |
|   | 42.29   | 46.99   | 38.39    | 42.59    | 36.79    | 40.89    | 36.19     | 40.29    | 50 BR           | 49.79    | 55.29   | 45.29    | 50.29    | 40.79        | 45.29    | 39.29     | 43.59    |
|   | 1:44.69 | 1:56.39 | 1:34.99  | 1:45.59  | 1:31.29  | 1:41.39  | 1:29.79   | 1:39.69  | 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  |
|   |         |         | 3:06.29  | 3:26.99  | 2:58.99  | 3:18.89  | 2:56.09   | 3:15.59  | 200 BR          |          |         | 3:40.09  | 4:04.49  | 3:18.09      | 3:40.09  | 2:56.09   | 3:31.89  |
|   | 36.69   | 40.79   | 33.29    | 36.99    | 31.99    | 35.49    | 31.49     | 34.99    | 50 FL           | 43.29    | 48.09   | 39.29    | 43.69    | 35.39        | 39.29    | 31.49     | 37.89    |
|   | 1:28.89 | 1:38.79 | 1:20.69  | 1:29.59  | 1:17.49  | 1:26.09  | 1:16.19   | 1:24.69  | 100 FL          | 1:30.89  | 1:40.99 | 1:22.59  | 1:31.99  | 1:14.39      | 1:22.59  | 1:06.09   | 1:19.59  |
|   |         |         | 2:57.09  | 3:16.79  | 1:50.09  | 3:08.99  | 2:47.39   | 3:05.89  | 200 FL          |          |         | 3:29.19  | 3:52.39  | 3:26.29      | 3:29.19  | 2:47.39   | 3:21.39  |
|   | 3:28.19 | 3:51.39 | 3:08.89  | 3:29.89  | 3:01.49  | 3:21.59  | 2:58.49   | 3:18.29  | 200 IM          | 33:36.00 | 3:52.99 | 3:10.69  | 3:31.79  | 2:51.59      | 3:10.69  | 2:32.49   | 3:03.59  |
|   |         | 7:03.39 | 7:03.89  | 6:46.79  | 6:46.79  | 6:40.09  | 6:40.09   | 400 IM   |                 |          | 7:46.79 | 8:20.09  | 6:56.79  | 7:30.09      | 6:40.09  | 7:13.39   |          |



