

Rio 2016 Paralympic Games – MQS and MET

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50m Freestyle	S3	01:02.15	01:07.12	N/A	N/A
	S4	00:41.66	00:44.99	01:01.07	01:05.96
	S5	00:38.95	00:42.07	00:45.29	00:48.91
	S6	00:33.25	00:35.91	00:37.60	00:40.61
	S7	00:30.29	00:32.71	00:36.13	00:39.02
	S8	00:28.44	00:30.72	00:33.36	00:36.03
	S9	00:26.95	00:29.11	00:30.49	00:32.93
	S10	00:25.24	00:27.26	00:29.81	00:32.19
	S11	00:28.83	00:31.14	00:35.15	00:37.96
	S12	00:25.39	00:27.42	00:31.00	00:33.48
S13	00:25.46	00:27.50	00:30.01	00:32.41	
100m Freestyle	S3	N/A	N/A	02:39.50	02:50.67
	S4	01:34.25	01:40.85	N/A	N/A
	S5	01:26.37	01:32.42	01:39.75	01:46.73
	S6	01:14.22	01:19.42	01:23.38	01:29.22
	S7	01:07.03	01:11.72	01:18.40	01:23.89
	S8	01:02.59	01:06.97	01:14.65	01:19.88
	S9	00:58.53	01:02.63	01:06.94	01:11.63
	S10	00:55.91	00:59.82	01:04.58	01:09.10
	S11	01:06.69	01:11.36	01:19.55	01:25.12
	S13	00:56.66	01:00.63	01:05.99	01:10.61
200m Freestyle	S2	06:04.94	06:26.84	N/A	N/A
	S3	04:51.12	05:08.59	N/A	N/A
	S4	03:41.97	03:55.29	N/A	N/A
	S5	03:05.10	03:16.21	03:38.74	03:51.86
	S14	02:02.84	02:08.98	02:21.10	02:29.57
400m Freestyle	S6	05:45.65	06:02.93	06:23.20	06:42.36
	S7	05:22.72	05:38.86	05:53.48	06:11.15
	S8	04:49.29	05:03.75	05:37.95	05:54.85
	S9	04:34.39	04:48.11	05:16.28	05:32.09
	S10	04:24.23	04:37.44	04:52.79	05:07.43
	S11	05:40.84	05:57.88	06:13.47	06:32.14
	S13	04:45.69	04:59.97	05:22.29	05:38.40
50m Backstroke	S1	01:42.21	01:50.39	N/A	N/A
	S2	01:11.32	01:17.03	01:33.10	01:40.55
	S3	01:04.59	01:09.76	01:20.16	01:26.57
	S4	00:52.95	00:57.19	01:05.85	01:11.12
	S5	00:44.33	00:47.88	00:56.11	01:00.60
100m Backstroke	S1	03:45.40	04:01.18	N/A	N/A
	S2	02:47.92	02:59.67	02:58.30	03:10.78
	S6	01:27.08	01:33.18	01:39.21	01:46.15
	S7	01:18.99	01:24.52	01:35.96	01:42.68
	S8	01:12.25	01:17.31	01:29.39	01:35.65

	S9	01:07.48	01:12.20	01:17.70	01:23.14
	S10	01:04.75	01:09.28	01:13.40	01:18.54
	S11	01:19.52	01:25.09	01:32.78	01:39.27
	S12	01:11.86	01:16.89	01:23.21	01:29.03
	S13	01:10.38	01:15.31	01:21.22	01:26.91
	S14	01:05.99	01:10.61	01:16.23	01:21.57
50m Breaststroke					
	SB2	01:38.35	01:46.22	N/A	N/A
	SB3	00:55.36	00:59.79	01:32.87	01:40.30
100m Breaststroke					
	SB4	01:59.46	02:07.82	02:20.22	02:30.04
	SB5	01:46.50	01:53.95	02:04.13	02:12.82
	SB6	01:34.29	01:40.89	01:53.07	02:00.98
	SB7	01:26.73	01:32.80	01:52.17	02:00.02
	SB8	01:18.05	01:23.51	01:32.10	01:38.55
	SB9	01:14.45	01:19.66	01:23.02	01:28.83
	SB11	01:25.79	01:31.80	01:46.05	01:53.47
	SB12	01:16.02	01:21.34	N/A	N/A
	SB13	01:18.87	01:24.39	01:29.76	01:36.04
	SB14	01:13.10	01:18.22	01:24.15	01:30.04
50m Butterfly					
	S5	00:45.34	00:48.97	00:54.29	00:58.63
	S6	00:35.25	00:38.07	00:42.61	00:46.02
	S7	00:33.92	00:36.63	00:42.51	00:45.91
100m Butterfly					
	S8	01:07.15	01:11.85	01:24.79	01:30.73
	S9	01:03.49	01:07.93	01:14.03	01:19.21
	S10	01:00.47	01:04.70	01:12.80	01:17.90
	S11	01:20.98	01:26.65	N/A	N/A
	S13	01:09.22	01:14.07	01:24.59	01:30.51
150m Individual Medley					
	SM3	03:39.92	03:53.12	N/A	N/A
	SM4	03:01.38	03:12.26	04:21.50	04:37.19
200m Individual Medley					
	SM5	N/A	N/A	04:29.30	04:45.46
	SM6	03:06.57	03:17.76	03:28.61	03:41.13
	SM7	02:54.47	03:04.94	03:40.07	03:53.27
	SM8	02:33.40	02:42.60	03:07.34	03:18.58
	SM9	02:26.38	02:35.16	02:47.98	02:58.06
	SM10	02:17.20	02:25.43	02:39.82	02:49.41
	SM11	02:54.09	03:04.54	03:30.34	03:42.96
	SM13	02:36.28	02:45.66	02:52.27	03:02.61
	SM14	02:20.78	02:29.23	02:41.83	02:51.54
*Relays					
4x100 Freestyle	34 points	04:35.76		05:36.00	
4x100 Medley	34 points	04:49.19		05:51.81	
Mixed 4x50 Freestyle	20 points	3:35.00			

*Relay teams can only reach MQS by swimming in the respective relay event at IPC Swimming recognized competitions.