

Tokyo 2020 Paralympic Games – MQS and MET

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50m Freestyle	S3	00:54.52	01:11.00	N/A	N/A
	S4	00:42.97	00:47.46	00:47.84	00:55.62
	S5	00:36.19	00:36.84	N/A	N/A
	S6	N/A	N/A	00:37.78	00:38.98
	S7	00:29.94	00:31.03	N/A	N/A
	S8	N/A	N/A	00:33.61	00:34.88
	S9	00:26.74	00:27.86	N/A	N/A
	S10	00:25.47	00:26.09	00:28.99	00:29.88
	S11	00:28.47	00:29.23	00:33.72	00:35.56
	S13	00:25.55	00:26.25	00:28.88	00:29.54
100m Freestyle	S3	N/A	N/A	02:33.78	04:47.35
	S4	01:37.67	01:56.98	N/A	N/A
	S5	01:20.70	01:23.81	01:34.86	01:46.15
	S6	01:11.48	01:14.34	N/A	N/A
	S7	N/A	N/A	01:17.98	01:20.32
	S8	01:01.79	01:03.40	N/A	N/A
	S9	N/A	N/A	01:05.84	01:07.33
	S10	00:55.28	00:57.11	01:03.11	01:04.06
	S11	N/A	N/A	01:15.48	01:18.95
		S12	00:57.95	01:01.32	01:08.05
200m Freestyle	S2	05:28.14	06:23.56	N/A	N/A
	S3	04:43.70	05:01.06	N/A	N/A
	S4	03:37.23	04:06.74	N/A	N/A
	S5	03:02.23	03:05.56	03:33.74	03:59.82
		S14	02:01.29	02:03.63	02:18.21
400m Freestyle	S6	05:38.47	05:46.98	05:55.92	06:21.68
	S7	05:08.98	05:17.62	05:46.79	06:02.25
	S8	04:50.25	05:00.35	05:21.68	05:32.35
	S9	04:29.80	04:35.02	05:04.07	05:10.83
	S10	04:20.45	04:24.42	04:49.14	04:54.81
	S11	05:23.76	05:33.75	05:57.51	06:45.43
	S13	04:34.61	04:48.40	04:59.02	05:10.75
50m Backstroke	S1	01:53.26	01:53.26	N/A	N/A
	S2	01:14.55	01:26.31	01:53.58	01:53.58
	S3	00:59.06	01:07.00	01:14.71	02:12.50
	S4	00:52.67	00:56.33	01:03.14	01:12.50
	S5	00:42.08	00:43.53	00:51.08	00:56.32

100m Backstroke	S1	03:54.62	03:54.62	N/A	N/A
	S2	02:40.18	03:16.79	03:36.93	03:36.93
	S6	01:24.94	01:28.87	01:34.75	01:42.10
	S7	01:19.54	01:21.61	01:30.06	01:32.57
	S8	01:12.78	01:13.85	01:23.99	01:25.84
	S9	01:06.34	01:07.72	01:16.25	01:18.01
	S10	01:03.84	01:05.93	01:14.52	01:15.71
	S11	01:18.95	01:22.21	01:29.09	01:36.31
	S12	01:08.98	01:11.84	01:21.97	01:30.21
	S13	01:04.58	01:08.95	01:13.03	01:17.76
S14	01:04.40	01:05.30	01:14.58	01:17.69	
50m Breaststroke	SB2	03:18.37	03:18.37	N/A	N/A
	SB3	00:56.40	01:02.59	01:08.39	01:23.79
100m Breaststroke	SB4	01:58.19	02:03.86	02:24.49	02:48.02
	SB5	01:48.80	01:52.38	01:59.21	02:04.74
	SB6	01:28.56	01:31.47	01:49.76	01:52.96
	SB7	01:26.51	01:29.03	01:45.04	01:51.96
	SB8	01:18.83	01:21.78	01:32.49	01:37.44
	SB9	01:13.48	01:15.33	01:24.68	01:27.72
	SB11	01:25.54	01:28.59	01:41.11	01:50.43
	SB12	01:16.17	01:18.73	01:31.51	01:39.73
	SB13	01:14.14	01:16.61	01:25.67	01:28.68
SB14	01:10.16	01:12.07	01:26.08	01:27.95	
50m Butterfly	S5	00:40.61	00:43.44	00:56.59	01:21.87
	S6	00:34.96	00:36.54	00:42.49	00:45.71
	S7	00:32.90	00:34.87	00:40.25	00:44.46
100m Butterfly	S8	01:06.44	01:09.59	01:21.52	01:25.41
	S9	01:03.41	01:04.52	01:12.69	01:16.05
	S10	01:00.97	01:02.66	01:10.35	01:15.98
	S11	01:20.22	01:25.98	N/A	N/A
	S12	01:03.41	01:08.74	N/A	N/A
	S13	01:00.84	01:03.33	01:14.58	01:23.23
	S14	00:59.87	01:00.69	01:11.98	01:14.14
150m Individual Medley	SM3	04:42.97	06:40.09	N/A	N/A
	SM4	03:09.71	03:22.69	03:43.55	05:12.98
200m Individual Medley	SM5	N/A	N/A	04:41.15	06:37.18
	SM6	03:05.82	03:10.89	03:24.27	03:37.81
	SM7	02:51.39	02:57.09	03:22.16	03:42.56
	SM8	02:34.21	02:38.30	03:07.10	03:12.80
	SM9	02:26.50	02:28.49	02:46.53	02:51.84
	SM10	02:18.96	02:27.00	02:36.69	02:42.23
	SM11	02:49.92	02:58.48	03:10.45	03:35.03
	SM13	02:21.49	02:24.38	02:40.48	02:46.99
SM14	02:17.68	02:19.02	02:40.88	02:43.02	

*Relays		
4x100m Freestyle 34 points	04:40.00	06:15.00
4x100m Medley 34 points	05:00.00	06:40.00
Mixed 4x50m Freestyle 20 points	03:35.00	
Mixed 4x100m Freestyle S14	05:00.00	
Mixed 4x100m Freestyle 49 points	05:30.00	

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