

World Para Swimming Point Scores 2025 – Long Course Events

Method to calculate the points for a specific performance is the Gompertz function:

$$G(p, a, b, c) = q = ae^{-e^{b-\frac{c}{p}}}$$

To calculate the required performance for given points, the inverse Gompertz function is

$$G^{-1}(q, a, b, c) = p = c / \left(b - \ln \left(\ln \left(\frac{a}{q} \right) \right) \right)$$

with performance p (in seconds), points q , and parameters a, b, c as given in the table below:

Senior Event	Class	a	b (Men)	c (Men)	b (Women)	c (Women)
50 m Freestyle	S1	1200	6.19124	514.697	5.576717	482.231
	S2	1200	6.19124	433.57	5.576717	428.046
	S3	1200	6.19124	335.596	5.576717	344.866
	S4	1200	6.19124	268.643	5.576717	265.725
	S5	1200	6.19124	246.456	5.576717	261.73
	S6	1200	6.19124	228.802	5.576717	238.371
	S7	1200	6.19124	217.961	5.576717	231.668
	S8	1200	6.19124	207.838	5.576717	219.682
	S9	1200	6.19124	199.15	5.576717	207.941
	S10	1200	6.19124	188.639	5.576717	199.524
	S11	1200	6.19124	200.412	5.576717	209.57
	S12	1200	6.19124	183.808	5.576717	190.312
	S13	1200	6.19124	184.123	5.576717	191.802
100 m Freestyle	S1	1200	6.214489	1089.258	5.638936	1060.513
	S2	1200	6.214489	953.475	5.638936	920.907
	S3	1200	6.214489	748.941	5.638936	667.731
	S4	1200	6.214489	629.354	5.638936	593.268
	S5	1200	6.214489	544	5.638936	562.933
	S6	1200	6.214489	507.154	5.638936	526.289
	S7	1200	6.214489	479.85	5.638936	504.515
	S8	1200	6.214489	450.444	5.638936	481.244
	S9	1200	6.214489	432.643	5.638936	454.766
	S10	1200	6.214489	411.577	5.638936	433.293
	S11	1200	6.214489	445.851	5.638936	465.252
	S12	1200	6.214489	402.536	5.638936	415.377
	S13	1200	6.214489	400.358	5.638936	421.095
S14	1200	6.214489	413.869	5.638936	428.969	
200 m Freestyle	S1	1200	5.852852	2058.228	5.56256	2041.977
	S2	1200	5.852852	1801.339	5.56256	1973.025
	S3	1200	5.852852	1447.071	5.56256	1519.13
	S4	1200	5.852852	1206.106	5.56256	1251.698
	S5	1200	5.852852	1127.125	5.56256	1194.055
	S6	1200	5.852852	1095.492	5.56256	1095.385

	S7	1200	5.852852	1012.414	5.56256	1093.894
	S8	1200	5.852852	953.269	5.56256	1013.114
	S9	1200	5.852852	904.159	5.56256	991.329
	S10	1200	5.852852	860.355	5.56256	922.642
	S11	1200	5.852852	948.143	5.56256	1011.406
	S12	1200	5.852852	887.383	5.56256	896.675
	S13	1200	5.852852	846.96	5.56256	928.892
	S14	1200	5.852852	862.195	5.56256	920.727
400 m Freestyle	S6	1200	7.024658	2592.171	7.181373	2778.429
	S7	1200	7.024658	2411.227	7.181373	2705.113
	S8	1200	7.024658	2269.922	7.181373	2554.645
	S9	1200	7.024658	2181.12	7.181373	2475.596
	S10	1200	7.024658	2088.24	7.181373	2374.219
	S11	1200	7.024658	2326.383	7.181373	2605.012
	S12	1200	7.024658	2105.326	7.181373	2345.602
	S13	1200	7.024658	2067.492	7.181373	2313.008
	S14	1200	7.024658	2180.492	7.181373	2392.422
800 m Freestyle	S6	1200	8.33473	6121.806	9.710446	7127.429
	S7	1200	8.33473	5817.327	9.710446	7186.769
	S8	1200	8.33473	5255.799	9.710446	7038.442
	S9	1200	8.33473	5155.031	9.710446	6419.788
	S10	1200	8.33473	5094.4	9.710446	6358.44
	S11	1200	8.33473	5543.576	9.710446	7110.07
	S12	1200	8.33473	5491.926	9.710446	6265.314
	S13	1200	8.33473	5139.254	9.710446	6241.559
	S14	1200	8.33473	5079.763	9.710446	6453.196
1500 m Freestyle	S6	1200	7.711087	12002.05	9.178323	14427.286
	S7	1200	7.711087	9965.918	9.178323	12838.35
	S8	1200	7.711087	10203.33	9.178323	13418.87
	S9	1200	7.711087	9414.711	9.178323	12028.83
	S10	1200	7.711087	8726.96	9.178323	12491.99
	S11	1200	7.711087	10750.668	9.178323	14117.415
	S12	1200	7.711087	10703.508	9.178323	11395.489
	S13	1200	7.711087	9275.257	9.178323	11626.695
	S14	1200	7.711087	9219.269	9.178323	11782.05
50 m Backstroke	S1	1200	4.45983	396.735	4.470313	402.313
	S2	1200	4.45983	323.435	4.470313	357.783
	S3	1200	4.45983	277.64	4.470313	322.271
	S4	1200	4.45983	255.776	4.470313	286.651
	S5	1200	4.45983	218.616	4.470313	261.253
	S6	1200	4.45983	213.528	4.470313	236.393
	S7	1200	4.45983	203.094	4.470313	230.911
	S8	1200	4.45983	186.72	4.470313	221.4
	S9	1200	4.45983	180.058	4.470313	200.892
	S10	1200	4.45983	168.79	4.470313	191.993

	S11	1200	4.45983	186.896	4.470313	212.113
	S12	1200	4.45983	163.752	4.470313	193.108
	S13	1200	4.45983	160.268	4.470313	191.745
100 m Backstroke	S1	1200	6.178502	1025.322	6.073472	1090.653
	S2	1200	6.178502	856.133	6.073472	965.951
	S3	1200	6.178502	755.839	6.073472	948.607
	S4	1200	6.178502	733.502	6.073472	810.005
	S5	1200	6.178502	680.407	6.073472	717.381
	S6	1200	6.178502	576.486	6.073472	631.047
	S7	1200	6.178502	540.973	6.073472	616.543
	S8	1200	6.178502	515.678	6.073472	592.313
	S9	1200	6.178502	487.619	6.073472	550.994
	S10	1200	6.178502	467.142	6.073472	516.938
	S11	1200	6.178502	510.825	6.073472	576.113
	S12	1200	6.178502	446.409	6.073472	508.994
	S13	1200	6.178502	436.361	6.073472	501.031
	S14	1200	6.178502	470.75	6.073472	516.47
200 m Backstroke	S6	1200	7.678726	1460.946	7.713458	1522.933
	S7	1200	7.678726	1467.258	7.713458	1522.643
	S8	1200	7.678726	1326.149	7.713458	1555.036
	S9	1200	7.678726	1271.413	7.713458	1426.14
	S10	1200	7.678726	1216.361	7.713458	1380.256
	S11	1200	7.678726	1316.788	7.713458	1571.826
	S12	1200	7.678726	1224.211	7.713458	1343.429
	S13	1200	7.678726	1203.433	7.713458	1384.276
	S14	1200	7.678726	1229.371	7.713458	1393.502
50 m Breaststroke	SB1	1200	4.931935	532.09	4.568829	539.174
	SB2	1200	4.931935	330.883	4.568829	411.907
	SB3	1200	4.931935	299.689	4.568829	332.052
	SB4	1200	4.931935	269.78	4.568829	289.683
	SB5	1200	4.931935	268.309	4.568829	273.097
	SB6	1200	4.931935	232.304	4.568829	263.686
	SB7	1200	4.931935	228.959	4.568829	261.327
	SB8	1200	4.931935	206.177	4.568829	228.455
	SB9	1200	4.931935	199.923	4.568829	213.134
	SB11	1200	4.931935	214.29	4.568829	229.887
	SB12	1200	4.931935	195.899	4.568829	210.385
	SB13	1200	4.931935	191.941	4.568829	220.993
100 m Breaststroke	SB1	1200	5.176291	1151.938	5.094752	1357.988
	SB2	1200	5.176291	874.009	5.094752	1101.95
	SB3	1200	5.176291	744.514	5.094752	882.349
	SB4	1200	5.176291	628.989	5.094752	707.572
	SB5	1200	5.176291	610.389	5.094752	667.43
	SB6	1200	5.176291	533.164	5.094752	627.913
	SB7	1200	5.176291	525.442	5.094752	601.959

	SB8	1200	5.176291	475.429	5.094752	537.862
	SB9	1200	5.176291	452.034	5.094752	520.745
	SB11	1200	5.176291	496.476	5.094752	557.46
	SB12	1200	5.176291	443.59	5.094752	501.461
	SB13	1200	5.176291	433.754	5.094752	504.347
	SB14	1200	5.176291	451.986	5.094752	515.723
200 m Breaststroke	SB4	1200	7.969401	1922.237	8.091127	2058.153
	SB5	1200	7.969401	1868.894	8.091127	2093.951
	SB6	1200	7.969401	1660.293	8.091127	1948.082
	SB7	1200	7.969401	1602.712	8.091127	1836.312
	SB8	1200	7.969401	1416.804	8.091127	1706.196
	SB9	1200	7.969401	1490.311	8.091127	1616.195
	SB11	1200	7.969401	1598.017	8.091127	1824.949
	SB12	1200	7.969401	1476	8.091127	1570.937
	SB13	1200	7.969401	1355.438	8.091127	1566.452
	SB14	1200	7.969401	1382.964	8.091127	1647.181
50 m Butterfly	S1	1200	5.052771	797.939	4.433943	480.522
	S2	1200	5.052771	361.006	4.433943	364.041
	S3	1200	5.052771	322.982	4.433943	330.698
	S4	1200	5.052771	257.779	4.433943	259.784
	S5	1200	5.052771	221.489	4.433943	250.606
	S6	1200	5.052771	203.68	4.433943	207.423
	S7	1200	5.052771	197.991	4.433943	201.831
	S8	1200	5.052771	184.345	4.433943	195.602
	S9	1200	5.052771	178.579	4.433943	180.284
	S10	1200	5.052771	170.577	4.433943	176.447
	S11	1200	5.052771	176.228	4.433943	197.873
	S12	1200	5.052771	166.668	4.433943	171.71
	S13	1200	5.052771	171.804	4.433943	176.164
100 m Butterfly	S5	1200	6.975873	606.384	5.968168	844.177
	S6	1200	6.975873	594.333	5.968168	608.556
	S7	1200	6.975873	595.874	5.968168	586.935
	S8	1200	6.975873	508.642	5.968168	518.791
	S9	1200	6.975873	500.78	5.968168	498.994
	S10	1200	6.975873	479.308	5.968168	482.64
	S11	1200	6.975873	510.296	5.968168	559.931
	S12	1200	6.975873	467.522	5.968168	471.679
	S13	1200	6.975873	466.389	5.968168	465.618
	S14	1200	6.975873	484.437	5.968168	494.339
200 m Butterfly	S8	1200	9.732635	1543.538	9.823312	1896.124
	S9	1200	9.732635	1478.611	9.823312	1737.68
	S10	1200	9.732635	1428.712	9.823312	1661.892
	S11	1200	9.732635	1584.662	9.823312	1969.903
	S12	1200	9.732635	1429.355	9.823312	1727.066
	S13	1200	9.732635	1338.907	9.823312	1581.308

	S14	1200	9.732635	1461.961	9.823312	1718.738
150 m Individual	SM1	1200	4.998854	1929.499	4.044227	1297.667
Medley	SM2	1200	4.998854	1425.496	4.044227	1608.986
	SM3	1200	4.998854	1122.608	4.044227	1019.076
	SM4	1200	4.998854	964.365	4.044227	929.692
200 m Individual	SM3	1200	7.214681	2255.741	6.917578	5141.396
Medley	SM4	1200	7.214681	1727.73	6.917578	1969.432
	SM5	1200	7.214681	1572.295	6.917578	1704.896
	SM6	1200	7.214681	1414.34	6.917578	1508.872
	SM7	1200	7.214681	1338.795	6.917578	1482.322
	SM8	1200	7.214681	1254.706	6.917578	1379.419
	SM9	1200	7.214681	1199.339	6.917578	1311.466
	SM10	1200	7.214681	1150.955	6.917578	1245.74
	SM11	1200	7.214681	1247.799	6.917578	1378.34
	SM12	1200	7.214681	1127.668	6.917578	1246.316
	SM13	1200	7.214681	1122.39	6.917578	1228.374
	SM14	1200	7.214681	1155.336	6.917578	1250.093
400 m Individual	SM8	1200	9.293284	3244.759	8.503429	3713.662
Medley	SM9	1200	9.293284	3139.879	8.503429	3302.751
	SM10	1200	9.293284	3145.426	8.503429	3097.77
	SM11	1200	9.293284	3402.332	8.503429	3656.868
	SM12	1200	9.293284	3080.716	8.503429	3375.332
	SM13	1200	9.293284	3106.111	8.503429	3153.881
	SM14	1200	9.293284	3090.403	8.503429	3144.132

Youth Point Scores 2025

For youth events, the formula as shown above does not change apart from an adjustment of the c factor to reflect the performance difference between top performers at major international Para swimming competitions and the average of performances expected at youth events.

Method to calculate the points for a specific performance remains the Gompertz function with an additional static factor of 1.2 applicable to all genders, events, and classes:

$$G(p, a, b, c) = q = ae^{-e^{b-1.2\frac{c}{p}}}$$

To calculate the required performance for given points, the inverse Gompertz function is

$$G^{-1}(q, a, b, c) = p = 1.2 \cdot c / \left(b - \ln \left(\ln \left(\frac{a}{q} \right) \right) \right)$$

with performance p (in seconds), points q , and parameters a, b, c as listed on pages 1-5 in this document.