

World Para Swimming Point Scores 2026 – 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	6.190278	515.385	5.542675	496.208
	S2	1200	6.190278	433.181	5.542675	422.286
	S3	1200	6.190278	333.674	5.542675	340.569
	S4	1200	6.190278	268.021	5.542675	263.585
	S5	1200	6.190278	244.5	5.542675	260.748
	S6	1200	6.190278	228.082	5.542675	236.95
	S7	1200	6.190278	217.608	5.542675	229.74
	S8	1200	6.190278	207.301	5.542675	218.616
	S9	1200	6.190278	198.669	5.542675	206.819
	S10	1200	6.190278	188.441	5.542675	198.416
	S11	1200	6.190278	199.846	5.542675	207.528
	S12	1200	6.190278	183.932	5.542675	189.189
	S13	1200	6.190278	183.895	5.542675	191.273
100 m Freestyle	S1	1200	6.234464	1092.007	5.631887	1078.991
	S2	1200	6.234464	951.321	5.631887	907.483
	S3	1200	6.234464	743.315	5.631887	659.277
	S4	1200	6.234464	629.473	5.631887	588.663
	S5	1200	6.234464	540.915	5.631887	561.858
	S6	1200	6.234464	507.07	5.631887	524.537
	S7	1200	6.234464	480.627	5.631887	503.545
	S8	1200	6.234464	450.768	5.631887	479.97
	S9	1200	6.234464	433.183	5.631887	454.068
	S10	1200	6.234464	411.948	5.631887	432.476
	S11	1200	6.234464	445.317	5.631887	462.868
	S12	1200	6.234464	403.699	5.631887	413.816
	S13	1200	6.234464	401.287	5.631887	421.74
	S14	1200	6.234464	414.275	5.631887	428.045
200 m Freestyle	S1	1200	5.85741	2069.044	5.542626	2171.051
	S2	1200	5.85741	1792.375	5.542626	1927.468
	S3	1200	5.85741	1442.311	5.542626	1499.114
	S4	1200	5.85741	1202.718	5.542626	1240.899
	S5	1200	5.85741	1121.535	5.542626	1193.062
	S6	1200	5.85741	1090.875	5.542626	1092.894

	S7	1200	5.85741	1009.476	5.542626	1087.574
	S8	1200	5.85741	949.555	5.542626	1011.224
	S9	1200	5.85741	904.288	5.542626	986.083
	S10	1200	5.85741	858.446	5.542626	920.564
	S11	1200	5.85741	958.315	5.542626	1002.823
	S12	1200	5.85741	887.098	5.542626	896.543
	S13	1200	5.85741	848.808	5.542626	924.019
	S14	1200	5.85741	861.353	5.542626	916.839
400 m Freestyle	S6	1200	7.031938	2590.464	7.169493	2771.897
	S7	1200	7.031938	2411.27	7.169493	2702.351
	S8	1200	7.031938	2267.765	7.169493	2550.903
	S9	1200	7.031938	2177.563	7.169493	2467.682
	S10	1200	7.031938	2091.67	7.169493	2369.03
	S11	1200	7.031938	2323.011	7.169493	2587.852
	S12	1200	7.031938	2106.32	7.169493	2341.779
	S13	1200	7.031938	2069.191	7.169493	2311.852
	S14	1200	7.031938	2177.614	7.169493	2388.088
800 m Freestyle	S6	1200	8.625102	6298.916	9.665276	7099.219
	S7	1200	8.625102	5985.628	9.665276	7198.259
	S8	1200	8.625102	5407.854	9.665276	7010.584
	S9	1200	8.625102	5296.689	9.665276	6394.379
	S10	1200	8.625102	5237.697	9.665276	6333.273
	S11	1200	8.625102	5703.957	9.665276	7144.465
	S12	1200	8.625102	5650.812	9.665276	6240.516
	S13	1200	8.625102	5287.937	9.665276	6228.878
	S14	1200	8.625102	5243.527	9.665276	6360.058
1500 m Freestyle	S6	1200	8.333206	12795.28	8.865509	13376.89
	S7	1200	8.333206	10624.57	8.865509	12469.25
	S8	1200	8.333206	10606.45	8.865509	13033.07
	S9	1200	8.333206	10167.91	8.865509	11682.99
	S10	1200	8.333206	9303.733	8.865509	12140.28
	S11	1200	7.711087	10750.668	9.178323	14117.415
	S12	1200	7.711087	10703.508	9.178323	11395.489
	S13	1200	8.333206	9888.268	9.178323	11626.695
	S14	1200	8.333206	9799.792	8.865509	11369.03
50 m Backstroke	S1	1200	4.42461	392.523	4.463099	410.766
	S2	1200	4.42461	320.425	4.463099	355.767
	S3	1200	4.42461	274.991	4.463099	321.574
	S4	1200	4.42461	252.93	4.463099	283.615
	S5	1200	4.42461	215.364	4.463099	258.902
	S6	1200	4.42461	212.669	4.463099	236.191
	S7	1200	4.42461	201.668	4.463099	230.695
	S8	1200	4.42461	185.631	4.463099	221.162
	S9	1200	4.42461	178.78	4.463099	200.813
	S10	1200	4.42461	167.819	4.463099	192.112
	S11	1200	4.42461	184.764	4.463099	207.685

	S12	1200	4.42461	162.967	4.463099	192.303
	S13	1200	4.42461	158.718	4.463099	191.785
100 m Backstroke	S1	1200	6.150928	1026.236	6.036088	1115.683
	S2	1200	6.150928	851.864	6.036088	954.926
	S3	1200	6.150928	756.146	6.036088	939.112
	S4	1200	6.150928	724.049	6.036088	795.583
	S5	1200	6.150928	680.024	6.036088	717.105
	S6	1200	6.150928	572.561	6.036088	626.412
	S7	1200	6.150928	539.55	6.036088	614.665
	S8	1200	6.150928	512.529	6.036088	588.462
	S9	1200	6.150928	485.309	6.036088	547.186
	S10	1200	6.150928	464.394	6.036088	513.909
	S11	1200	6.150928	507.495	6.036088	570.938
	S12	1200	6.150928	445.475	6.036088	506.073
	S13	1200	6.150928	433.965	6.036088	497.353
	S14	1200	6.150928	467.708	6.036088	513.023
200 m Backstroke	S6	1200	7.819807	1482.918	7.752011	1538.568
	S7	1200	7.819807	1476.907	7.752011	1528.877
	S8	1200	7.819807	1341.687	7.752011	1561.298
	S9	1200	7.819807	1288.659	7.752011	1426.67
	S10	1200	7.819807	1235.41	7.752011	1389.981
	S11	1200	7.819807	1345.152	7.752011	1590.684
	S12	1200	7.819807	1238.642	7.752011	1352.762
	S13	1200	7.819807	1202.574	7.752011	1382.808
	S14	1200	7.819807	1249.638	7.752011	1392.071
50 m Breaststroke	SB1	1200	4.932103	528.263	4.557367	512.963
	SB2	1200	4.932103	333.076	4.557367	404.928
	SB3	1200	4.932103	299.467	4.557367	330.784
	SB4	1200	4.932103	271.204	4.557367	291.412
	SB5	1200	4.932103	268.343	4.557367	272.282
	SB6	1200	4.932103	232.309	4.557367	262.784
	SB7	1200	4.932103	227.424	4.557367	258.801
	SB8	1200	4.932103	205.596	4.557367	227.868
	SB9	1200	4.932103	200.355	4.557367	213.307
	SB11	1200	4.932103	213.244	4.557367	229.633
	SB12	1200	4.932103	195.17	4.557367	210.683
	SB13	1200	4.932103	191.094	4.557367	219.939
100 m Breaststroke	SB1	1200	5.160068	1149.221	5.094752	1357.988
	SB2	1200	5.160068	872.826	5.069247	1097.815
	SB3	1200	5.160068	743.745	5.069247	879.038
	SB4	1200	5.160068	624.806	5.069247	701.665
	SB5	1200	5.160068	608.269	5.069247	665.005
	SB6	1200	5.160068	532.269	5.069247	622.914
	SB7	1200	5.160068	522.243	5.069247	600.024
	SB8	1200	5.160068	474.471	5.069247	535.607
	SB9	1200	5.160068	450.872	5.069247	519.558

	SB11	1200	5.160068	495.119	5.069247	550.98
	SB12	1200	5.160068	442.905	5.069247	499.493
	SB13	1200	5.160068	432.01	5.069247	501.85
	SB14	1200	5.160068	450.034	5.069247	511.674
200 m Breaststroke	SB4	1200	8.141971	1947.233	8.185088	2080.958
	SB5	1200	8.141971	1908.756	8.185088	2108.211
	SB6	1200	8.141971	1691.169	8.185088	1969.968
	SB7	1200	8.141971	1631.629	8.185088	1839.838
	SB8	1200	8.141971	1447.102	8.185088	1722.567
	SB9	1200	8.141971	1519.554	8.185088	1635.193
	SB11	1200	8.141971	1641.054	8.185088	1847.551
	SB12	1200	8.141971	1504.671	8.185088	1593.01
	SB13	1200	8.141971	1372.648	8.185088	1586.37
	SB14	1200	8.141971	1410.562	8.185088	1658.849
50 m Butterfly	S1	1200	5.052771	797.939	4.487057	484.682
	S2	1200	5.033853	345.137	4.487057	367.192
	S3	1200	5.033853	321.168	4.487057	332.484
	S4	1200	5.033853	257.846	4.487057	259.361
	S5	1200	5.033853	218.503	4.487057	252.759
	S6	1200	5.033853	202.206	4.487057	209.303
	S7	1200	5.033853	197.154	4.487057	203.172
	S8	1200	5.033853	184.239	4.487057	197.546
	S9	1200	5.033853	177.747	4.487057	182.435
	S10	1200	5.033853	169.989	4.487057	178.36
	S11	1200	5.033853	174.456	4.487057	198.452
	S12	1200	5.033853	166.225	4.487057	173.587
	S13	1200	5.033853	170.629	4.487057	177.685
100 m Butterfly	S5	1200	7.040091	613.331	5.992308	846.834
	S6	1200	7.040091	592	5.992308	616.429
	S7	1200	7.040091	600.417	5.992308	587.099
	S8	1200	7.040091	513.704	5.992308	519.659
	S9	1200	7.040091	504.674	5.992308	500.899
	S10	1200	7.040091	482.455	5.992308	483.135
	S11	1200	7.040091	513.615	5.992308	559.839
	S12	1200	7.040091	469.979	5.992308	473.486
	S13	1200	7.040091	469.473	5.992308	466.156
	S14	1200	7.040091	486.044	5.992308	495.23
200 m Butterfly	S8	1200	9.504863	1513.063	10.211003	1932.78
	S9	1200	9.504863	1442.571	10.211003	1796.133
	S10	1200	9.504863	1393.794	10.211003	1682.435
	S11	1200	9.504863	1553.096	9.823312	1969.903
	S12	1200	9.504863	1400.883	9.823312	1727.066
	S13	1200	9.504863	1280.633	10.211003	1630.353
	S14	1200	9.504863	1418.816	10.211003	1799.267
150 m Individual	SM1	1200	4.953288	1817.538	4.044227	1297.667
Medley	SM2	1200	4.953288	1396.204	3.983352	1595.997

	SM3	1200	4.953288	1113.698	3.983352	990.338
	SM4	1200	4.953288	955.697	3.983352	913.176
200 m Individual	SM3	1200	7.155608	2170.953	6.917578	5141.396
Medley	SM4	1200	7.155608	1687.596	6.904309	1912.781
	SM5	1200	7.155608	1537.839	6.904309	1699.945
	SM6	1200	7.155608	1401.665	6.904309	1506.044
	SM7	1200	7.155608	1328.357	6.904309	1478.245
	SM8	1200	7.155608	1244.202	6.904309	1374.663
	SM9	1200	7.155608	1191.146	6.904309	1308.739
	SM10	1200	7.155608	1142.132	6.904309	1242.786
	SM11	1200	7.155608	1236.267	6.904309	1371.045
	SM12	1200	7.155608	1121.927	6.904309	1245.697
	SM13	1200	7.155608	1111.544	6.904309	1225.471
	SM14	1200	7.155608	1145.918	6.904309	1246.273
400 m Individual	SM8	1200	9.693428	3377.791	8.825412	3796.63
Medley	SM9	1200	9.693428	3273.121	8.825412	3406.953
	SM10	1200	9.693428	3243.196	8.825412	3195.505
	SM11	1200	9.693428	3622.956	8.825412	3772.243
	SM12	1200	9.693428	3192.83	8.825412	3531.69
	SM13	1200	9.693428	3219.15	8.825412	3253.386
	SM14	1200	9.693428	3194.461	8.825412	3263.177

Youth Point Scores 2026

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:

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

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.