



**8th European Open Down Syndrome Swimming & Artistic
Championships. 25th October – 3rd November 2025
Albufeira. Portugal**



**QUALIFYING STANDARDS
(Short Course – 25 meters*)**

Minimum Qualifying Times to have been achieved on or *after* 1st September 2024

| Metres | Stroke | Men | | Women | |
|--------|--------------|-------|-------|-------|-------|
| | | MQT A | MQT B | MQT A | MQT B |
| 25** | Freestyle | 21,49 | 27,40 | 22,19 | 31,21 |
| 25** | Backstroke | 27,74 | 31,50 | 29,27 | 35,19 |
| 25** | Breaststroke | 25,94 | 32,69 | 33,57 | 45,08 |
| 25** | Butterfly | 26,62 | 33,16 | 29,07 | 36,93 |

** Junior Swimmers only

| Metres | Stroke | Men | | Women | |
|--------|--------------|----------|----------|----------|----------|
| | | MQT A | MQT B | MQT A | MQT B |
| 50 | Freestyle | 51,45 | 1:00,58 | 55,88 | 1:02,00 |
| 50 | Backstroke | 55,33 | 1:03,00 | 1:04,09 | 1:10,29 |
| 50 | Breaststroke | 1:03,25 | 1:11,80 | 1:10,65 | 1:17,83 |
| 50 | Butterfly | 53,50 | 1:01,00 | 1:07,02 | 1:10,00 |
| Metres | Stroke | Men | | Women | |
| | | MQT A | MQT B | MQT A | MQT B |
| 100 | Freestyle | 1:31,06 | 1:38,91 | 1:58,00 | 2:03,84 |
| 100 | Backstroke | 2:00,00 | 2:03,16 | 2:01,34 | 2:23,41 |
| 100 | Breaststroke | 2:06,00 | 2:49,01 | 2:17,81 | 2:30,00 |
| 100 | Butterfly | 1:59,00 | 2:10,80 | 2:19,53 | 2:24,93 |
| 100 | Ind Medley | 1:50,25 | 1:59,11 | 2:00,58 | 2:10,80 |
| Metres | Stroke | Men | | Women | |
| | | MQT A | MQT B | MQT A | MQT B |
| 200 | Freestyle | 3:29,16 | 3:38,58 | 4:04,02 | 4:13,11 |
| 200 | Backstroke | 3:48,48 | 3:53,53 | 4:14,04 | 4:16,59 |
| 200 | Breaststroke | 4:15,89 | 4:21,07 | 4:58,30 | 5:07,29 |
| 200 | Butterfly | 4:28,00 | 4:36,16 | 4:28,30 | 4:38,69 |
| 200 | Ind Medley | 4:14,98 | 4:22,96 | 4:34,26 | 4:40,65 |
| Metres | Stroke | Men | | Women | |
| | | MQT A | MQT B | MQT A | MQT B |
| 400 | Freestyle | 7:00,24 | 7:28,99 | 8:32,07 | 8:49,20 |
| 400 | Ind Medley | 8:10,63 | 8:19,82 | 9:07,77 | 9:14,80 |
| 800 | Freestyle | 15:28,68 | 15:40,00 | 16:59,50 | 17:10,00 |
| 1500 | Freestyle | 27:45,13 | 28:25,37 | 30:46,50 | 31:17,50 |

Converted "Yard" times will be accepted for *entries*, in accordance with the official NCAA table (National Collegiate Athletic Association). Converted "LC" times will be accepted.