

2026 The Hartford Nationals
Paratriathlon Aquathlon Qualifying Standards

Paratriathlon Distances for The Hartford Nationals

Youth, 15 and Under	100yd swim	3 mile bike	0.5 mile run
Junior, 16 - 19	200yd swim	6 mile bike	1 mile run
Adult, 20+	400yd swim	6 mile bike	1.5 mile run

Aquathlon Distances for The Hartford Nationals

Youth, 15 and Under	100yd swim	0.5 mile run
Junior, 16 - 19	200yd swim	1 mile run
Adult, 20+	400yd swim	1.5 mile run

Qualifying Criteria using only swim and run standards

Youth, 15 and Under	100yd swim AND 800m run standard per their classification, gender, and age
Junior, 16 - 19	200yd swim AND 1500m run standard per their classification, gender, and age
Adult, 20+	200yd swim AND 1500m run standard per their classification, gender, and age

Qualifying criteria using a successful completion of a community triathlon race between the following distances below between the time frame August 1, 2025 and July 1, 2026

Youth, 15 and Under	Swim	Bike	Run
	50 yd - 200 yd	1.5 mi - 4 mi	0.5 mi - 1.5 mi
Class:	Ambulatory	Wheelchair	Visual Impairment
Qualification Time:	0:55:00	0:52:30	0:50:00

Junior, 16-19	Swim	Bike	Run
	150-300yd	4 mi - 8 mi	0.75 - 2 mi
Class:	Ambulatory	Wheelchair	Visual Impairment
Qualification Time:	1:05:00	1:02:30	1:00:00

Adult, 20+	Swim	Bike	Run
	300 - 500yd	4 mi - 8 mi	1 mi - 3 mi
Class:	Ambulatory	Wheelchair	Visual Impairment
Qualification Time:	1:15:00	1:12:30	1:10:00

**Paratriathlon Aquathlon
Swim Qualifying Standards**

2026 The Hartford Nationals

Adult Male	Junior Male	Youth Male	Class/Event			Youth Female	Junior Female	Adult Female
		12:00	S1	100 Free	S1	7:41		
		5:45	S2	100 Free	S2	6:15		
		5:17	S3	100 Free	S3	5:45		
		5:02	S4	100 Free	S4	5:31		
		4:33	S5	100 Free	S5	5:02		
		4:05	S6	100 Free	S6	4:34		
		3:36	S7	100 Free	S7	4:05		
		3:21	S8	100 Free	S8	3:51		
		3:07	S9	100 Free	S9	3:37		
		2:52	S10	100 Free	S10	2:40		
		3:07	S11	100 Free	S11	3:36		
		2:52	S12	100 Free	S12	3:22		
		2:52	S13	100 Free	S13	3:22		
		2:52	S14 / S18 / S19	100 Free	S14 / S18 / S19	3:22		
		2:52	S20 / MU90	100 Free	S20 / MU90	3:22		
		2:52	S20 / MU91	100 Free	S20 / MU91	3:22		
9:36	10:04		S1	200 Free	S1		10:18	9:48
9:04	9:31		S2	200 Free	S2		10:05	9:36
7:36	7:58		S3	200 Free	S3		9:27	9:00
7:10	7:31		S4	200 Free	S4		7:59	7:36
5:48	6:05		S5	200 Free	S5		6:56	6:36
5:00	5:15		S6	200 Free	S6		5:40	5:24
4:36	4:49		S7	200 Free	S7		5:15	5:00
4:24	4:37		S8	200 Free	S8		5:03	4:48
4:12	4:24		S9	200 Free	S9		4:50	4:36
4:12	4:24		S10	200 Free	S10		4:37	4:24
4:12	4:24		S11	200 Free	S11		4:50	4:36
4:12	4:24		S12	200 Free	S12		4:37	4:24
4:12	4:24		S13	200 Free	S13		4:37	4:24
4:12	4:24		S14 / S18 / S19	200 Free	S14 / S18 / S19		4:37	4:24
4:12	4:24		S20 / MU90	200 Free	S20 / MU90		4:37	4:24
4:12	4:24		S20 / MU91	200 Free	S20 / MU91		4:37	4:24

**Paratriathlon Aquathlon
Run Qualifying Standards**

2026 The Hartford Nationals

Adult Male	Junior Male	Youth Male	Class/Event			Youth Female	Junior Female	Adult Female
		05:15	T11	800 Meters	T11	06:29		
		04:33	T12	800 Meters	T12	06:29		
		04:33	T13	800 Meters	T13	06:29		
		04:33	T20	800 Meters	T20	06:29		
		05:36	T33	800 Meters	T33	06:40		
		05:07	T34	800 Meters	T34	06:17		
		08:02	T35	800 Meters	T35	08:24		
		05:11	T36	800 Meters	T36	06:46		
		05:00	T37	800 Meters	T37	05:50		
		05:00	T38	800 Meters	T38	05:50		
		04:47	T42	800 Meters	T42	05:22		
		04:47	T43	800 Meters	T43	05:22		
		04:47	T44	800 Meters	T44	05:22		
		04:25	T45	800 Meters	T45	05:08		
		04:25	T46	800 Meters	T46	05:08		
		07:14	T51	800 Meters	T51	11:12		
		04:29	T52	800 Meters	T52	05:22		
		03:52	T53	800 Meters	T53	05:02		
		03:34	T54	800 Meters	T54	04:29		
		04:47	T61/62	800 Meters	T61/62	05:22		
		04:47	T63/64	800 Meters	T63/64	05:22		
		03:52	MU90	800 Meters	MU90	05:02		
		08:02	MU91	800 Meters	MU91	08:24		
0:06:38	07:18		T11	1500 Meters	T11		08:48	08:00
0:06:18	06:56		T12	1500 Meters	T12		08:22	07:36
0:06:18	06:56		T13	1500 Meters	T13		08:22	07:36
0:06:18	06:56		T20	1500 Meters	T20		08:22	07:36
0:08:28	09:19		T33	1500 Meters	T33		10:44	09:45
0:07:10	07:53		T34	1500 Meters	T34		09:55	09:01
0:10:00	11:00		T35	1500 Meters	T35		13:12	12:00
0:08:38	09:30		T36	1500 Meters	T36		11:22	10:20
0:06:36	07:16		T37	1500 Meters	T37		09:54	09:00
0:06:36	07:16		T38	1500 Meters	T38		09:54	09:00
0:08:40	09:32		T42	1500 Meters	T42		10:38	09:40
0:08:40	09:32		T43	1500 Meters	T43		10:38	09:40
0:06:24	07:02		T44	1500 Meters	T44		10:38	09:40
0:06:24	07:02		T45	1500 Meters	T45		07:42	07:00
0:06:24	07:02		T46	1500 Meters	T46		07:42	07:00
0:10:30	11:33		T51	1500 Meters	T51		15:24	14:00
0:06:48	07:29		T52	1500 Meters	T52		09:10	08:20
0:03:59	04:23		T53	1500 Meters	T53		05:30	05:00
0:03:59	04:23		T54	1500 Meters	T54		05:30	05:00
0:08:40	09:32		T61/62	1500 Meters	T61/62		10:38	09:40
0:08:40	09:32		T63/64	1500 Meters	T63/64		10:38	09:40
0:03:59	04:23		MU90	1500 Meters	MU90		05:30	05:00
0:06:18	06:56		MU91	1500 Meters	MU91		08:22	07:36