

**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**

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

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

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

Paratriathlon Aquathlon  
Swim Qualifying Standards

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

## Paratriathlon Aquathlon Run Qualifying Standards

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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