

## Parauinnin valintakriteerit 2025

### PARAMAAJOUKKUE

- Uimaliiton aikuisten paramaajoukkueen valintakriteerit
- Perustetaan A- ja B-maajoukkueet
- A – maajoukkueen päätavoite ovat kansainväliset arvokilpailut ja niissä menestyminen
- B – maajoukkueen päätavoitteet ovat tukea uimarin ja valmentajan kehittymistä sekä kansainväliset uintikilpailut
- Maajoukkueen aikaraja uituna 1.1.2024 jälkeen 50m radalla
  
- A- maajoukkueeseen aikarajat 50m radalta. MM 2023 kisojen MQS raja
  
- B- maajoukkueeseen aikarajat 50m radalta. EM 2024 kisojen MQS raja
  
- Paramaajoukkueen pääosassa ovat kansainväliset kilpailut ja arvokilpailut, ja valmentajien yhteiset säännölliset kehityskeskustelut Para-valmennuspäällikön kanssa.
- Maajoukkueuimarit sitoutuvat osallistumaan maajoukkueetapahtumiin, erityistapauksissa tästä voidaan joustaa painavista syistä. Näistä sovitaan aina etukäteen yhdessä päävalmentajan kanssa.
- Maajoukkueeseen kutsuttu uimari pitää maajoukkuepaikkansa osoittamalla motivaatiota/tulosta. Loukkaantuminen tai siihen verrattava vastoinkäyminen ei pudota uimaria maajoukkueesta.
- Maajoukkueuimarit allekirjoittavat uimarisopimuksen.
- Uimarilla on oltava kansainvälinen luokittelu tehtynä
- Uimari saavuttaa kauden aikana A (MQS) tai B maajoukkueen (MQS) rajan, nostetaan hänet saman tien joukkueeseen.
- Parauinnin arvokisoihin MM, EM ja Paralympialaiset tulee omat valintakriteerit

### Nuorten maajoukkue

- Uimarit, jotka valitaan Paralympiakomitean Tulevaisuuden Tähdet ryhmään.

### MAAJOUKKUEIDEN OMAVASTUUSUODET

- Omavastuusuodet tarkentuvat 2024 loppuvuodesta

### MUU HUIPPU-UINTITOIMINTA

- Kohdennettua apua seuroille, joissa parauinti on kehityskohteena seurassa.

## A-Maajoukkueen aikarajat

## 2023 Manchester World Para Swimming Championships MQS ja MET

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50m Freestyle	S3	00:58.81	01:02.20	02:09.42	02:09.42
	S4	00:42.84	00:45.76	00:47.53	01:00.23
	S5	00:35.91	00:36.33	00:45.07	00:49.13
	S6	00:32.16	00:32.64	00:37.13	00:38.69
	S7	00:31.58	00:32.86	00:36.55	00:37.19
	S8	00:28.18	00:29.39	00:34.36	00:34.85
	S9	00:26.56	00:26.75	00:30.74	00:31.08
	S10	00:25.64	00:26.16	00:29.17	00:29.96
	S11	00:28.18	00:28.83	00:34.47	00:36.35
	S12	00:26.30	00:27.77	00:30.83	00:32.29
	S13	00:25.25	00:25.65	00:28.96	00:29.77
100m Freestyle	S3	02:17.14	02:37.31	04:05.26	04:30.36
	S4	01:38.03	01:41.52	01:54.90	02:12.97
	S5	01:20.09	01:25.74	01:36.84	01:49.03
	S6	01:11.21	01:13.12	01:23.34	01:25.14
	S7	01:08.16	01:10.01	01:18.11	01:19.88
	S8	01:01.47	01:02.34	01:13.03	01:15.25
	S9	00:57.81	00:58.41	01:05.61	01:06.41
	S10	00:56.23	00:56.93	01:04.27	01:04.83
	S11	01:03.43	01:04.93	01:15.05	01:20.26
	S12	00:57.89	00:59.63	01:07.74	01:10.43
	S13	00:56.35	00:57.01	01:05.87	01:09.12
200m Freestyle	S1	07:18.80	07:18.80	N/A	N/A
	S2	05:08.94	05:08.94	06:58.40	06:58.40
	S3	04:31.37	05:20.25	06:58.40	06:58.40
	S4	03:29.70	04:06.16	05:56.01	05:56.01
	S5	03:01.72	03:15.33	03:55.34	04:21.84
	S14	02:00.14	02:01.52	02:17.32	02:19.31

400m Freestyle	S6	05:30.60	05:38.71	05:59.45	06:26.86
	S7	05:16.80	05:21.50	05:57.04	06:09.02
	S8	04:49.44	04:55.33	05:40.06	05:57.69
	S9	04:27.91	04:33.39	05:03.59	05:10.93
	S10	04:27.45	04:35.15	05:01.69	05:08.62
	S11	05:20.48	05:41.91	06:55.54	09:09.42
	S13	04:35.99	04:41.71	05:33.56	05:48.56

50m Backstroke	S1	01:49.57	01:49.57	N/A	N/A
	S2	01:26.62	01:57.65	01:56.35	02:09.11
	S3	00:59.72	01:05.66	01:56.35	02:09.11
	S4	00:51.40	00:56.99	01:00.48	01:07.42
	S5	00:41.35	00:42.75	00:52.66	01:00.74

100m Backstroke	S1	03:49.23	03:49.23	N/A	N/A
	S2	02:25.44	02:25.44	03:54.95	03:54.95
	S6	01:23.11	01:24.99	01:34.75	01:37.24
	S7	01:19.59	01:21.63	01:33.91	01:37.64
	S8	01:13.45	01:15.70	01:26.45	01:28.75
	S9	01:07.24	01:08.73	01:19.31	01:20.24
	S10	01:05.65	01:06.99	01:15.68	01:17.25
	S11	01:14.98	01:17.89	01:28.26	01:40.81
	S12	01:12.78	01:18.62	01:25.56	01:33.49
	S13	01:05.78	01:08.19	01:15.88	01:21.62
	S14	01:02.92	01:03.91	01:13.61	01:14.79

50m Breaststroke	SB2	01:35.54	02:00.28	02:22.25	02:22.25
	SB3	00:57.74	01:02.06	01:09.06	01:17.87

100m Breaststroke	SB4	01:59.79	02:05.19	02:46.15	03:36.29
	SB5	01:44.82	01:49.19	02:09.52	02:16.30
	SB6	01:27.68	01:32.90	01:49.44	01:54.20
	SB7	01:32.85	01:39.67	01:46.14	01:54.42
	SB8	01:18.11	01:21.21	01:30.86	01:34.84
	SB9	01:13.48	01:15.33	01:24.97	01:26.12
	SB11	01:26.91	01:30.34	01:42.44	02:25.41
	SB12	01:22.49	01:30.76	01:35.20	01:40.56
	SB13	01:15.61	01:20.15	01:26.60	01:33.45
	SB14	01:09.63	01:11.09	01:24.90	01:26.51

50m Butterfly	S5	00:38.62	00:40.17	00:56.15	01:01.97
	S6	00:34.27	00:35.98	00:40.77	00:42.30
	S7	00:33.82	00:36.67	00:39.92	00:41.83
100m Butterfly	S8	01:06.52	01:09.59	01:30.63	01:46.39
	S9	01:03.14	01:04.06	01:14.48	01:16.65
	S10	01:01.33	01:03.22	01:19.42	01:21.54
	S11	01:15.21	01:22.73	N/A	N/A
	S12	01:03.14	01:09.78	01:22.58	01:22.58
	S13	01:01.53	01:03.69	01:16.08	01:31.07
	S14	00:58.59	00:59.60	01:11.46	01:12.21

150m Individual Medley	SM3	04:28.36	04:46.62	06:08.85	06:08.85
	SM4	02:56.84	03:20.55	03:37.23	04:08.57
200m Individual Medley	SM5	03:47.63	04:17.23	05:15.98	05:15.98
	SM6	03:04.31	03:11.07	03:25.86	03:38.43
	SM7	02:52.60	03:05.20	03:27.10	03:37.00
	SM8	02:37.82	02:43.94	03:10.39	03:18.92
	SM9	02:25.23	02:28.93	02:45.20	02:49.91
	SM10	02:24.98	02:27.65	02:44.86	02:49.52
	SM11	02:48.20	02:53.60	03:11.67	03:54.36
	SM13	02:21.98	02:26.94	02:42.80	02:51.96
	SM14	02:16.29	02:17.91	02:37.98	02:40.14

B-Maajoukkueen aikarajat

2024 Madeira World Para Swimming European Open Championships MQS

Events	Class	Men		Women	
		MQS	MET	MQS	MET
50m Freestyle	S3	01:00.94	01:06.00	02:16.24	02:16.24
	S4	00:45.08	00:49.93	01:03.04	01:19.73
	S5	00:36.60	00:38.01	00:45.04	00:48.13
	S6			00:38.05	00:39.34
	S7	00:31.62	00:32.38		
	S8			00:34.76	00:35.43
	S9	00:26.76	00:26.96		
	S10	00:26.07	00:26.15	00:29.51	00:30.12
	S11	00:28.73	00:29.23	00:34.18	00:35.96
	S13	00:25.86	00:26.39	00:30.69	00:31.40

100m Freestyle	S3			05:01.97	05:01.97
	S4	01:43.81	02:04.61		
	S5	01:22.41	01:26.33	01:38.34	01:46.02
	S6	01:13.29	01:14.22	01:26.24	01:28.91
	S7	01:09.84	01:10.84	01:19.78	01:21.25
	S8	01:02.28	01:03.62	01:16.86	01:18.05
	S9	00:58.61	00:59.03	01:06.61	01:07.52
	S10	00:56.67	00:57.15	01:04.79	01:05.41
	S11	01:05.27	01:09.18	01:17.02	01:24.59
	S12	01:00.92	01:02.48	01:10.77	01:16.47
	S13	00:56.59	00:57.32	01:08.78	01:10.51
200m Freestyle	S2	07:33.78	07:33.78		
	S3	05:10.72	06:02.06		
	S4	03:58.50	04:33.40		
	S5	03:05.50	03:16.54	03:42.85	03:50.21
	S14	02:00.31	02:01.37	02:18.15	02:19.87
400m Freestyle	S6	05:43.45	06:06.08	06:39.25	07:03.76

	S7	05:29.63	05:46.55	06:06.96	06:20.81
	S8	05:01.59	05:10.05	05:48.70	06:00.71
	S9	04:36.81	04:38.72	05:11.24	05:24.57
	S10			05:01.35	05:02.73
	S11	05:38.03	06:04.89	06:54.36	09:09.42
	S13	04:41.43	04:52.91	06:00.93	06:00.93
50m Backstroke	S1	01:59.74	01:59.74		
	S2	01:43.60	01:43.60	01:59.73	01:59.73
	S3	01:02.32	01:12.74	02:13.90	02:13.90
	S4	00:54.04	00:58.26	01:19.64	01:21.20
	S5	00:42.51	00:44.89	00:52.44	00:55.32

100m Backstroke	S1	04:34.83	04:34.83		
	S2	03:43.31	03:43.31	04:17.63	04:17.63
	S6	01:26.64	01:30.61	01:46.32	01:55.73
	S7	01:23.65	01:26.36		
	S8	01:15.00	01:16.21	01:28.47	01:30.31
	S9	01:08.90	01:09.31	01:20.20	01:21.01
	S10	01:07.98	01:09.27	01:17.29	01:18.24
	S11	01:18.18	01:22.00	01:34.28	01:46.73
	S12	01:14.49	01:20.73	01:40.72	01:44.34
	S13	01:07.24	01:14.04	01:27.03	01:36.39
	S14	01:03.11	01:03.82	01:14.05	01:15.32
50m Breaststroke	SB2	01:48.57	02:23.46	03:19.40	03:19.40
	SB3	01:04.55	01:09.22	01:22.98	03:03.62
100m Breaststroke	SB4	02:10.93	02:18.51	02:37.08	02:48.15
	SB5	01:49.95	01:53.63	02:30.72	02:48.48
	SB6	01:30.83	01:32.73	01:52.48	01:54.69
	SB7	01:39.93	01:44.52	01:53.81	01:59.53
	SB8	01:20.34	01:22.25	01:34.90	01:38.11
	SB9	01:14.59	01:15.92	01:29.44	01:31.41
	SB11	01:28.42	01:30.67	01:51.79	02:09.51
	SB12	01:24.32	01:27.10	01:38.52	01:46.55
	SB13	01:18.23	01:24.66	01:45.34	01:45.34
	SB14	01:11.54	01:11.92	01:24.45	01:25.84
50m Butterfly	S5	00:41.95	00:45.48	01:02.44	01:06.87
	S6	00:36.19	00:36.77	00:46.47	00:51.85
	S7	00:37.08	00:37.58	00:43.19	00:44.42

100m Butterfly	S8	01:09.14	01:12.20	01:29.20	01:40.05
	S9	01:05.04	01:05.87	01:16.52	01:18.33
	S10	01:02.90	01:04.03	01:16.40	01:19.38
	S11	01:22.79	01:30.32		
	S12	01:11.49	01:18.09		
	S13	01:02.84	01:04.40	01:38.00	01:38.00
	S14	00:59.24	00:59.99	01:10.99	01:12.32
150m Individual Medley	SM3	05:10.44	05:10.44		
	SM4	03:25.96	03:41.51	05:36.16	05:36.16
200m Individual Medley	SM5			04:44.06	05:19.31
	SM6	03:11.54	03:19.69	03:51.76	04:03.65
	SM7	03:05.58	03:14.42	03:33.26	03:40.10
	SM8	02:41.83	02:44.48	03:08.09	03:16.76
	SM9	02:28.96	02:32.13	02:53.09	02:55.46
	SM10	02:27.44	02:31.01	02:47.55	02:51.01
	SM11	02:54.36	03:00.91	04:04.78	04:10.22
	SM13	02:27.67	02:34.61	02:58.63	03:11.64
	SM14	02:17.61	02:18.76	02:38.56	02:40.46
Relays*					
Mixed 4x100m Freestyle	34 Points	\			
Mixed 4x100m Medley	34 Points	\			
Mixed 4x100m Freestyle	S14	\			