



Om in aanmerking te komen voor een talentenstatuut moet de atleet de minimum instap criteria halen. Er wordt in de evaluatie steeds rekening gehouden met de specifieke beperking van de atleet. Bij het aanvragen van het talentenstatuut wordt door de ligacoach een persoonlijk ontwikkelingsplan opgesteld met de te verwachten evolutie van de atleet in de komende jaren (op verschillende leerlijnen) die nodig zijn om door te groeien richting belofte statuut. De effectieve evolutie van de atleet wordt jaarlijks geëvalueerd ten opzichte van dit persoonlijke ontwikkelingsplan, op basis van deze evaluatie wordt beslist of het talentenstatuut al dan niet verlengd wordt. Bij afwijking van het vooropgestelde ontwikkelingsplan (minder snelle ontwikkeling), kan een atleet maximaal 2 maal gedelibereerd worden voor een periode van 1 jaar, mits een grondige motivatie.

Versie 2026-1

		Women									
Wit = niet-Paralympisch, Wit = non-Paralympic		Instapcriteria talent									
Class	Event	Talent									
		21-23 Yr	19-20 Yr	18 Yr	17 Yr	16 Yr	15 Yr	14 Yr	13 Yr	12 Yr	11 Yr
		880	800	550	500	450	400	350	300	250	200
S3	50m free										
S4	50m free	00:39,38	00:41,01	00:45,61	00:46,53	00:47,48	00:48,46	00:49,50	00:50,61	00:51,83	00:53,21
S5	50m free										
S6	50m free	00:35,32	00:36,78	00:40,92	00:41,74	00:42,59	00:43,47	00:44,40	00:45,40	00:46,49	00:47,73
S7	50m free										
S8	50m free	00:32,55	00:33,90	00:37,71	00:38,47	00:39,25	00:40,06	00:40,92	00:41,84	00:42,85	00:43,99
S9	50m free										
S10	50m free	00:29,57	00:30,79	00:34,25	00:34,94	00:35,65	00:36,39	00:37,16	00:38,00	00:38,91	00:39,95
S11	50m free	00:31,05	00:32,34	00:35,97	00:36,70	00:37,44	00:38,22	00:39,04	00:39,91	00:40,87	00:41,96
S12	50m free										
S13	50m free	00:28,42	00:29,60	00:32,92	00:33,59	00:34,27	00:34,98	00:35,73	00:36,53	00:37,41	00:38,41
S3	100m free	01:38,05	01:42,07	01:53,42	01:55,68	01:58,00	02:00,42	02:02,96	02:05,69	02:08,68	02:12,07
S4	100m free										
S5	100m free	01:22,66	01:26,05	01:35,61	01:37,52	01:39,48	01:41,52	01:43,66	01:45,96	01:48,49	01:51,34
S6	100m free										
S7	100m free	01:14,08	01:17,12	01:25,69	01:27,40	01:29,16	01:30,98	01:32,90	01:34,97	01:37,23	01:39,79
S8	100m free										
S9	100m free	01:06,78	01:09,51	01:17,24	01:18,78	01:20,37	01:22,01	01:23,74	01:25,60	01:27,64	01:29,95
S10	100m free	01:03,62	01:06,23	01:13,59	01:15,06	01:16,57	01:18,14	01:19,79	01:21,56	01:23,50	01:25,70
S11	100m free										
S12	100m free	01:00,99	01:03,49	01:10,55	01:11,96	01:13,41	01:14,91	01:16,49	01:18,19	01:20,05	01:22,15
S2	200m free										
S3	200m free										
S4	200m free										
S5	200m free	02:57,33	03:04,68	03:25,48	03:29,64	03:33,91	03:38,35	03:43,02	03:48,05	03:53,56	03:59,80
S14	200m free	02:16,74	02:22,41	02:38,45	02:41,65	02:44,94	02:48,36	02:51,97	02:55,84	03:00,09	03:04,90
S6	400m free	05:32,66	05:43,69	06:13,96	06:19,85	06:25,85	06:32,02	06:38,47	06:45,32	06:52,77	07:01,09
S7	400m free	05:23,88	05:34,62	06:04,09	06:09,83	06:15,67	06:21,68	06:27,96	06:34,63	06:41,87	06:49,97
S8	400m free	05:05,87	05:16,00	05:43,84	05:49,26	05:54,77	06:00,45	06:06,38	06:12,68	06:19,52	06:27,17
S9	400m free	04:56,40	05:06,23	05:33,20	05:38,45	05:43,79	05:49,29	05:55,04	06:01,15	06:07,78	06:15,19
S10	400m free	04:44,26	04:53,69	05:19,56	05:24,59	05:29,71	05:34,99	05:40,50	05:46,36	05:52,71	05:59,82
S11	400m free	05:11,90	05:22,23	05:50,62	05:56,14	06:01,77	06:07,55	06:13,60	06:20,03	06:27,00	06:34,80
S13	400m free	04:36,93	04:46,11	05:11,32	05:16,22	05:21,21	05:26,35	05:31,72	05:37,43	05:43,62	05:50,55
SB2	50m breast										
SB3	50m breast	00:57,85	01:00,68	01:08,93	01:10,62	01:12,37	01:14,20	01:16,15	01:18,27	01:20,62	01:23,31
SB4	100m breast	01:52,93	01:57,97	02:12,42	02:15,34	02:18,35	02:21,49	02:24,81	02:28,39	02:32,34	02:36,83
SB5	100m breast	01:46,52	01:51,28	02:04,91	02:07,67	02:10,50	02:13,46	02:16,60	02:19,97	02:23,70	02:27,93
SB6	100m breast	01:40,21	01:44,69	01:57,52	02:00,11	02:02,78	02:05,56	02:08,51	02:11,68	02:15,19	02:19,17
SB7	100m breast	01:36,07	01:40,36	01:52,66	01:55,14	01:57,70	02:00,37	02:03,20	02:06,24	02:09,60	02:13,42
SB8	100m breast	01:25,84	01:29,68	01:40,66	01:42,88	01:45,17	01:47,55	01:50,08	01:52,80	01:55,80	01:59,21
SB9	100m breast	01:23,11	01:26,82	01:37,46	01:39,61	01:41,82	01:44,13	01:46,57	01:49,21	01:52,11	01:55,42
SB11	100m breast	01:28,97	01:32,94	01:44,33	01:46,63	01:49,00	01:51,47	01:54,09	01:56,91	02:00,02	02:03,56
SB12	100m breast	01:20,03	01:23,61	01:33,85	01:35,92	01:38,05	01:40,27	01:42,63	01:45,16	01:47,96	01:51,15
SB13	100m breast	01:20,49	01:24,09	01:34,39	01:36,47	01:38,61	01:40,85	01:43,22	01:45,77	01:48,58	01:51,79
SB14	100m breast	01:22,31	01:25,99	01:36,52	01:38,65	01:40,84	01:43,13	01:45,55	01:48,16	01:51,03	01:54,31

		Men									
Wit = niet-Paralympisch, Wit = non-Paralympic		Instapcriteria talent									
Class	Event	Talent									
		21-23 Yr	19-20 Yr	18 Yr	17 Yr	16 Yr	15 Yr	14 Yr	13 Yr	12 Yr	11 Yr
		880	800	550	500	450	400	350	300	250	200
		00:45,58	00:47,30	00:52,11	00:53,06	00:54,03	00:55,04	00:56,09	00:57,22	00:58,45	00:59,84
		00:36,49	00:37,86	00:41,71	00:42,47	00:43,25	00:44,06	00:44,90	00:45,80	00:46,79	00:47,90
		00:33,47	00:34,74	00:38,27	00:38,97	00:39,68	00:40,42	00:41,19	00:42,02	00:42,92	00:43,94
		00:29,60	00:30,72	00:33,84	00:34,46	00:35,09	00:35,74	00:36,43	00:37,16	00:37,96	00:38,86
		00:27,05	00:28,07	00:30,92	00:31,48	00:32,06	00:32,66	00:33,28	00:33,95	00:34,68	00:35,51
		00:25,62	00:26,59	00:29,29	00:29,82	00:30,37	00:30,93	00:31,53	00:32,16	00:32,85	00:33,63
		00:27,22	00:28,25	00:31,12	00:31,68	00:32,26	00:32,86	00:33,49	00:34,17	00:34,90	00:35,73
		00:25,01	00:25,95	00:28,59	00:29,11	00:29,64	00:30,19	00:30,77	00:31,39	00:32,07	00:32,83
		01:25,21	01:28,42	01:37,38	01:39,15	01:40,95	01:42,82	01:44,79	01:46,89	01:49,18	01:51,76
		01:13,66	01:16,43	01:24,17	01:25,70	01:27,26	01:28,88	01:30,58	01:32,39	01:34,37	01:36,60
		01:08,67	01:11,25	01:18,47	01:19,89	01:21,35	01:22,86	01:24,44	01:26,13	01:27,98	01:30,05
		01:00,99	01:03,28	01:09,69	01:10,96	01:12,25	01:13,59	01:15,00	01:16,50	01:18,14	01:19,98
		00:55,73	00:57,82	01:03,68	01:04,84	01:06,02	01:07,24	01:08,53	01:09,90	01:11,40	01:13,08
		00:54,50	00:56,55	01:02,28	01:03,41	01:04,57	01:05,76	01:07,02	01:08,36	01:09,83	01:11,48
		04:16,47	04:26,64	04:55,24	05:00,93	05:06,75	05:12,79	05:19,15	05:25,96	05:33,41	05:41,83
		03:26,03	03:34,20	03:57,18	04:01,74	04:06,42	04:11,27	04:16,38	04:21,85	04:27,84	04:34,60
		02:51,72	02:58,53	03:17,68	03:21,49	03:25,39	03:29,43	03:33,69	03:38,25	03:43,24	03:48,87
		02:40,47	02:46,84	03:04,74	03:08,29	03:11,94	03:15,72	03:19,69	03:23,95	03:28,62	03:33,88
		02:02,75	02:07,62	02:21,31	02:24,03	02:26,82	02:29,71	02:32,76	02:36,01	02:39,58	02:43,61
		05:16,29	05:26,98	05:56,41	06:02,15	06:07,99	06:14,01	06:20,31	06:27,00	06:34,27	06:42,41
		04:54,21	05:04,16	05:31,53	05:36,87	05:42,30	05:47,90	05:53,76	05:59,99	06:06,75	06:14,32
		04:36,97	04:46,33	05:12,10	05:17,13	05:22,24	05:27,52	05:33,03	05:38,89	05:45,26	05:52,39
		04:26,14	04:35,13	04:59,89	05:04,72	05:09,64	05:14,70	05:20,00	05:25,63	05:31,75	05:38,60
		04:43,86	04:53,46	05:19,86	05:25,02	05:30,26	05:35,66	05:41,31	05:47,32	05:53,85	06:01,15
		04:12,27	04:20,80	04:44,27	04:48,85	04:53,51	04:58,31	05:03,33	05:08,67	05:14,47	05:20,96
		00:54,21	00:56,70	01:03,87	01:05,32	01:06,82	01:08,39	01:10,05	01:11,84	01:13,82	01:16,08
		00:49,10	00:51,36	00:57,85	00:59,16	01:00,52	01:01,94	01:03,45	01:05,07	01:06,86	01:08,91
		01:39,10	01:43,46	01:55,95	01:58,46	02:01,06	02:03,76	02:06,61	02:09,69	02:13,08	02:16,94
		01:36,17	01:40,40	01:52,52	01:54,96	01:57,48	02:00,10	02:02,87	02:05,86	02:09,15	02:12,89
		01:24,00	01:27,70	01:38,28	01:40,42	01:42,61	01:44,90	01:47,32	01:49,93	01:52,81	01:56,07
		01:14,90	01:18,20	01:27,64	01:29,54	01:31,50	01:33,54	01:35,70	01:38,03	01:40,59	01:43,50
		01:11,22	01:14,35	01:23,33	01:25,14	01:27,00	01:28,94	01:30,99	01:33		

