



# 2024-25 Winter Swimming & Diving Tournament

Qualifying standards are based on the availability of an 8 - 10 lane pool. If this type of facility is not available, some of these times may have to be adjusted.

## 2024 – 25 WINTER QUALIFYING STANDARDS – BOYS’

EVENT	Boys’ North	Boys’ South	Boys’ Central/West	Boys’ State Division I	Boys’ State Division II
One Meter Diving	*185 (2 times)	*178 (2 times)	*150 (2 times)	*195 (2 times)	*190 (2 times)
200 Yd. Medley Relay	1:52.11	1:52.89	1:59.59	1:48.18	1:49.80
200 Yd. Freestyle	1:57.29	1:58.76	2:04.75	1:53.89	1:56.97
200 Yd. Individual Medley	2:12.67	2:14.92	2:22.18	2:08.43	2:12.75
50 Yd. Freestyle	23.93	24.08	24.98	23.26	23.68
100 Yd. Butterfly	58.85	59.12	1:03.24	56.36	58.03
100 Yd. Freestyle	52.78	53.19	54.88	51.54	51.99
500 Yd. Freestyle	5:23.25	5:29.14	5:45.82	5:14.64	5:22.66
200 Yd. Freestyle Relay	1:40.22	1:40.54	1:45.93	1:36.86	1:38.03
100 Yd. Backstroke	1:00.47	1:02.09	1:06.18	58.84	59.96
100 Yd. Breaststroke	1:07.33	1:08.67	1:10.72	1:05.12	1:07.21
400 Yd. Freestyle Relay	3:42.17	3:42.02	4:08.35	3:35.42	3:41.55

\* Minimum Points in two (2) dual meets.

- In championship meets each team is permitted a maximum of four (4) entries in each individual event and one (1) team in a relay event. (NFHS Rule 3-1-1).
- Individuals are permitted to enter a maximum of four (4) events comprising individual and relay events, with a maximum of two (2) individual events (NFHS Rule 3-2-1).
- Dive sheets must consist of 11 dives containing five (5) voluntaries with a DD of no more than 9.0 total (NFHS Rule 9-4-1).



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### 2024 - 25 WINTER QUALIFYING STANDARDS – GIRLS'

EVENT	Girls' North	Girls' South	Girls' Central/West	Girls' State Division I	Girls' State Division II
One Meter Diving	*180 (2 times)	*180 (2 times)	*155 (2 times)	*187 (2 times)	*192 (2 times)
200 Yd. Medley Relay	2:13.22	2:05.89	2:10.81	2:05.60	2:03.85
200 Yd. Freestyle	2:10.76	2:11.41	2:15.62	2:08.99	2:08.51
200 Yd. Indiv. Medley	2:28.59	2:29.46	2:34.84	2:27.56	2:26.17
50 Yd. Freestyle	26.98	27.14	27.27	26.84	26.72
100 Yd. Butterfly	1:06.95	1:07.12	1:08.24	1:06.35	1:05.96
100 Yd. Freestyle	59.51	59.87	1:00.33	58.91	58.67
500 Yd. Freestyle	5:59.16	5:55.73	6:03.67	5:47.39	5:48.05
200 Yd. Freestyle Relay	1:58.71	1:53.83	1:56.72	1:51.63	1:51.12
100 Yd. Backstroke	1:07.83	1:07.98	1:10.09	1:06.78	1:06.98
100 Yd. Breaststroke	1:17.84	1:19.12	1:18.91	1:16.48	1:16.21
400 Yd. Freestyle Relay	4:26.48	4:13.24	4:20.80	4:06.10	4:04.35

\* Minimum Points in two (2) dual meets.

- In championship meets each team is permitted a maximum of four (4) entries in each individual event and one (1) team in a relay event. (NFHS Rule 3-1-1).
- Individuals are permitted to enter a maximum of four (4) events comprising individual and relay events, with a maximum of two (2) individual events (NFHS Rule 3-2-1).
- Dive sheets must consist of 11 dives containing five (5) voluntaries with a DD of no more than 9.0 total (NFHS Rule 9-4-1).