

## VISAA State Swimming and Diving Championship Qualifying Standards - '19-'20 Season

Women		Events	Men	
Short-Course Yards	Short-Course Meters		Short-Course Yards	Short-Course Meters
2:15.36	2:30.25	<b>200 Medley Relay</b>	1:57.18	2:10.07
2:13.44	2:28.12	<b>200 Free</b>	2:01.47	2:14.83
2:30.91	2:47.51	<b>200 I.M.</b>	2:18.04	2:33.23
:26.96	:29.92	<b>50 Free</b>	:24.28	:26.95
:28.96	:32.14	<b>50 Free - Bonus</b>	:26.28	:29.17
Proof > 2.5	Proof > 2.5	<b>Diving (11 Dive Score)</b>	Proof > 2.5	Proof > 2.5
1:07.49	1:14.91	<b>100 Fly</b>	1:01.02	1:07.73
:59.55	1:06.10	<b>100 Free</b>	53.19	:59.04
6:02.51	5:15.54	<b>500 (400 m) Free</b>	5:41.90	4:59.29
1:58.53	2:11.57	<b>200 Free Relay</b>	1:43.26	1:54.62
1:07.53	1:14.96	<b>100 Back</b>	1:02.90	1:09.82
1:17.15	1:25.63	<b>100 Breast</b>	1:09.48	1:17.12
4:38.24	5:08.85	<b>400 Free Relay</b>	3:59.45	4:25.79