

VISAA State Swimming and Diving Championship Qualifying Standards - '22-'23 Season

Women		Events	Men	
Short-Course Yards	Short-Course Meters		Short-Course Yards	Short-Course Meters
2:14.01	2:30.25	200 Med Rel	1:57.18	2:10.07
2:13.44	2:28.12	200 Free	2:01.47	2:14.83
2:29.40	2:47.51	200 I.M.	2:18.04	2:33.23
:26.96	:29.92	50 Free	:24.14	:26.95
:28.96	:32.14	50 Free Bonus	:26.14	:29.17
Proof > 2.5	Proof > 2.5	Diving-11D	Proof > 2.5	Proof > 2.5
1:06.82	1:14.91	100 Fly	1:01.02	1:07.73
:59.70	1:06.10	100 Free	53.09	:59.04
5:58.88	5:15.54	500 Free	5:41.90	4:59.29
1:58.53	2:11.57	200 Fr Relay	1:43.26	1:54.62
1:06.85	1:14.96	100 Back	1:02.90	1:09.82
1:16.38	1:25.63	100 Breast	1:08.79	1:17.12
4:38.24	5:08.85	400 Fr Relay	3:59.45	4:25.79