



VISAA State Swimming and Diving Championship Qualifying Standards - '25-'26 Season

Women			Men	
Short-Course	Short-Course	Events	Short-Course	Short-Course
Yards	Meters		Yards	Meters
2:11.33	2:28.88	200 Med Rel	1:56.01	2:09.35
2:09.48	2:23.47	200 Free	2:02.68	2:15.93
2:27.91	2:44.18	200 I.M.	2:18.04	2:33.36
:26.67	:29.74	50 Free	:23.94	:26.79
:28.67	:31.97	50 FreeBonus	:25.94	:29.03
*11-Dive Score: 200 points		Dive	*11-Dive Score: 200 points	
*6-Dive Score: 140 points			*6-Dive Score: 140 points	
1:06.82	1:14.24	100 Fly	1:01.02	1:07.98
:58.81	1:05.39	100 Free	53.20	:59.11
5:58.88	5:14.81	500 Free	5:41.90	5:00.19
1:57.34	2:11.07	200 Fr Relay	1:42.23	1:54.09
1:06.85	1:14.27	100 Back	1:02.27	1:09.18
1:14.86	1:23.25	100 Breast	1:08.10	1:15.59
4:30.99	5:01.88	400 Fr Relay	3:59.45	4:26.75

*Divers must submit a score sheet that proves all 11 dives were executed successfully with no failed dives.

*Divers must submit a score sheet that proves all 6 dives were executed successfully with no failed dives. Additionally, coaches must prove the diver can successfully perform 11 dives by submitting video clips of the remaining 5 dives in their 11 dive list.