



2019-20 Swimming & Diving Tournament

2019-2020 WINTER QUALIFYING STANDARDS – GIRLS'

EVENT	Girls' North	Girls' South	Girls' Central/West	Girls' State Division I	Girls' State Division II
200 Yd. Medley Relay	2:13.22	2:05.65	2:10.80	2:05.00	2:02.20
200 Yd. Freestyle	2:10.35	2:09.75	2:11.18	2:06.16	2:06.27
200 Yd. Indiv. Medley	2:28.65	2:28.87	2:31.84	2:22.65	2:24.60
50 Yd. Freestyle	26.72	27.15	27.29	26.42	26.32
One Meter Diving	185 – 2 times	180 – 2 times	165 – 2 times	200 – 2 times	200 – 2 times
100 Yd. Butterfly	1:06.56	1:06.77	1:09.00	1:04.09	1:04.82
100 Yd. Freestyle	59.51	59.58	59.71	57.63	57.86
500 Yd. Freestyle	5:53.04	5:54.41	5:56.72	5:40.03	5:41.25
200 Yd. Freestyle Relay	1:58.71	1:52.42	1:55.47	1:50.23	1:49.82
100 Yd. Backstroke	1:06.50	1:06.99	1:08.01	1:04.21	1:05.78
100 Yd. Breaststroke	1:16.96	1:17.27	1:19.73	1:15.75	1:14.15
400 Yd. Freestyle Relay	4:27.86	4:13.24	4:25.83	4:04.50	4:02.75

NOTES:

NFHS Rule 3.1.1 In championship meets each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

NFHS Rule 7.1.3a 16 Place Scoring will be used for all MIAA Championship Meets (See Rule for Individual and Relay point values)



2019-20 Swimming & Diving Tournament

2019 - 2020 WINTER QUALIFYING STANDARDS - BOYS'

EVENT	Boys' North	Boys' South	Boys' Central/West	Boys' State Division I	Boys' State Division II
200 Yd. Medley Relay	1:53.11	1:53.89	1:59.59	1:48.99	1:52.73
200 Yd. Freestyle	1:56.57	1:58.15	2:03.77	1:53.89	1:56.44
200 Yd. Individual Medley	2:11.93	2:14.51	2:17.75	2:08.13	2:11.87
50 Yd. Freestyle	23.83	23.83	24.36	23.28	23.80
One Meter Diving	185 - 2 times	185 - 2 times	165 - 2 times	200 - 2 times	198 - 2 times
100 Yd. Butterfly	58.96	59.49	1:01.89	57.25	58.89
100 Yd. Freestyle	52.76	52.79	54.16	51.49	52.10
500 Yd. Freestyle	5:24.55	5:24.82	5:38.04	5:13.27	5:23.58
200 Yd. Freestyle Relay	1:41.25	1:41.42	1:44.05	1:36.86	1:41.08
100 Yd. Backstroke	1:00.16	1:01.04	1:04.55	59.13	59.96
100 Yd. Breaststroke	1:06.89	1:08.37	1:12.09	1:04.69	1:06.57
400 Yd. Freestyle Relay	3:44.36	3:42.72	4:15.90	3:38.31	3:42.55

NOTES:

NFHS Rule 3.1.1 In championship meets each team shall be permitted a maximum of four entries in an individual event and one team in a relay event. (Sectional qualifiers who achieve a State Qualifying Standard at the Sectional Meet, will be allowed to enter the State Meet).

NFHS Rule 7.1.3a 16 Place Scoring will be used for all MIAA Championship Meets (See Rule for Individual and Relay point values)