

2009-10 MSHSAA State Qualifying Standards

DIVING: State Qualifying Standards for 1M Diving

- A. **DD:** The total degree of difficulty for six (6) dives must be twelve (12.0) or higher.
- B. **Points:** The qualifying points necessary for both the boys meet and the girls meet are 210.
- C. **DIVE SELECTION - Six-Dive Meet:** As per the NFHS diving rules, in a six dive meet a diver must perform a voluntary dive (assigned DD through 1.8) and five optional dives. In order to qualify for state competition only: 1) dives 101, 201, 301, 401 and 5111 may not be selected as an optional dive, and 2) the five optional dives must represent all five groups. The voluntary dive shall be selected from the voluntary group of the week according to NFHS Rule 9-4-6. [See Swimming Manual for Dive of the Week Table.]
- D. **DIVE SELECTION - Eleven-Dive Meet:** To qualify during a championship meet requiring eleven (11) dives, the competitor can pick six (6) of the eleven (11) dives by circling the dives to be used on the diving score sheet. In order to qualify for state competition only: 1) dives 101, 201, 301, 401 and 5111 may not be selected as an optional dive, and 2) the five optional dives selected for state qualification must represent all five groups. The MSHSAA and NFHS requirements for qualifying in a six (6) dive meet, including a dive from the voluntary group of the week, must be met. The competitor must complete all eleven (11) dives.

SWIMMING - BOYS STATE QUALIFYING STANDARDS (*=Qualifying times that have changed since last year.)

BOYS EVENT	YARDS	METERS
200 Medley Relay	1:47.29*	1:59.62*
200 Freestyle	1:53.39*	2:05.63*
200 Individual Medley	2:07.99*	2:22.19*
50 Freestyle	23.09*	25.83*
100 Butterfly	57.89	1:04.48
100 Freestyle	50.99*	56.64*
500y/400m Freestyle	5:07.99*	4:30.41*
200 Freestyle Relay	1:34.99*	1:46.00*
100 Backstroke	59.19*	1:05.76*
100 Breaststroke	1:06.09*	1:13.35*
400 Freestyle Relay	3:32.29*	3:56.49*

SWIMMING - GIRLS STATE QUALIFYING STANDARDS (*=Qualifying times that have changed since last year.)

GIRLS EVENT	YARDS	METERS
200 Medley Relay	2:00.99*	2:15.02*
200 Freestyle	2:05.59*	2:19.15*
200 Individual Medley	2:23.19*	2:38.94*
50 Freestyle	26.09*	29.09*
100 Butterfly	1:04.49*	1:11.64*
100 Freestyle	57.49*	1:03.92*
500y/400m Freestyle	5:39.59*	4:57.88*
200 Freestyle Relay	1:48.69*	2:01.40*
100 Backstroke	1:06.29	1:13.64
100 Breaststroke	1:13.69*	1:21.94*
400 Freestyle Relay	3:59.99*	4:27.34*

POOL SIZE: Please note that the Board of Directors has ruled that performances that take place in pools of distances less than 25-yards or 25-meters shall not be used for state qualification.