

2016-17

BOYS AND GIRLS STATE SWIMMING QUALIFYING STANDARDS

<u>BOYS EVENT</u>	<u>YARDS</u>	<u>METERS</u>	<u>GIRLS EVENT</u>	<u>YARDS</u>	<u>METERS</u>
200 Medley Relay	1:45.49	1:57.62	200 Medley Relay	1:58.29	2:12.01
200 Freestyle	1:51.49	2:03.53	200 Freestyle	2:01.99	2:15.16
200 Individual Medley	2:06.09	2:20.09	200 Individual Medley	2:18.09	2:33.28
50 Freestyle	:22.89	25.61	50 Freestyle	25.49	28.42
100 Butterfly	:56.29	1:02.71	100 Butterfly	1:02.09	1:08.98
100 Freestyle	:50.29	55.87	100 Freestyle	55.59	1:01.82
500y/400m Freestyle	5:04.39	4:27.25	500y/400m Freestyle	5:30.39	4:49.81
200 Freestyle Relay	1:34.49	1:45.45	200 Freestyle Relay	1:45.99	1:58.39
100 Backstroke	:57.79	1:04.20	100 Backstroke	1:02.99	1:09.98
100 Breaststroke	1:04.49	1:11.58	100 Breaststroke	1:12.49	1:20.61
400 Freestyle Relay	3:28.99	3:52.81	400 Freestyle Relay	3:53.99	4:20.66

BOLD=Qualifying times that have **changed** since last year are bolded.

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.

DIVING:

DIVING: State Qualifying Standards for 1M Diving—Boys and Girls [Updated for 2016-17*]

Qualification from an Eleven-Dive Meet:

1. The competitor must complete all eleven dives.
2. The eleven dive list must be legal per NFHS Rule 9-4-1 and cover requirements a through d.
3. The six optional dives may not include any base dives (Dive 101, 201, 301, 401 and 5111).
4. Boys: 356.0 points or greater must be earned and the total DD for the list must be 20.5 or greater.
Girls: 385.0 points or greater must be earned and the total DD for the list must be 20.5 or greater.
5. Divers may not pull six dives out of an eleven dive meet to qualify using the six-dive meet standards.

Qualification from a Six-Dive Meet:

1. The competitor must complete all six dives.
2. The voluntary dive (Dive 1) shall be selected from the voluntary group of the week (per schedule in Manual).
3. The five optional dives must represent all five dive groups (forward, back, reverse, inward, twist).
4. The five optional dives may not include any base dives (Dive 101, 201, 301, 401 and 5111).
5. Boys: A total of 230.0 points or greater is achieved.
Girls: A total of 240.0 points or greater is achieved.
6. The sum total of the degrees of difficulty for the six dives equals 12.2 or greater (voluntary dive DD=Assigned DD up to a maximum of 1.8).
7. This point requirement and DD total must be achieved in a six-dive meet. Divers may NOT pull six dives out of an eleven dive meet to qualify.