



VISAA State Swimming and Diving Championship Qualifying Standards - '23-'24 Season

Women			Men	
Short-Course	Short-Course	Events	Short-Course	Short-Course
Yards	Meters		Yards	Meters
2:14.01	2:29.56	200 Med Rel	1:57.18	2:10.66
2:12.11	2:26.38	200 Free	2:01.47	2:14.59
2:29.40	2:45.83	200 I.M.	2:18.04	2:33.36
:26.96	:30.06	50 Free	:24.14	:27.01
:28.96	:32.29	50 Free Bonus	:26.14	:29.25
*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
:59.70	1:06.39	100 Free	53.09	:58.98
5:58.88	5:14.81	500 Free	5:41.90	5:00.19
1:58.53	2:12.39	200 Fr Relay	1:43.26	1:55.24
1:06.85	1:14.27	100 Back	1:02.90	1:09.88
1:16.38	1:24.93	100 Breast	1:08.79	1:16.36
4:38.24	5:09.96	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.