



## Girls Standards-2024

### 5-1A Schools

| <u>Event</u>        | <u>5-1A Qualifying</u> | <u>5-1A Qualifying</u> | <u>5-1A Consideration</u> | <u>5-1A Consideration</u> |
|---------------------|------------------------|------------------------|---------------------------|---------------------------|
|                     | <u>Yards</u>           | <u>Meters</u>          | <u>Yards</u>              | <u>Meters</u>             |
| 200 medley relay    | 2:08.56                | 2:23.47                | 2:14.99                   | 2:30.64                   |
| 200 freestyle       | 2:12.45                | 2:26.76                | 2:19.07                   | 2:34.09                   |
| 200 IM              | 2:31.20                | 2:47.83                | 2:38.76                   | 2:56.22                   |
| 50 freestyle        | 26.62                  | 29.69                  | 27.96                     | 31.17                     |
| 100 butterfly       | 1:07.61                | 1:15.12                | 1:10.99                   | 1:18.88                   |
| 100 freestyle       | 59.21                  | 1:05.84                | 1:02.17                   | 1:09.13                   |
| 500 freestyle       | 5:59.39                | 5:15.25 (400 meters)   | 6:17.36                   | 5:31.02 (400 meters)      |
| 200 freestyle relay | 1:52.70                | 2:05.89                | 1:58.34                   | 2:12.15                   |
| 100 backstroke      | 1:07.04                | 1:14.49                | 1:10.40                   | 1:18.21                   |
| 100 breaststroke    | 1:17.42                | 1:26.10                | 1:21.30                   | 1:30.40                   |
| 400 freestyle relay | 4:12.45                | 4:41.23                | 4:25.08                   | 4:55.30                   |

### Diving

6-Dive Meet            10.2 DD on 5 Optional AND 180 Score - at the same meet

*Must include all 5 dive categories: forward, back, inward, twisting, and reverse.*

11-Dive Meet            12.2 DD on 6 Optional AND 275 Score - at the same meet

THE STATE MEET IS AN 11-DIVE MEET.

Divers must complete the minimum 11-dive degree of difficulty requirement.