



## Girls Standards-2025

### 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	2:08.72	2:23.65	2:15.16	2:30.84
200 freestyle	2:13.09	2:27.46	2:19.74	2:34.84
200 IM	2:31.19	2:47.82	2:38.75	2:56.21
50 freestyle	26.69	29.76	28.03	31.25
100 butterfly	1:07.30	1:14.77	1:10.66	1:18.50
100 freestyle	59.29	1:05.93	1:02.25	1:09.22
500 freestyle	5:58.79	5:14.73 (400 meters)	6:16.73	5:30.47 (400 meters)
200 freestyle relay	1:52.57	2:05.75	1:58.20	2:12.00
100 backstroke	1:07.01	1:14.45	1:10.36	1:18.17
100 breaststroke	1:17.72	1:26.43	1:21.61	1:30.75
400 freestyle relay	4:14.15	4:43.13	4:26.86	4:57.28

### 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.