



2025-26 Winter Swimming & Diving Tournament

Qualifying standards are based on the availability of an 8 - 10 lane pool. If this type of facility is not available, some of these times may have to be adjusted.

2025-26 WINTER QUALIFYING STANDARDS – GIRLS'

EVENT	Girls' North	Girls' South	Girls' Central/West	Girls' State Division I	Girls' State Division II
One Meter Diving	*180 (2 times)	*175 (2 times)	*150 (2 times)	*185 (2 times)	*190 (2 times)
200 Yd. Medley Relay	2:15.35	2:06.73	2:10.81	2:06.46	2:04.40
200 Yd. Freestyle	2:11.48	2:12.57	2:15.62	2:10.09	2:09.51
200 Yd. Individual Medley	2:29.73	2:30.13	2:34.84	2:28.19	2:27.17
50 Yd. Freestyle	26.98	27.14	27.27	26.84	26.84
100 Yd. Butterfly	1:07.32	1:07.12	1:08.74	1:06.85	1:06.42
100 Yd. Freestyle	59.85	1:00.46	1:00.33	59.35	59.35
500 Yd. Freestyle	6:02.47	5:58.37	6:03.67	5:47.47	5:48.37
200 Yd. Freestyle Relay	1:58.71	1:53.83	1:56.72	1:51.83	1:51.83
100 Yd. Backstroke	1:08.26	1:08.98	1:10.09	1:07.18	1:07.48
100 Yd. Breaststroke	1:18.13	1:19.12	1:18.91	1:17.48	1:17.16
400 Yd. Freestyle Relay	4:26.48	4:13.24	4:20.80	4:06.60	4:05.35

* Minimum Points in two (2) dual meets.

- In championship meets each team is permitted a maximum of four (4) entries in each individual event and one (1) team in a relay event. (NFHS Rule 3-1-1).
- Individuals are permitted to enter a maximum of four (4) events comprising individual and relay events, with a maximum of two (2) individual events (NFHS Rule 3-2-1).
- Dive sheets must consist of 11 dives containing five (5) voluntaries with a DD of no more than 9.0 total (NFHS Rule 9-4-1).