



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 – BOYS'

EVENT	Boys' North	Boys' South	Boys' Central/West	Boys' State Division I	Boys' State Division II
One Meter Diving	*180 (2 times)	*175 (2 times)	*150 (2 times)	*193 (2 times)	*188 (2 times)
200 Yd. Medley Relay	1:52.61	1:52.99	1:59.59	1:48.18	1:49.80
200 Yd. Freestyle	1:57.59	1:59.02	2:04.99	1:54.11	1:56.97
200 Yd. Individual Medley	2:13.03	2:15.12	2:22.18	2:08.94	2:12.75
50 Yd. Freestyle	24.03	24.28	24.98	23.38	23.68
100 Yd. Butterfly	59.10	59.32	1:03.74	56.97	58.03
100 Yd. Freestyle	52.91	53.39	54.88	51.66	51.99
500 Yd. Freestyle	5:24.25	5:29.94	5:45.82	5:15.36	5:22.66
200 Yd. Freestyle Relay	1:40.52	1:40.74	1:45.93	1:36.86	1:38.03
100 Yd. Backstroke	1:00.67	1:02.49	1:06.68	58.96	59.96
100 Yd. Breaststroke	1:07.73	1:09.07	1:10.72	1:04.88	1:07.21
400 Yd. Freestyle Relay	3:42.67	3:42.62	4:08.35	3:35.42	3:41.55

* 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).