



## Girls Standards-2025

### 6A Schools

<u>Event</u>	<u>6A Qualifying</u>	<u>6A Qualifying</u>	<u>6A Consideration</u>	<u>6A Consideration</u>
	<u>Yards</u>	<u>Meters</u>	<u>Yards</u>	<u>Meters</u>
200 medley relay	2:06.90	2:21.62	2:13.24	2:28.70
200 freestyle	2:09.53	2:23.52	2:16.01	2:30.70
200 IM	2:28.32	2:44.63	2:35.73	2:52.86
50 freestyle	26.50	29.55	27.83	31.03
100 butterfly	1:05.93	1:13.25	1:09.23	1:16.92
100 freestyle	58.29	1:04.82	1:01.20	1:08.06
500 freestyle	5:54.10	5:10.62 (400 meters)	6:11.81	5:26.15 (400 meters)
200 freestyle relay	1:51.91	2:05.00	1:57.50	2:11.21
100 backstroke	1:05.47	1:12.74	1:08.74	1:16.37
100 breaststroke	1:15.98	1:24.49	1:19.77	1:28.71
400 freestyle relay	4:14.79	4:43.84	4:27.53	4:58.03

### 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.