

## 2025 BOYS VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:36.75		1:38.78	1:47.02	1:43.66	1:51.60	1:54.39	2:02.72
200 Freestyle	1:40.08	1:47.17	1:43.19	1:51.80	1:48.19	1:59.51	1:55.01	2:12.08
200 Individual Medley	1:53.29	2:00.96	1:57.30	2:07.15	2:02.08	2:17.35	2:15.56	2:29.06
50 Freestyle	21.25	22.40	22.00	23.04	22.17	23.67	23.33	25.40
100 Butterfly	50.34	53.58	52.38	55.94	55.05	59.57	57.95	1:04.88
100 Freestyle	46.36	49.15	48.10	50.69	49.37	52.57	50.73	56.48
500 Freestyle	4:35.79	4:53.07	4:42.55	5:10.56	4:59.93	5:32.47	5:21.89	6:14.79
200 Freestyle Relay	1:26.35		1:29.91	1:35.97	1:32.92	1:38.77	1:40.70	1:48.62
100 Backstroke	51.87	56.45	54.16	59.23	55.34	1:03.40	1:03.15	1:10.80
100 Breaststroke	57.44	1:01.64	58.87	1:03.32	1:00.25	1:06.84	1:08.47	1:15.48
400 Freestyle Relay	3:11.37		3:18.39	3:32.10	3:26.21	3:42.49	3:47.12	4:07.04

## 2025 GIRLS VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:47.44		1:53.84	2:02.71	2:00.95	2:08.57	2:12.34	2:25.10
200 Freestyle	1:50.92	1:58.84	1:56.67	2:07.03	2:01.73	2:14.59	2:15.12	2:30.01
200 Individual Medley	2:07.34	2:17.53	2:11.23	2:24.00	2:17.82	2:33.93	2:30.29	2:50.22
50 Freestyle	23.86	25.50	25.08	26.44	25.59	27.27	26.94	29.38
100 Butterfly	56.02	1:01.77	58.64	1:03.87	1:02.09	1:09.50	1:10.38	1:19.47
100 Freestyle	51.97	55.07	54.95	58.04	56.20	1:00.53	59.85	1:07.16
500 Freestyle	4:58.40	5:24.70	5:19.16	5:50.54	5:20.14	6:05.71	6:00.70	6:48.83
200 Freestyle Relay	1:38.37		1:44.25	1:51.07	1:47.65	1:54.18	1:56.67	2:05.85
100 Backstroke	57.24	1:03.30	59.87	1:06.46	1:03.56	1:11.52	1:11.30	1:18.86
100 Breaststroke	1:04.87	1:10.84	1:07.82	1:12.99	1:12.16	1:19.22	1:17.66	1:25.86
400 Freestyle Relay	3:32.35		3:45.28	3:59.80	3:56.77	4:14.96	4:25.31	4:55.41

Swimmers who wish to qualify for the CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the start and end dates specified for the high school season. ***For the CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining entries.*** Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters.

**Updated 1/9/25**