

<b><u>Swimming Time Standards</u></b>						
<b><i>In order to make the 2020 team you must make the following <u>five</u> qualifying times:</i></b>						
	<b><u>JV Girls</u></b>		<b><u>Varsity Girls</u></b>	<b><u>JV Plus Girls</u></b>		<b><u>Varsity Boys</u></b>
	<b><i>9,10 Grade Only</i></b>		<b><i>11,12 Grade</i></b>	<b><i>9,10 Grade</i></b>		<b><i>9 thru 12 Grade</i></b>
<b>100 Free</b>	N/A		1:15.00	1:05.00		1:12.00
<b>100 Back</b>	N/A		1:25.00	1:15.00		1:25.00
<b>100 Breast</b>	N/A		1:38.00	1:28.00		1:34.00
<b>500 Free</b>	8:30.00		7:45.00	6:30.00		7:30.00
<b>200 IM</b>	3:45.00		3:30.00	2:50.00		3:20.00
<b>***You may substitute <u>one</u> of the following times for one of the five events above:</b>						
<b>50 Free</b>	N/A		33.00	30.00		30.00
<b>200 Free</b>	N/A		2:38.00	2:18.00		2:30.00
<b>100 Fly</b>	N/A		1:25.00	1:18.00		1:22.00
<b><u>Dryland Standards</u></b>						
<b>2 Lap Track Run</b>	<b>5:00</b>		<b>4:30</b>	<b>4:30</b>		<b>4:00</b>
(must be under this time)						
<b>1 minute of pushups</b>	<b>15</b>		<b>25</b>	<b>25</b>		<b>30</b>
(must do more than this number - elbows to 90 degree angle)						
<b>1 minute of squats</b>	<b>25</b>		<b>30</b>	<b>30</b>		<b>35</b>
(must do more than this number - gluteus maximus must touch bleacher seat)						

\*\*JV plus girls have the opportunity to swim varsity as 9th and 10th graders.

\*\*If there is an issue with a time standard due to injury, please provide a doctor's note and consideration will be given appropriately.