

Swimming Time Standards

In order to make the 2024 team you must make the following **five** qualifying times (or the two listed for JV Girls)

	<u>JV Girls</u>	<u>Varsity Girls</u>	<u>JV Plus Girls</u>	<u>Varsity Boys</u>
	<i>9,10 Grade Only</i>	<i>11,12 Grade</i>	<i>9,10 Grade</i>	<i>9 thru 12 Grade</i>
100 Free	N/A	1:18.00	1:08.00	1:15.00
100 Back	N/A	1:30.00	1:19.00	1:30.00
100 Breast	N/A	1:45.00	1:32.00	1:38.00
500 Free	9:00.00	8:00.00	6:45.00	7:30.00
200 IM	4:00.00	3:45.00	3:00.00	3:30.00

***You may substitute **one** of the following times for one of the five events above:

50 Free	N/A	35.00	32.00	30.00
200 Free	N/A	2:45.00	2:20.00	2:30.00
100 Fly	N/A	1:30.00	1:20.00	1:25.00

Dryland Standards

2 Lap Track Run (1/2 mile) (must be under this time)	5:00	4:30	4:30	4:00
1 minute of push ups (must do more than this number - elbows to 90 degree angle)	15	25	25	30
1 minute of squats (must do more than this number - gluteus maximus must touch bleacher seat)	25	30	30	35