

5A High School Regional Standards

Girls	2024 Time Standard	Event	2024 Time Standard	Boys
3	2:40.99	200y Freestyle	2:15.99	4
5	2:48.99	200y IM	2:37.99	6
7	29.99	50y Freestyle	25.99	8
9	110 Points 210 Points	1M Diving (6 dives) 1M Diving (11 dives)	110 Points 210 Points	10
11	1:16.99	100y Butterfly	1:10.99	12
13	1:09.99	100y Freestyle	59.99	14
15	6:59.99	500y Freestyle	5:59.99	16
19	1:18.99	100y Backstroke	1:07.99	20
21	1:25.99	100y Breaststroke	1:14.99	22

The above time standards are for 5A. Here is a link to [2022 regional results](#) to look at the times achieved last year at regionals.

4A High School Regional Standards

Girls	2024 Time Standard	Event	2024 Time Standard	Boys
3	2:59.99	200y Freestyle	2:35.99	4
5	3:06.99	200y IM	2:57.99	6
7	34.99	50y Freestyle	29.99	8
9	110 Points 210 Points	1M Diving (6 dives) 1M Diving (11 dives)	110 Points 210 Points	10
11	1:31.99	100y Butterfly	1:20.99	12
13	1:19.99	100y Freestyle	1:07.99	14
15	7:54.99	500y Freestyle	6:54.99	16
19	1:28.99	100y Backstroke	1:17.99	20
21	1:35.99	100y Breaststroke	1:24.99	22

The above time standards are for 4A. Here is a link to [2022 regional results](#) to look at the times achieved last year at regionals.

3A High School Regional Standards

Girls	2024 Time Standard	Event	2024 Time Standard	Boys
3	3:09.99	200y Freestyle	2:45.99	4
5	3:16.99	200y IM	3:07.99	6
7	38.99	50y Freestyle	31.99	8
9	110 Points 210 Points	1M Diving (6 dives) 1M Diving (11 dives)	110 Points 210 Points	10
11	1:36.99	100y Butterfly	1:24.99	12
13	1:24.99	100y Freestyle	1:12.99	14
15	7:59.99	500y Freestyle	7:29.99	16
19	1:32.99	100y Backstroke	1:22.99	20
21	1:44.99	100y Breaststroke	1:29.99	22

The above time standards are for 3A. Here is the link for [2022 regional results](#) to look at the times achieved last year at regionals.