



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

## 2023-2024 Swimming & Diving State Qualifying Standards

GIRLS	2A		3A		4A	
EVENT	Yards	Meters	Yards	Meters	Yards	Meters
200 Medley Relay	2:01.50	2:15.59	1:53.90	2:07.11	1:53.50	2:06.67
200 Free	2:06.00	2:19.61	1:58.30	2:11.08	1:59.70	2:12.63
200 I.M.	2:23.00	2:38.73	2:13.00	2:27.63	2:13.50	2:28.19
50 Free	:26.10	:29.10	:24.75	:27.60	:25.00	:27.88
Diving	250/11.6	N/A	315/11.6	N/A	315/11/6	N/A
100 Fly	1:04.80	1:11.66	:59.40	1:05.99	:59.60	1:06.22
100 Free	:57.60	1:04.05	:54.50	1:00.60	:54.50	1:00.60
500/400 M Free	5:45.00	5:02.63	5:20.50	4:41.14	5:21.00	4:41.58
200 Free Relay	1:48.40	2:01.08	1:42.70	1:54.72	1:42.50	1:54.49
100 Back	1:03.90	1:10.99	:59.75	1:06.38	1:00.40	1:07.10
100 Breast	1:13.50	1:21.73	1:08.50	1:16.17	1:08.25	1:15.89
400 Free Relay	4:01.00	4:28.47	3:45.00	4:10.65	3:45.90	4:11.65

BOYS	2A		3A		4A	
EVENT	Yards	Meters	Yards	Meters	Yards	Meters
200 Medley Relay	1:48.30	2:00.76	1:40.00	1:51.50	1:39.80	1:52.43
200 Free	1:53.00	2:05.20	1:46.50	1:58.00	1:47.40	1:59.00
200 I.M.	2:08.50	2:22.64	1:59.00	2:12.21	1:59.50	2:02.77
50 Free	:22.95	:25.68	:21.80	:24.39	:21.99	:24.61
Diving	250/11.6	N/A	315/11.6	N/A	315/11/6	N/A
100 Fly	:56.50	1:02.94	:52.75	:58.76	:52.50	:58.49
100 Free	:50.90	:56.55	:48.30	:53.66	:48.70	:54.11
500/400 M Free	5:12.00	4:33.94	4:53.00	4:17.25	4:54.00	4:18.13
200 Free Relay	1:36.00	1:47.14	1:30.00	1:40.44	1:30.70	1:41.22
100 Back	:58.50	1:04.99	:54.00	:59.99	:54.00	:59.99
100 Breast	1:04.50	1:11.60	:59.50	1:06.05	:59.30	1:05.82
400 Free Relay	3:34.00	3:58.40	3:20.00	3:42.80	3:20.00	3:42.80