



# NAIA Swimming & Diving

## National Championships Qualifying Standards – 2020-2021

EVENTS	Men		Women	
	Yards	SCM	Yards	SCM
<b>50 FREESTYLE</b>	20.47	22.78	23.69	26.41
	21.95	24.49	25.58	28.54
<b>100 FREESTYLE</b>	45.22	50.28	51.68	57.46
	48.55	54.18	55.88	1:02.36
<b>200 FREESTYLE</b>	1:39.86	1:50.64	1:52.47	2:04.62
	1:47.69	2:00.19	2:03.09	2:17.38
<b>500/400 FREESTYLE</b>	4:34.23	3:57.84	5:04.94	4:27.07
	4:52.19	4:15.63	5:26.78	4:45.89
<b>1650/1500 FREESTYLE</b>	15:47.73	15:35.56	17:37.25	17:23.68
	17:26.99	17:23.86	19:04.99	19:01.56
<b>100 BACKSTROKE</b>	49.92	55.46	57.51	1:03.89
	54.30	1:00.60	1:02.44	1:09.68
<b>200 BACKSTROKE</b>	1:49.65	2:01.81	2:04.87	2:18.72
	1:58.46	2:12.21	2:15.99	2:31.77
<b>100 BREASTSTROKE</b>	54.98	1:01.13	1:04.77	1:12.02
	59.84	1:06.78	1:11.01	1:19.25
<b>200 BREASTSTROKE</b>	2:01.78	2:15.41	2:20.23	2:35.93
	2:12.30	2:27.65	2:34.86	2:52.83
<b>100 BUTTERFLY</b>	48.79	54.20	56.06	1:02.28
	53.05	59.20	1:01.59	1:08.73
<b>200 BUTTERFLY</b>	1:50.48	2:02.74	2:06.92	2:21.00
	2:00.34	2:14.31	2:19.99	2:36.24
<b>200 INDIVIDUAL MEDLEY</b>	1:50.76	2:02.94	2:06.93	2:20.89
	1:59.42	2:13.28	2:16.81	2:32.69
<b>400 INDIVIDUAL MEDLEY</b>	3:57.63	4:23.76	4:32.40	5:02.36
	4:23.49	4:54.07	4:58.70	5:33.37
<b>200 MEDLEY RELAY</b>	1:37.63	1:48.37	1:52.33	2:04.68
<b>400 MEDLEY RELAY</b>	3:33.50	3:56.99	4:07.71	4:34.96
<b>200 FREESTYLE RELAY</b>	1:27.02	1:36.59	1:41.55	1:52.72
<b>400 FREESTYLE RELAY</b>	3:10.91	3:31.91	3:39.84	4:04.02
<b>800 FREESTYLE RELAY</b>	7:09.16	7:56.37	8:09.27	9:03.09
	<b>Minimum Score</b>	<b>Degree of Difficulty</b>	<b>Minimum Score</b>	<b>Degree of Difficulty</b>
<b>1 METER (6 DIVES)</b>	200	12.0	180	10.8
<b>3 METER (6 DIVES)</b>	200	12.0	180	12.0

\*Provisional time standards are in red.

All diving entries must meet the qualifying standards for the minimum point total in a bona fide championship or certified diving meet. Judges must be used in computing the point totals. Scores must be submitted on the official entry form and a copy of the diving sheet along with Degree of Difficulty should be included with the entry. Diving scores can be achieved in a 6 optional -OR- in a 5 optional/1 voluntary format. Furthermore, either of these formats can be pulled from an 11-dive format to achieve the 6-dive standard on either board.

For diving qualifications: if the minimum score is met by 8 competitors (in any one category) those top 8 athletes would qualify for the national meet. If there is a tie for 8<sup>th</sup> place on the top times list, all divers tied in the 8<sup>th</sup> place would be qualified for the meet.