



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

2024-25 Swimming & Diving State Qualifying Standards

GIRLS	2A		3A		4A	
EVENT	Yards	Meters	Yards	Meters	Yards	Meters
200 Medley Relay	2:02.00	2:16.15	1:53.90	2:07.11	1:53.50	2:06.67
200 Free	2:06.00	2:19.61	1:58.00	2:10.74	1:59.50	2:12.41
200 I.M.	2:23.00	2:38.73	2:12.80	2:27.41	2:13.50	2:28.19
50 Free	:26.10	:29.10	:24.70	:27.54	: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	:59.00	1:05.55	:59.60	1:06.22
100 Free	:57.60	1:04.05	:54.20	1:00.27	: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	1:49.00	2:01.75	1:42.75	1:54.49	1:42.50	1:54.49
100 Back	1:03.90	1:10.99	:59.50	1:06.10	1:00.40	1:07.10
100 Breast	1:13.50	1:21.73	1:08.30	1:15.95	1:08.30	1:15.95
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	:22.90	:25.63	:21.80	:24.39	:21.90	:24.51
Diving	250/11.6	N/A	315/11.6	N/A	315/11/6	N/A
100 Fly	:56.50	1:02.94	:52.70	:58.71	: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	1:36.50	1:47.69	1:29.90	1:40.33	1:30.70	1:41.22
100 Back	:58.50	1:04.99	:53.80	:59.77	:53.60	:59.55
100 Breast	1:04.30	1:11.37	:59.50	1:06.05	:59.30	1:05.82
400 Free Relay	3:35.00	3:59.51	3:20.00	3:42.80	3:20.00	3:42.80