



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

2025-26 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	1:53.50	2:06.67	1:53.50	2:06.67
200 Free	2:06.00	2:19.61	1:57.80	2:10.52	1:59.00	2:11.85
200 I.M.	2:23.00	2:38.73	2:12.00	2:26.52	2:13.50	2:28.19
50 Free	:26.10	:29.10	:24.50	:27.32	:25.00	:27.88
Diving	240/11.3	N/A	300/11.6	N/A	300/11/6	N/A
100 Fly	1:04.50	1:11.66	:58.80	1:05.33	: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	5:20.00	4:40.70	5:21.00	4:41.58
200 Free Relay	1:49.00	2:01.75	1:42.70	1:54.72	1:42.50	1:54.49
100 Back	1:03.90	1:10.99	:59.30	1:05.88	1:00.00	1:06.66
100 Breast	1:13.50	1:21.73	1:07.70	1:15.28	1:08.30	1:15.95
400 Free Relay	4:02.00	4:29.59	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	1:39.50	1:50.94
200 Free	1:53.00	2:05.20	1:46.00	1:57.45	1:47.00	1:58.56
200 I.M.	2:08.50	2:22.64	1:58.70	2:11.88	1:59.50	2:12.76
50 Free	:22.90	:25.63	:21.80	:24.39	:21.80	:24.39
Diving	240/11.3	N/A	300/11.6	N/A	300/11/6	N/A
100 Fly	:56.50	1:02.94	:52.70	:58.71	:52.50	:58.49
100 Free	:50.90	:56.55	:48.00	:53.33	:48.50	:53.88
500/400 M Free	5:12.00	4:33.94	4:51.50	4:15.94	4:53.00	4:17.25
200 Free Relay	1:36.50	1:47.69	1:29.90	1:40.33	1:30.50	1:41.00
100 Back	:58.50	1:04.99	:53.80	:59.77	:53.40	:59.33
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	3:19.50	3:42.24	3:19.00	3:41.69