



# WOMEN'S SWIMMING RECRUITING GUIDELINES BY DIVISION

## BY DIVISION

	<i>High Division I</i>	<i>Low Division I</i>	<i>High Division II</i>	<i>Low Division II &amp; III</i>
50 Free	High DI (<22.99)	Low DI (24.0)	High DII (25.5)	Low DII-DIII (<28.0)
100 Free	High DI (<50.0)	Low DI (52)	High DII (54.0)	Low DII-DIII (<55.0)
200 Free	High DI (<1:48.5)	Low DI (1:52.0)	High DII (1:54.0)	Low DII-DIII (<2:00.0)
500 Free	High DI (<4:45.0)	Low DI (4:57.0)	High DII (5:05.0)	Low DII-DIII (<5:32.0)
1650 Free	High DI (<16:30.0)	Low DI (17:00.0)	High DII (17:15.0)	Low DII-DIII (<17:45.0)
100 Back	High DI (<55.2)	Low DI (57.5)	High DII (58.5)	Low DII-DIII (<1:03.0)
200 Back	High DI (<2:00.5)	Low DI (2:04.0)	High DII (2:07.0)	Low DII-DIII (<2:11.0)
100 Breast	High DI (<1:03.3)	Low DI (1:05.0)	High DII (1:06.0)	Low DII-DIII (<1:12.0)
200 Breast	High DI (<2:16.2)	Low DI (2:21.0)	High DII (2:24.0)	Low DII-DIII (<2:30.0)
100 Fly	High DI (<54.79)	Low DI (57.2)	High DII (59.5)	Low DII-DIII (<1:06.0)
200 Fly	High DI (<2:00.5)	Low DI (2:06.0)	High DII (2:08.0)	Low DII-DIII (<2:12.0)
200 IM	High DI (<2:01.0)	Low DI (2:07.0)	High DII (2:12.0)	Low DII-DIII (<2:20.0)
400 IM	High DI (<4:20.7)	Low DI (4:29.0)	High DII (4:34.0)	Low DII-DIII (<4:45.0)

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

### SWIMMING RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION  
ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND  
ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING  
PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS  
AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY  
YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND  
YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF  
OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE  
ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT  
THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL  
YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH  
MANY FOLLOW THE DI RULES.

DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND  
YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1  
VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1  
VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT  
PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.