

<u>Swimming Time Standards</u>						
<i>In order to make the team you must make the following qualifying times:</i>						
	<u>JV Girls</u>		<u>Varsity Girls</u>	<u>JV Plus Girls</u>		<u>Varsity Boys</u>
	<i>9,10 Grade Only</i>		<i>11,12 Grade</i>	<i>9,10 Grade</i>		<i>9 thru 12 Grade</i>
100 Free	N/A		1:18.00	1:08.00		1:15.00
100 Back	N/A		1:30.00	1:19.00		1:30.00
100 Breast	N/A		1:45.00	1:32.00		1:38.00
500 Free	9:00.00		8:00.00	6:45.00		7:30.00
200 IM	4:00.00		3:45.00	3:00.00		3:30.00
***You may substitute <u>one</u> of the following times for one of the five events above:						
50 Free	N/A		35.00	32.00		30.00
200 Free	N/A		2:45.00	2:20.00		2:30.00
100 Fly	N/A		1:30.00	1:20.00		1:25.00
<u>Dryland Standards</u>						
2 Lap Track Run (1/2 mile)	5:00		4:30	4:30		4:00
(must be under this time)						
1 minute of pushups	15		25	25		30
(must do more than this number -						
elbows to 90 degree angle)						
1 minute of squats	25		30	30		35
(must do more than this number -						
gluteus maximus must touch bleacher seat)						

**JV plus girls have the opportunity to swim varsity as 9th and 10th graders.

**If there is an issue with a time standard due to injury, please provide a doctor's note and consideration will be given appropriately.