

2025-2026 Girls Swimming and Diving Time Standards

1A/2A EVENT	State	District 2	D2 WC Limit	KingCo	AAA	AAC
200 Medley Relay	2:02.00	1 Entry	N/A	3 entries per school	1:44.15	1:46.22
200 Free	2:06.00	2:36.00	3:06.00	max 4 entries	1:48.81	1:50.65
200 I.M.	2:23.00	2:53.00	3:23.00	max 4 entries	2:01.47	2:03.99
50 Free	:26.10	:30.10	:36.10	max 4 entries	:23.06	:23.48
Diving	240/11.3 DD	200/11 dive meet	Consult w/Dive Ref	max 4 entries (complete 11 dive meet)		
100 Fly	1:04.50	1:24.50	1:44.50	max 4 entries	:54.29	:55.44
100 Free	:57.60	1:12.60	1:27.60	max 4 entries	:50.13	:50.99
500/400 M Free	5:45.00	6:45.00	7:45.00	max 4 entries	4:53.01	4:58.10
200 Free Relay	1:49.00	1 Entry	N/A	3 entries per school	1:35.48	1:37.13
100 Back	1:03.90	1:28.90	1:53.90	max 4 entries	:54.71	:55.91
100 Breast	1:13.50	1:38.50	2:04.50	max 4 entries	1:02.52	1:03.75
400 Free Relay	4:02.00	1 Entry	N/A	3 entries per school	3:27.78	3:31.16
3A EVENT	State	District 2	D2 WC Limit	KingCo	AAA	AAC
200 Medley Relay	1:53.50	1 Entry	N/A	3 Entries	1:44.15	1:46.22
200 Free	1:57.80	2:13.80	2:18.80	2:29.80	1:48.81	1:50.65
200 I.M.	2:12.00	2:28.00	2:33.00	2:44.00	2:01.47	2:03.99
50 Free	:24.50	:26.50	:27.50	:28.50	:23.06	:23.48
Diving	300/11.6 DD	225/11 dive meet	Consult w/Dive Ref	Complete 11 Dive Meet		
100 Fly	:58.80	1:08.80	1:11.80	1:18.80	:54.29	:55.44
100 Free	:54.20	1:02.20	1:05.20	1:07.20	:50.13	:50.99
500/400 M Free	5:20.00	5:55.00	6:07.00	6:30.00	4:53.01	4:58.10
200 Free Relay	1:42.70	1 Entry	N/A	3 Entries	1:35.48	1:37.13
100 Back	:59.30	1:09.30	1:12.30	1:17.30	:54.71	:55.91
100 Breast	1:07.70	1:17.70	1:20.70	1:25.70	1:02.52	1:03.75
400 Free Relay	3:45.00	1 Entry	N/A	3 Entries	3:27.78	3:31.16
4A EVENT	State	District 2	D2 WC Limit	KingCo	AAA	AAC
200 Medley Relay	1:53.50	1 Entry	N/A	3 Entries	1:44.15	1:46.22
200 Free	1:59.00	2:15.00	2:20.00	2:31.00	1:48.81	1:50.65
200 I.M.	2:13.50	2:29.50	2:34.50	2:45.50	2:01.47	2:03.99
50 Free	:25.00	:27.00	:28.00	:29.00	:23.06	:23.48
Diving	300/11.6 DD	225/11 dive meet	Consult w/Dive Ref	Complete 11 Dive Meet		
100 Fly	:59.60	1:09.60	1:12.60	1:19.60	:54.29	:55.44
100 Free	:54.50	1:02.50	1:05.50	1:07.50	:50.13	:50.99
500/400 M Free	5:21.00	5:56.00	6:08.00	6:31.00	4:53.01	4:58.10
200 Free Relay	1:42.50	1 Entry	N/A	3 Entries	1:35.48	1:37.13
100 Back	1:00.00	1:10.00	1:13.00	1:18.00	:54.71	:55.91
100 Breast	1:08.30	1:18.30	1:21.30	1:26.30	1:02.52	1:03.75
400 Free Relay	3:45.90	1 Entry	N/A	3 Entries	3:27.78	3:31.16

2025-2026 Boys Swimming and Diving Time Standards

1A/2A EVENT	State	District 2	D2 WC Limit	KingCo	AAA	AAC
200 Medley Relay	1:48.30	1 Entry	N/A	3 entries per school	1:32.13	1:33.91
200 Free	1:53.00	2:23.00	2:53.00	max 4 entries	1:37.93	1:39.57
200 I.M.	2:08.50	2:38.50	3:08.50	max 4 entries	1:48.96	1:50.99
50 Free	:22.90	:26.90	:32.90	max 4 entries	:20.38	:20.74
Diving	240/11.3 DD	200/11 dive meet	Consult w/Dive Ref	max 4 entries (complete 11 dive meet)		
100 Fly	:56.50	1:11.50	1:31.50	max 4 entries	:48.38	:49.37
100 Free	:50.90	1:00.90	1:15.90	max 4 entries	:44.69	:45.41
500/400 M Free	5:12.00	5:57.00	6:57.00	max 4 entries	4:27.94	4:32.84
200 Free Relay	1:36.50	1 Entry	N/A	3 entries per school	1:24.02	1:25.36
100 Back	:58.50	1:13.50	1:38.50	max 4 entries	:48.90	:50.07
100 Breast	1:04.30	1:19.30	1:44.50	max 4 entries	:55.04	:56.27
400 Free Relay	3:35.00	1 Entry	N/A	3 entries per school	3:04.70	3:07.61
3A EVENT	State	District 2	D2 WC Limit	KingCo	AAA	AAC
200 Medley Relay	1:40.00	1 Entry	N/A	3 Entries	1:32.13	1:33.91
200 Free	1:46.00	2:02.00	2:07.00	2:18.50	1:37.93	1:39.57
200 I.M.	1:58.70	2:14.70	2:19.70	2:31.00	1:48.96	1:50.99
50 Free	:21.80	:23.80	:24.80	:25.80	:20.38	:20.74
Diving	300/11.6 DD	225/11 dive meet	Consult w/Dive Ref	Complete 11 Dive Meet		
100 Fly	:52.70	1:02.70	1:05.70	1:12.70	:48.38	:49.37
100 Free	:48.00	:56.00	:59.00	1:01.30	:44.69	:45.41
500/400 M Free	4:51.50	5:26.50	5:38.50	6:03.00	4:27.94	4:32.84
200 Free Relay	1:29.90	1 Entry	N/A	3 Entries	1:24.02	1:25.36
100 Back	:53.80	1:03.80	1:06.80	1:11.80	:48.90	:50.07
100 Breast	:59.50	1:09.50	1:12.50	1:17.50	:55.04	:56.27
400 Free Relay	3:19.50	1 Entry	N/A	3 Entries	3:04.70	3:07.61
4A EVENT	State	District 2	D2 WC Limit	KingCo	AAA	AAC
200 Medley Relay	1:39.50	1 Entry	N/A	3 Entries	1:32.13	1:33.91
200 Free	1:47.00	2:03.00	2:08.00	2:19.40	1:37.93	1:39.57
200 I.M.	1:59.50	2:15.50	2:20.50	2:31.50	1:48.96	1:50.99
50 Free	:21.80	:23.90	:24.90	:25.90	:20.38	:20.74
Diving	300/11.6 DD	225/11 dive meet	Consult w/Dive Ref	Complete 11 Dive Meet		
100 Fly	:52.50	1:02.50	1:05.50	1:12.50	:48.38	:49.37
100 Free	:48.50	:56.50	:59.50	1:01.70	:44.69	:45.41
500/400 M Free	4:53.00	5:28.00	5:40.00	6:04.00	4:27.94	4:32.84
200 Free Relay	1:30.50	1 Entry	N/A	3 Entries	1:24.02	1:25.36
100 Back	:53.40	1:03.40	1:06.40	1:11.60	:48.90	:50.07
100 Breast	:59.30	1:09.30	1:12.30	1:17.30	:55.04	:56.27
400 Free Relay	3:19.00	1 Entry	N/A	3 Entries	3:04.70	3:07.61