

2025-26 Swimming State Standards

Girls State Swimming-16th Place Qualifying Times

Event	2023	2024	2025	2025-26 State Standard
200 yd. Medley Relay	01:48.87	01:47.96	01:48.93	01:48.59
200 yd. Freestyle	01:54.76	01:52.84	01:52.87	01:53.49
200 yd. Individual Medley	02:07.36	02:08.04	02:06.67	02:07.36
50 yd. Freestyle	00:24.27	00:24.24	00:23.87	00:24.13
100 yd. Butterfly	00:56.75	00:57.56	00:55.80	00:56.70
100 yd. Freestyle	00:52.78	00:52.66	00:52.81	00:52.75
500 yd. Freestyle	05:07.66	05:08.01	05:05.43	05:07.03
200 yd. Freestyle Relay	01:38.67	01:39.90	01:38.95	01:39.17
100 yd. Backstroke	00:57.67	00:56.86	00:57.46	00:57.33
100 yd. Breaststroke	01:06.06	01:05.91	01:05.89	01:05.95
400 yd. Freestyle Relay	03:38.22	03:36.79	03:36.28	03:37.10

Boys State Swimming-16th Place Qualifying Times

Event	2023	2024	2025	2025-26 State Standard
200 yd. Medley Relay	01:36.10	01:37.72	01:36.67	01:36.83
200 yd. Freestyle	01:41.74	01:43.46	01:43.13	01:42.78
200 yd. Individual Medley	01:55.84	01:54.25	01:55.64	01:55.24
50 yd. Freestyle	00:21.45	00:21.38	00:21.44	00:21.42
100 yd. Butterfly	00:50.93	00:50.99	00:50.95	00:50.96
100 yd. Freestyle	00:47.13	00:46.85	00:46.92	00:46.97
500 yd. Freestyle	04:40.42	04:44.64	04:42.51	04:42.52
200 yd. Freestyle Relay	01:27.86	01:28.68	01:27.73	01:28.09
100 yd. Backstroke	00:52.00	00:51.64	00:51.24	00:51.63
100 yd. Breaststroke	00:57.74	00:58.57	00:58.74	00:58.35
400 yd. Freestyle Relay	03:13.78	03:13.05	03:14.11	03:13.65

