

2025 CHAMPIONSHIP QUALIFYING/CONSIDERATION TIMES

GIRLS [2025]	CENTRALS 2025 QUALIFYING TIMES		D1 CHAMPS [2A] CONSIDERATION TIMES		D1 CHAMPS [3A] AUTOMATIC TIMES		D1 CHAMPS [3A] CONSIDERATION TIMES	
	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS
200 MEDLEY RELAY	-	-	2:09.00	2:23.96	1:50.58	2:03.41	1:54.50	2:07.78
200 FREESTYLE	2:11.40	2:25.59	2:12.00	2:26.26	1:58.43	2:11.22	2:02.82	2:16.09
200 INDIVIDUAL MEDLEY	2:30.60	2:47.17	2:33.00	2:49.83	2:13.46	2:28.14	2:19.50	2:34.85
50 FREESTYLE	27.00	30.11	27.50	30.66	25.02	27.90	26.00	0:28.99
DIVING [6/11]	150/240	150/240	160/265	160/265	-	-	205/335	205/335
100 BUTTERFLY	1:08.30	1:15.88	1:11.00	1:18.88	59.83	1:06.47	1:02.60	1:09.55
100 FREESTYLE	59.60	1:06.28	1:01.00	1:07.83	54.05	1:00.10	56.70	1:03.05
500/400 FREESTYLE	5:59.30	5:15.18	6:00.00	5:15.79	5:18.12	4:39.06	5:31.50	4:50.79
200 FREESTYLE RELAY	-	-	1:56.00	2:09.57	1:40.37	1:52.11	1:44.01	1:56.18
100 BACKSTROKE	1:07.80	1:15.33	1:09.50	1:17.22	1:00.77	1:07.52	1:03.58	1:10.64
100 BREASTSTROKE	1:17.50	1:26.18	1:18.50	1:27.29	1:08.34	1:15.99	1:11.99	1:20.05
400 FREESTYLE RELAY	-	-	4:08.00	4:36.27	3:39.63	4:04.67	3:48.28	4:14.30

*All meter times are converted using [NFHS Standards](#)

*For AA District 1 Swimming Championships, a maximum of 16 swimmers for individual events and 8 relay teams for relay events will qualify for the meet

*For AAA District 1 Swimming Championships, a maximum of 40 swimmers for individual events and 24 relay teams for relay events will qualify for the meet

BOYS [2025]	CENTRALS 2025 QUALIFYING TIMES		D1 CHAMPS [2A] CONSIDERATION TIMES		D1 CHAMPS [3A] AUTOMATIC TIMES		D1 CHAMPS [3A] CONSIDERATION TIMES	
	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS
200 MEDLEY RELAY	-	-	1:58.00	2:11.69	1:39.17	1:50.67	1:43.70	1:55.73
200 FREESTYLE	2:02.10	2:15.29	2:09.00	2:22.93	1:48.66	2:00.40	1:53.13	2:05.35
200 INDIVIDUAL MEDLEY	2:18.50	2:33.74	2:30.00	2:46.50	2:02.41	2:15.88	2:07.87	2:21.94
50 FREESTYLE	24.00	26.76	26.40	29.44	22.06	24.60	23.00	0:25.65
DIVING [6/11]	150/240	150/240	150/250	150/250	-	-	195/320	195/320
100 BUTTERFLY	1:01.50	1:08.33	1:07.00	1:14.44	53.66	59.62	56.12	1:02.35
100 FREESTYLE	53.80	59.83	56.20	1:02.49	48.96	54.44	50.97	0:56.68
500/400 FREESTYLE	5:36.40	4:55.09	5:55.00	5:11.41	4:56.43	4:20.03	5:08.50	4:30.62
200 FREESTYLE RELAY	-	-	1:44.00	1:56.17	1:29.56	1:40.04	1:33.00	1:43.88
100 BACKSTROKE	1:03.40	1:10.44	1:07.50	1:14.99	55.16	1:01.28	58.27	1:04.74
100 BREASTSTROKE	1:09.90	1:17.73	1:13.50	1:21.73	1:01.22	1:08.08	1:04.50	1:11.72
400 FREESTYLE RELAY	-	-	3:55.00	4:21.79	3:17.38	3:39.88	3:25.00	3:48.37

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*For AAA District 1 Swimming Championships, a maximum of 40 swimmers per individual event and 24 relay teams per relay event will qualify for the meet

