

HHSAA Swimming and Diving 2019-20 Standards

GIRLS			BOYS	
Short Course YARDS (SCY)	Short Course METERS (SCM)		Short Course YARDS (SCY)	Short Course METERS (SCM)
11 DD/310 Pts		1m Diving	11.4 DD/310 Pts	
2:09.89	2:24.95	200 Med Rel	1:58.29	2:11.89
2:06.89	2:20.59	200 Free	1:54.79	2:07.41
2:24.29	2:40.27	200 IM	2:09.89	2:24.30
25.99	28.97	50 Free	23.19	25.94
1:04.39	1:11.53	100 Fly	57.89	1:04.48
57.49	1:03.92	100 Free	51.39	57.09
5:40.39	4:58.59	500y/400m Free	5:20.29	4:41.21
1:53.99	2:07.32	200 FR Rel	1:42.49	1:54.37
1:05.29	1:12.53	100 Back	1:00.49	1:07.20
1:13.49	1:21.72	100 Breast	1:06.69	1:13.69
4:15.49	4:44.61	400 FR Rel	3:58.89	4:26.12

NOTE: Short Course Meters (SCM) standards can only be used for meets swam on Molokai or at Le Jardin Academy.

REV: 11.26.19