

**2007 GIRLS' VARSITY SWIMMING TIME STANDARDS**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
200 Medley Relay	1:55.50	2:00.00	1:59.00	2:04.50	2:02.00	2:06.00	2:04.10	2:09.00
200 Freestyle	1:57.00	2:00.50	2:01.00	2:04.50	2:05.00	2:09.00	2:07.50	2:13.15
200 Individual Medley	2:14.50	2:18.50	2:15.50	2:22.00	2:22.00	2:29.00	2:23.10	2:30.00
50 Freestyle	25.40	26.00	25.60	26.30	25.80	26.60	26.30	27.50
100 Butterfly	59.80	1:03.00	1:01.80	1:04.50	1:04.00	1:07.50	1:05.50	1:08.30
100 Freestyle	54.50	56.00	55.80	57.50	56.90	58.50	58.00	1:00.00
500 Freestyle	5:16.00	5:23.00	5:20.00	5:35.00	5:33.00	5:50.00	5:41.50	5:53.00
200 Freestyle Relay	1:43.00	1:47.00	1:45.50	1:50.00	1:48.20	1:52.50	1:50.20	1:54.80
100 Backstroke	1:01.50	1:04.00	1:04.00	1:06.50	1:05.50	1:10.00	1:07.20	1:09.80
100 Breaststroke	1:09.00	1:11.50	1:11.00	1:14.50	1:13.50	1:17.50	1:14.30	1:17.40
400 Freestyle Relay	3:46.50	3:55.00	3:49.00	4:00.00	3:59.00	4:11.00	4:05.00	4:16.60

Swimmers who wish to qualify for the 2007 CIF Southern Section Swimming Preliminary Meet must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the dates of February 26, 2007 to May 4, 2007.

*For the 2007 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining spaces to a maximum of 32 participants.*

Those swimming in meter pools, please refer to page 69 of the National Federation Rule Book for the conversion formula to convert time standards to meters.

**DIVING**

	AUTO.	CON.	AUTO.	CON.
	11 DIVE COMPETITION		6 DIVE COMPETITON	
DIVISION I	300	200	180	n/a
DIVISION II	300	200	180	n/a
DIVISION III	300	200	180	n/a
DIVISION IV	300	200	180	n/a

**2007 BOYS' VARSITY SWIMMING TIME STANDARDS**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
200 Medley Relay	1:42.00	1:45.00	1:44.80	1:49.00	1:48.00	1:54.00	1:50.80	1:55.10
200 Freestyle	1:46.00	1:48.50	1:47.00	1:50.00	1:51.50	1:56.00	1:55.40	2:00.50
200 Individual Medley	2:00.00	2:05.00	2:03.00	2:08.00	2:09.00	2:15.00	2:09.60	2:16.20
50 Freestyle	22.00	22.60	22.65	23.00	23.00	23.50	23.20	24.00
100 Butterfly	53.40	55.50	55.50	57.00	56.50	59.50	57.75	1:00.00
100 Freestyle	48.00	50.00	49.50	50.50	50.50	52.00	51.50	53.50
500 Freestyle	4:46.00	4:55.50	4:52.50	5:04.00	5:05.00	5:14.00	5:16.10	5:25.00
200 Freestyle Relay	1:30.50	1:34.00	1:33.00	1:36.00	1:36.00	1:39.00	1:36.50	1:40.90
100 Backstroke	55.50	57.50	57.00	59.50	57.00	1:02.00	58.70	1:02.80
100 Breaststroke	1:02.00	1:04.00	1:03.00	1:05.00	1:04.50	1:08.00	1:04.50	1:08.70
400 Freestyle Relay	3:18.00	3:23.50	3:21.00	3:31.00	3:31.00	3:40.00	3:37.90	3:49.00

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	AUTO.	CON.	AUTO.	CON.
	11 DIVE COMPETITION		6 DIVE COMPETITION	
DIVISION I	300	200	180	n/a
DIVISION II	300	200	180	n/a
DIVISION III	300	200	180	n/a
DIVISION IV	300	200	180	n/a