

# NPSL SWIM

## 2019-2020 4A SWIMMING & DIVING CHAMPIONSHIP STANDARDS

| <b>2019 Girls' 4A</b> |                    |              |              |
|-----------------------|--------------------|--------------|--------------|
|                       | <b>NPSL</b>        | <b>WCD 3</b> | <b>STATE</b> |
| 200 Md. Relay         | 1 Entry per school | 02:11.70     | 1:53.50      |
| 200 Free              | 2:21.71            | 02:11.10     | 1:59.70      |
| 200 IM                | 2:44.77            | 02:30.40     | 2:12.00      |
| 50 Free               | 28.04              | 00:26.90     | 24.90        |
| 11 Dives              | 11 Dives           | 225/11       | 325/11.6     |
| 100 Fly               | 1:13.88            | 01:07.45     | 0:59.00      |
| 100 Free              | 1:03.22            | 00:59.55     | 55.00        |
| 500 Free              | 6:34.05            | 06:03.55     | 5:19.00      |
| 200 Fr. Relay         | 1 Entry per school | 01:58.00     | 1:42.50      |
| 100 Back              | 1:12.47            | 01:07.80     | 1:00.80      |
| 100 Breast            | 1:23.16            | 01:16.25     | 1:08.25      |
| 400 Fr. Relay         | 1 Entry per school | 04:27.65     | 3:45.90      |

| <b>2020 Boys' 4A</b> |                    |              |              |
|----------------------|--------------------|--------------|--------------|
|                      | <b>NPSL</b>        | <b>WCD 3</b> | <b>STATE</b> |
| 200 Md. Relay        | 1 Entry per school | 01:55.35     | 1:41.00      |
| 200 Free             |                    | 02:00.90     | 1:48.00      |
| 200 IM               |                    | 02:18.40     | 2:01.00      |
| 50 Free              |                    | 00:23.50     | 22.25        |
| 11 Dives             | 11 Dives           | 230/11       | 335/11.6     |
| 100 Fly              |                    | 01:00.30     | 53.90        |
| 100 Free             |                    | 00:52.10     | 49.00        |
| 500 Free             |                    | 05:42.40     | 4:56.00      |
| 200 Fr. Relay        | 1 Entry per school | 01:42.00     | 1:31.00      |
| 100 Back             |                    | 01:03.15     | 54.50        |
| 100 Breast           |                    | 01:08.10     | 1:00.70      |
| 400 Fr. Relay        | 1 Entry per school | 03:53.55     | 3:21.50      |