

**UPDATED 4/26/2022**

**2023 Division I Men's Swimming and Diving Qualifying Standards**

<b>MEN'S SWIMMING STANDARDS</b>		
<b>25-Yard Course</b>		
<b>EVENT</b>	<b>A Standard</b>	<b>B Standard</b>
50 Freestyle	<b>18.88</b>	<b>19.82</b>
100 Freestyle	<b>41.64</b>	<b>43.59</b>
200 Freestyle	<b>1:31.98</b>	<b>1:35.88</b>
500 Freestyle	<b>4:11.40</b>	<b>4:22.35</b>
1,650 Freestyle	<b>14:37.31</b>	<b>15:26.19</b>
100 Butterfly	<b>44.82</b>	<b>47.23</b>
200 Butterfly	<b>1:40.20</b>	<b>1:46.31</b>
100 Backstroke	<b>44.79</b>	<b>47.59</b>
200 Backstroke	<b>1:39.13</b>	<b>1:44.82</b>
100 Breaststroke	<b>51.40</b>	<b>53.87</b>
200 Breaststroke	<b>1:51.54</b>	<b>1:57.95</b>
200 Individual Medley	<b>1:41.22</b>	<b>1:46.52</b>
400 Individual Medley	<b>3:39.16</b>	<b>3:51.31</b>

<b>MEN'S RELAY STANDARDS</b>		
<b>25-Yard Course</b>		
<b>EVENT</b>	<b>QUALIFYING</b>	<b>PROVISIONAL</b>
200 Freestyle Relay	<b>1:16.80</b>	<b>1:17.58</b>
400 Freestyle Relay	<b>2:50.52</b>	<b>2:52.44</b>
800 Freestyle Relay	<b>6:16.02</b>	<b>6:20.41</b>
200 Medley Relay	<b>1:23.76</b>	<b>1:24.42</b>
400 Medley Relay	<b>3:04.96</b>	<b>3:06.84</b>

<b>MEN'S DIVING STANDARDS</b>	
<b>*Qualifying point total in any 6 dive list with standard DD</b>	
<b>EVENT</b>	<b>POINTS</b>
1-Meter Diving	300*
3-Meter Diving	320*
Platform Diving	300*

## 2023 Division I Women's Swimming and Diving Qualifying Standards

WOMEN'S SWIMMING STANDARDS		
25-Yard Course		
EVENT	A Standard	B Standard
50 Freestyle	<b>21.66</b>	<b>22.71</b>
100 Freestyle	<b>47.18</b>	<b>49.44</b>
200 Freestyle	<b>1:42.84</b>	<b>1:47.12</b>
500 Freestyle	<b>4:35.76</b>	<b>4:47.20</b>
1,650 Freestyle	<b>15:52.41</b>	<b>16:30.59</b>
100 Butterfly	<b>50.92</b>	<b>53.69</b>
200 Butterfly	<b>1:52.86</b>	<b>1:59.23</b>
100 Backstroke	<b>50.89</b>	<b>53.91</b>
200 Backstroke	<b>1:50.50</b>	<b>1:57.07</b>
100 Breaststroke	<b>58.10</b>	<b>1:01.56</b>
200 Breaststroke	<b>2:06.18</b>	<b>2:13.89</b>
200 Individual Medley	<b>1:53.66</b>	<b>1:59.56</b>
400 Individual Medley	<b>4:03.62</b>	<b>4:17.30</b>

WOMEN'S RELAY STANDARDS		
EVENT	QUALIFYING	PROVISIONAL
200 Freestyle Relay	<b>1:28.43</b>	<b>1:29.21</b>
400 Freestyle Relay	<b>3:14.10</b>	<b>3:16.32</b>
800 Freestyle Relay	<b>7:00.86</b>	<b>7:05.88</b>
200 Medley Relay	<b>1:36.24</b>	<b>1:37.02</b>
400 Medley Relay	<b>3:31.38</b>	<b>3:33.54</b>

WOMEN'S DIVING STANDARDS	
<b>*Qualifying point total in any 6 dive list with standard DD</b> <b>**Qualifying point total in any 5 dive list with standard DD</b>	
EVENT	POINTS
1-Meter Diving	265* / 220**
3-Meter Diving	280* / 235**
Platform Diving	225**

### **Qualifying Standards**

- The “A Standard” for individual events is calculated by using the three-year average of the eighth best time on the performance list unless the current “A Standard” is faster than the three-year average.
- The “B Standard” for individual events is calculated by using the three-year average of the 125<sup>th</sup> best time on the performance list unless the current “B Standard” is faster than the three-year average.
- The “Qualifying Standard” for relay events is calculated using the three-year average of the 16<sup>th</sup> best time on the championship finals performance list unless the current “Qualifying Standard” is faster than the three-year average.
- The “Provisional Standard” for relay events is calculated using the three-year average of the 24<sup>th</sup> best time on the championship finals performance list unless the current “Provisional Standard” is faster than the three-year average.

### **Conversions**

To convert a metric time achieved in a 25-meter racing course to an equivalent time for a 25-yard racing course: (a) transform the achieved metric time into seconds; (b) carrying the calculation out to five decimal places, multiply the transformed time in seconds by appropriately following the conversion factor; (c) drop, without rounding, all units smaller than a hundredth of a second; and (d) finally, transform the resultant value in seconds back into minutes and seconds to obtain the converted time.

#### **Short-Course Conversion Factors (Men and Women)**

<b>Event</b>	<b>Factor</b>
400 meters to 500 yards	1.153
800 meters to 1,000 yards	1.153
1,500 meters to 1,650 yards	1.013
All other events	0.906

Please note the conversion table above does not reflect what is included in the NCAA Swimming and Diving Rules Book. This document reflects what will be used for selection to and seeding at the 2022 Division I swimming and diving championships.

All time standards, consideration standards and optional-entry standards may be achieved only in 25-yard or 25-meter racing courses. No times achieved in 50-meter courses will be eligible for selection.

### **Altitude**

Times achieved at an altitude of 3,000 feet or higher may be adjusted according to the following chart:

<b>Event</b>	<b>I 3,000-4,250 Ft. Elevation</b>	<b>II 4,251-6,500 Ft. Elevation</b>	<b>III Above 6,500 Ft. Elevation</b>
100 Yards/Meters (Individual Events)	.0	.10	.15
200 Yards/Meters (Individual Events)	.5	1.2	1.6
500 Yards-400 Meters (Individual Events)	2.5	5.0	7.0
1,000 Yards/800 Meters	6.3	11.4	18.5
1,650 Yards/1,500 Meters	11.0	20.0	32.5

Subtract the time above from the actual time achieved. A relay team may use a conversion that is four times the appropriate figures listed above. This is the time to be used on the entry form.

**2023 Number of Qualifying Spots per Zone**

Women	1m	3m	Pl	Men	1m	3m	Pl
Zone A	5	6	6	Zone A	6	5	5
Zone B	11	9	6	Zone B	7	8	9
Zone C	10	9	11	Zone C	9	8	12
Zone D	9	9	10	Zone D	7	9	5
Zone E	6	8	8	Zone E	7	6	5

**2023 Number of Reimbursement Spots per Zone**

	Women	Men
Zone A	5	5
Zone B	10	9
Zone C	10	10
Zone D	9	6
Zone E	7	5