



UPDATED 4/24/2024

2025 Division I Men's Swimming and Diving Qualifying Standards

MEN'S SWIMMING STANDARDS		
25-Yard Course		
EVENT	A Standard	B Standard
50 Freestyle	18.72	19.69
100 Freestyle	41.34	43.25
200 Freestyle	1:31.21	1:35.35
500 Freestyle	4:10.64	4:21.28
1,650 Freestyle	14:37.31	15:21.20
100 Butterfly	44.51	46.80
200 Butterfly	1:40.05	1:45.34
100 Backstroke	44.48	47.16
200 Backstroke	1:38.80	1:44.03
100 Breaststroke	51.02	53.43
200 Breaststroke	1:50.65	1:56.96
200 Individual Medley	1:40.75	1:45.68
400 Individual Medley	3:38.37	3:49.53

MEN'S RELAY STANDARDS		
25-Yard Course		
EVENT	QUALIFYING	PROVISIONAL
200 Freestyle Relay	1:16.51	1:17.13
400 Freestyle Relay	2:49.79	2:51.01
800 Freestyle Relay	6:15.80	6:18.42
200 Medley Relay	1:23.62	1:23.90
400 Medley Relay	3:04.96	3:06.37

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



2025 Division I Women's Swimming and Diving Qualifying Standards

WOMEN'S SWIMMING STANDARDS		
25-Yard Course		
EVENT	A Standard	B Standard
50 Freestyle	21.58	22.58
100 Freestyle	47.10	49.18
200 Freestyle	1:42.60	1:46.85
500 Freestyle	4:36.89	4:47.20
1,650 Freestyle	15:52.41	16:41.45
100 Butterfly	50.52	53.34
200 Butterfly	1:52.47	1:58.93
100 Backstroke	50.66	53.53
200 Backstroke	1:50.50	1:56.71
100 Breaststroke	58.01	1:01.22
200 Breaststroke	2:05.73	2:13.28
200 Individual Medley	1:53.66	1:59.35
400 Individual Medley	4:03.62	4:16.78

WOMEN'S RELAY STANDARDS		
EVENT	QUALIFYING	PROVISIONAL
200 Freestyle Relay	1:28.42	1:29.00
400 Freestyle Relay	3:13.74	3:15.28
800 Freestyle Relay	7:00.86	7:05.56
200 Medley Relay	1:36.24	1:36.76
400 Medley Relay	3:30.89	3:32.88

WOMEN'S DIVING STANDARDS	
*Qualifying point total in any 6 dive list with standard DD	
**Qualifying point total in any 5 dive list with standard DD	
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 125th 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 16th 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 24th best time on the performance list unless the current “Provisional Standard” is faster than the three-year average.
- Note: The performance list includes all bona fide competitions with teams eligible for the Division I championships during the NCAA qualifying period, the CSCAA National Invitational Championship and the NCAA Championships. The three-year average will be rounded to two decimal places.

Conversions

All time standards, consideration standards and optional-entry standards achieved in 25-yard or 25-meter racing courses. Times achieved in 25-meter racing courses will be converted to an equivalent time for a 25-yard racing course in order to select and seed swimming participants at the 2025 Division I Swimming and Diving Championships.

To convert a metric time achieved in a 25-meter racing 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)

Event	Factor
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 2025 Division I Swimming and Diving Championships.

Altitude

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

Event	I 3,000-4,250 Ft. Elevation	II 4,251-6,500 Ft. Elevation	III Above 6,500 Ft. Elevation
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.

2025 Number of Qualifying Spots per Zone

Women	1m	3m	Pl	Men	1m	3m	Pl
Zone A	7	6	5	Zone A	4	5	5
Zone B	9	7	7	Zone B	7	8	6
Zone C	6	10	11	Zone C	10	8	10
Zone D	11	10	9	Zone D	9	9	8
Zone E	8	8	9	Zone E	6	6	7

2025 Number of Reimbursement Spots per Zone

	Women	Men
Zone A	5	5
Zone B	7	6
Zone C	11	10
Zone D	11	7
Zone E	7	7