

**2025-26 Division II Women's
Swimming and Diving Qualifying Standards**

WOMEN'S SWIMMING STANDARDS		
25-Yard Course		
EVENT	A Standard	B Standard
50 Freestyle	22.50	23.62
100 Freestyle	49.47	51.94
200 Freestyle	1:47.32	1:52.69
500 Freestyle	4:49.42	5:03.89
1000 Freestyle	9:52.78	10:22.42
1650 Freestyle	16:31.17	17:20.73
100 Backstroke	53.49	56.16
200 Backstroke	1:57.00	2:02.85
100 Breaststroke	1:01.03	1:04.08
200 Breaststroke	2:13.06	2:19.71
100 Butterfly	53.37	56.04
200 Butterfly	1:58.97	2:04.92
200 Individual Medley	1:59.39	2:05.36
400 Individual Medley	4:16.33	4:29.14

WOMEN'S RELAY STANDARDS		
25-Yard Course		
EVENT	QUALIFYING	PROVISIONAL
200 Freestyle Relay	N/A	1:33.14
400 Freestyle Relay	N/A	3:24.60
800 Freestyle Relay	N/A	7:27.03
200 Medley Relay	N/A	1:42.20
400 Medley Relay	N/A	3:44.86

WOMEN'S DIVING STANDARDS		
* A minimum degree of difficulty on the 1-Meter six optional dives shall be a 13.0		
# A minimum degree of difficulty on the 3-Meter six optional dives shall be a 13.3		
EVENT	Dual-6 Optionals	Championship-11 Dives
1-Meter Diving Points *	255	390
3-Meter Diving Points #	265	420

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 the appropriate following 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	1.143
800 meters to 1000 yards	1.143
1500 meters to 1650 yards	1.003
All other events	0.896

Please note that the conversion table above reflects what is included in the 2024-25 NCAA Swimming and Diving Rules Book, Appendix A-2. This document reflects what will be used for selection to and seeding at the 2025 Division II 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:

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 (Individual Events)	6.3	11.4	18.5
1,650 Yards/1,500 Meters (Individual Events)	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.