

# HHSAA Swimming and Diving

2023 - 24 Standards

GIRLS			BOYS	
Short Course YARDS (SCY)	Short Course METERS (SCM)		Short Course YARDS (SCY)	Short Course METERS (SCM)
11 DD/310 Pts		<b>1m Diving</b>	11.4 DD/310 Pts	
2:09.89	2:24.95	<b>200 Med Rel</b>	1:57.29	2:10.89
2:06.99	2:20.39	<b>200 Free</b>	1:55.09	2:07.71
2:26.19	2:40.27	<b>200 IM</b>	2:11.59	2:25.10
25.99	28.97	<b>50 Free</b>	23.29	25.84
1:05.09	1:11.03	<b>100 Fly</b>	57.89	1:04.48
57.49	1:03.92	<b>100 Free</b>	51.89	56.69
5:50.29	4:58.59	<b>500y/400m Free</b>	5:23.09	4:39.61
1:53.99	2:07.32	<b>200 FR Rel</b>	1:42.49	1:54.37
1:05.29	1:12.53	<b>100 Back</b>	1:00.49	1:07.20
1:13.49	1:21.72	<b>100 Breast</b>	1:06.69	1:13.69
4:15.49	4:44.61	<b>400 FR Rel</b>	3:58.89	4:26.12

NOTE: Short Course Meters (SCM) standards can only be used for meets swam on Molokai or at Le Jardin Academy.

REV: 010.17.23

NOTE: Standards in **RED** are those that were made slower - 2 Events--> 2 Boys  
Standards in **GREEN** are those that were made faster - 6 Events --> 2 Girls and 4 Boys