

# HHSAA Swimming and Diving

2022 - 23 Standards

GIRLS					BOYS	
Short Course YARDS (SCY)	Short Course METERS (SCM)				Short Course YARDS (SCY)	Short Course METERS (SCM)
11 DD/310 Pts		# in entered in the event/# of seniors	<b>1m Diving</b>	# in entered in the event/# of seniors	11.4 DD/310 Pts	
2:09.89	2:24.95	22	<b>200 Med Rel</b>	18	1:58.29	2:11.89
2:07.19	2:20.59	21/3	<b>200 Free</b>	23/4	1:54.79	2:07.41
2:26.19	2:40.27	18/7	<b>200 IM</b>	14/7	2:10.79	2:24.30
25.99	28.97	27/9	<b>50 Free</b>	21/12	23.39	25.94
1:05.59	1:11.53	17/5	<b>100 Fly</b>	26/11	57.89	1:04.48
57.49	1:03.92	25/11	<b>100 Free</b>	15/5	52.29	57.09
5:50.29	4:58.59	15/2	<b>500y/400m Free</b>	20/4	5:25.69	4:41.21
1:53.99	2:07.32	25	<b>200 FR Rel</b>	19	1:42.49	1:54.37
1:05.29	1:12.53	20/7	<b>100 Back</b>	20/3	1:00.49	1:07.20
1:13.49	1:21.72	21/6	<b>100 Breast</b>	26/13	1:06.69	1:13.69
4:15.49	4:44.61	20	<b>400 FR Rel</b>	20	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: 09.21.22

NOTE: Standards in **RED** are those that were made slower - 8 events --> 4 Girls and 4 Boys  
 Standards in **GREEN** are those that were made faster - None