

HHSAA Swimming and Diving

2025 - 26 Standards

GIRLS			BOYS	
Yards (SCY)	Meters (SCM)		Yards (SCY)	Meters (SCM)
11DD/310 Points		1m Diving	11.4 DD/310 Points	
2:09.89	2:24.95	200 Med Rel	1:57.29	2:10.89
2:06.39	2:20.39	200 Free	1:54.39	2:07.71
2:24.99	2:40.27	200 IM	2:10.79	2:25.10
25.79	28.97	50 Free	23.29	25.94
1:05.29	1:11.03	100 Fly	57.89	1:04.48
57.19	1:03.92	100 Free	51.89	56.69
5:46.39	4:58.59	500y/400m Free	5:23.89	4:39.61
1:53.99	2:07.32	200 Free Rel	1:42.49	1:54.37
1:05.29	1:12.53	100 Back	1:00.89	1:07.20
1:12.89	1:21.72	100 Breast	1:06.29	1:13.69
4:15.49	4:44.61	400 Free Rel	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: 10.14.25