

2022-23 Qualifying Standards

EVENT	GIRLS			BOYS		
	1/21 SJISA Coaches' Invitationals <i>Same as in the past!</i>	3/4-5 NJSIAA Individual State Championships	NISCA All America Consideration*	1/21 SJISA Coaches' Invitationals <i>Same as in the past!</i>	3/4-4 NJSIAA Individual State Championships	NISCA All America Consideration*
200 MR	1 team	1:53.83	1:46.16	1 team	1:41.65	1:34.48
200 Free	2:21.00	1:57.85	1:50.56	2:06.00	1:47.53	1:40.06
200 IM	2:37.00	2:12.15	2:03.55	2:25.00	1:59.90	1:51.52
50 Free	:28.50	:24.90	:23.53	:25.50	:22.26	:20.87
Diving	23.3 pts. per dive score from any post Nov. 30 meet with participation in at least 1 HS meet	228	Use the link at the bottom of this page!	23.3 pts. per dive score from any post Nov. 30 meet with participation in at least 1 HS meet	228	Use the link at the bottom of this page!
100 Fly	1:15.00	:59.26	:55.48	1:06.00	:53.32	:49.77
100 Free	1:03.50	:54.34	:51.00	:57.00	:49.15	:45.67
500 Free	6:15.00	5:15.41	4:57.06	6:00.00	4:51.30	4:33.05
200 FR	1 team	1:43.48	1:36.73	1 team	1:32.39	1:25.77
100 Back	1:11.00	:59.76	:55.83	1:07.00	:54.02	:50.24
100 Breast	1:22.00	1:07.94	1:03.75	1:13.00	1:00.76	:56.83
400 FR	1 team	3:43.83	3:30.90	1 team	3:21.40	3:08.49

* = NISCA's All-America qualification and application details can be found at <https://www.niscaonline.org/index.php/award-programs/all-america-swimming> and <https://www.niscaonline.org/index.php/award-programs/all-america-diving>