

# 2023-24 Qualifying Standards

EVENT	GIRLS			BOYS		
	1/20 SJISA Coaches' Invitationals <i>Same as in the past!</i>	3/2-3 NJSIAA Individual State Championships	NISCA All America Consideration*	1/20 SJISA Coaches' Invitationals <i>Same as in the past!</i>	3/2-3 NJSIAA Individual State Championships	NISCA All America Consideration*
200 MR	1 team	1:53.48	1:46.16	1 team	1:42.39	1:34.41
200 Free	2:21.00	1:58.12	1:50.65	2:06.00	1:47.14	1:40.06
200 IM	2:37.00	2:12.09	2:04.01	2:25.00	2:00.01	1:51.52
50 Free	:28.50	:24.88	:23.50	:25.50	:22.14	:20.85
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	:59.10	:55.48	1:06.00	:53.22	:49.69
100 Free	1:03.50	:54.42	:51.10	:57.00	:48.97	:45.64
500 Free	6:15.00	5:16.19	4:58.20	6:00.00	4:52.15	4:33.16
200 FR	1 team	1:42.84	1:37.15	1 team	1:32.11	1:25.75
100 Back	1:11.00	1:00.12	:55.91	1:07.00	:53.93	:50.18
100 Breast	1:22.00	1:08.18	1:03.78	1:13.00	1:00.65	:56.68
400 FR	1 team	3:47.20	3:31.16	1 team	3:21.21	3:08.40

\* = 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>