

NAIA National Qualifying Standards 2004-2005

	<u>Men</u>		<u>Women</u>	
	Yds.	Meters	Yds.	Meters
50 Fr	22.69	25.32	26.29	29.34
100 Fr	50.19	56.02	57.89	1:04.61
200 Fr	1:51.09	2:03.98	2:07.29	2:22.06
500/400 Fr	5:14.09	4:34.79	5:42.39	4:59.55
1650/1500 Fr	18:09.99	18:09.89	20:39.19	20:35.48
100 Bk	58.39	1:05.17	1:05.79	1:13.43
200 Bk	2:11.19	2:26.42	2:22.99	2:39.59
100 Br	1:05.49	1:13.09	1:14.89	1:23.58
200 Br	2:23.39	2:40.03	2:44.79	3:03.91
100 Fly	56.09	1:02.60	1:03.29	1:10.64
200 Fly	2:08.59	2:23.52	2:28.09	2:45.28
200 I.M.	2:05.89	2:20.50	2:23.59	2:40.26
400 I.M.	4:41.09	5:13.72	5:17.99	5:54.89
200 Medley R	1:50.71	2:02.89	2:09.97	2:24.27
400 Medley R	3:57.53	4:23.66	4:44.88	5:16.23
200 Free R	1:36.60	1:47.23	1:55.39	2:08.08
400 Free R	3:29.07	3:52.07	4:12.12	4:39.85
800 Free R	7:48.03	8:39.51	9:11.68	10:12.36

Diving Standards—Swimming and Diving Championships

	<u>Men's</u>	<u>Women's</u>
1 Meter Dual	231	204
1 Meter Championship	358	306
3 Meter Dual	240	214
3 Meter Championship	372	345

Divers must compete with a minimum degree of difficulty of 12.0 for 3 meter (both Men and Women), for men's 1 meter, and a minimum degree of difficulty of 10.0 for the women's 1 meter at the National Championships. All diving entries must meet the qualifying standards for the minimum point total in a bona fide championship or certified diving meet. The award of three judges must be used in computing the point totals. The competition point totals must be submitted on the official entry form and a copy of the diving sheet included with the entry.