**WCD 4A SWIM
2022-2023 SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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| **2022 Girls** |
|  | **WCD 3** | **STATE** |
| 200 Md. Relay | **02:09.15** | 1:53.50 |
| 200 Free | **02:12.85** | 1:59.70 |
| 200 IM | **02:30.85** | 2:13.50 |
| 50 Free | **00:27.30** | 25.00 |
| 11 Dives | **215 pts** | 315/11.6 |
| 100 Fly | **01:08.45** | 59.60 |
| 100 Free | **01:00.35** | 54.50 |
| 500 Free | **05:57.70** | 5:22.00 |
| 200 Fr. Relay | **01:57.40** | 1:42.50 |
| 100 Back | **01:07.75** | 1:00.40 |
| 100 Breast | **01:16.95** | 1:08.25 |
| 400 Fr. Relay | **04:27.80** | 3:45.90 |

**WCD 3A SWIM
2021-2022 SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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| **2022 Girls** |
|  | **WCD 3** | **STATE** |
| 200 Md. Relay | **02:37.00** | 1:54.40 |
| 200 Free | **02:20.00** | 1:58.80 |
| 200 IM | **02:40.00** | 2:13.30 |
| 50 Free | **00:28.00** | 25.10 |
| 11 Dives | **215 pts** | 315/11.6 |
| 100 Fly | **01:13.50** | 59.70 |
| 100 Free | **01:03.00** | 55.00 |
| 500 Free | **06:23.00** | 5:20.70 |
| 200 Fr. Relay | **02:18.00** | 1:42.70 |
| 100 Back | **01:12.00** | 1:00.50 |
| 100 Breast | **01:23.00** | 1:08.50 |
| 400 Fr. Relay | **05:06.00** | 3:45.90 |

**WCD 1A/2A SWIM
2021-2022 SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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| **2022 Girls** |
|  | **WCD 3/SeaKing** | **STATE** |
| 200 Md. Relay | **1 Entry per School** | 2:01.50 |
| 200 Free | **02:25.40** | 2:06.00 |
| 200 IM | **02:42.50** | 2:23.00 |
| 50 Free | **00:28.60** | 26.10 |
| 11 Dives | **200 pts** | 250/11.6 |
| 100 Fly | **01:16.60** | 1:04.80 |
| 100 Free | **01:04.30** | 57.60 |
| 500 Free | **06:38.00** | 5:45.00 |
| 200 Fr. Relay | **1 Entry per School** | 1:48.40 |
| 100 Back | **01:15.60** | 1:03.90 |
| 100 Breast | **01:24.40** | 1:13.50 |
| 400 Fr. Relay | **1 Entry per School** | 4:01.00 |