**WCD 4A SWIM
2023-2024 SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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| **2023 Girls** |
|  | **WCD 3** | **STATE???** |
| 200 Md. Relay | **02:09.50** | 1:53.50 |
| 200 Free | **02:16.30** | 1:59.70 |
| 200 IM | **02:34.00** | 2:13.50 |
| 50 Free | **00:27.60** | 25.00 |
| 11 Dives | **215 pts** | 315/11.6 |
| 100 Fly | **01:09.70** | 59.60 |
| 100 Free | **01:01.35** | 54.50 |
| 500 Free | **06:06.40** | 5:22.00 |
| 200 Fr. Relay | **01:57.25** | 1:42.50 |
| 100 Back | **01:09.40** | 1:00.40 |
| 100 Breast | **01:19.05** | 1:08.25 |
| 400 Fr. Relay | **04:34.75** | 3:45.90 |

**WCD 3A SWIM
2023-2024 SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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| **2023 Girls** |
|  | **WCD 3** | **STATE???** |
| 200 Md. Relay | **02:35.10** | 1:54.40 |
| 200 Free | **02:21.20** | 1:58.80 |
| 200 IM | **02:40.60** | 2:13.30 |
| 50 Free | **00:28.20** | 25.10 |
| 11 Dives | **215 pts** | 315/11.6 |
| 100 Fly | **01:13.00** | 59.70 |
| 100 Free | **01:02.50** | 55.00 |
| 500 Free | **06:26.40** | 5:20.70 |
| 200 Fr. Relay | **02:16.00** | 1:42.70 |
| 100 Back | **01:12.00** | 1:00.50 |
| 100 Breast | **01:22.00** | 1:08.50 |
| 400 Fr. Relay | **04:59.20** | 3:45.90 |

**WCD 1A/2A SWIM
2023-2024 SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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| **2023 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 | **02:43.60** | 2:23.00 |
| 50 Free | **00:28.60** | 26.10 |
| 11 Dives | **200 pts** | 250/11.6 |
| 100 Fly | **01:17.60** | 1:04.80 |
| 100 Free | **01:04.20** | 57.60 |
| 500 Free | **06:39.30** | 5:45.00 |
| 200 Fr. Relay | **1 Entry per School** | 1:48.40 |
| 100 Back | **01:16.40** | 1:03.90 |
| 100 Breast | **01:27.40** | 1:13.50 |
| 400 Fr. Relay | **1 Entry per School** | 4:01.00 |