

## 2026 GIRLS VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:48.21	2:00.01	1:53.34	2:05.74	2:00.44	2:08.97	2:10.81	2:24.52
200 Freestyle	1:51.45	2:00.43	1:57.77	2:07.59	1:57.86	2:12.88	2:04.35	2:24.92
200 Individual Medley	2:05.62	2:17.90	2:13.12	2:25.31	2:17.18	2:33.69	2:27.51	2:48.71
50 Freestyle	23.94	25.41	24.77	26.21	25.91	27.61	27.06	29.96
100 Butterfly	56.46	1:01.23	58.57	1:05.16	1:00.97	1:09.89	1:07.05	1:21.52
100 Freestyle	52.26	55.37	53.86	57.44	54.41	1:00.10	58.10	1:05.42
500 Freestyle	5:04.90	5:32.05	5:21.61	5:45.80	5:17.61	6:02.88	5:43.27	6:46.82
200 Freestyle Relay	1:38.84	1:48.84	1:42.63	1:50.46	1:47.76	1:53.79	1:55.10	2:07.25
100 Backstroke	57.77	1:03.23	1:00.34	1:06.42	1:03.57	1:10.73	1:06.68	1:17.41
100 Breaststroke	1:04.98	1:11.76	1:07.55	1:12.64	1:10.56	1:20.44	1:15.59	1:28.10
400 Freestyle Relay	3:33.85	3:43.85	3:46.09	4:06.34	3:58.71	4:28.23	4:19.59	4:50.23

## 2026 BOYS VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:35.54	1:45.54	1:39.59	1:46.04	1:42.92	1:50.48	1:52.15	1:59.55
200 Freestyle	1:41.78	1:47.09	1:45.07	1:52.40	1:46.92	1:56.32	1:55.36	2:08.79
200 Individual Medley	1:53.55	2:01.20	1:57.91	2:05.79	2:00.47	2:15.61	2:12.93	2:32.11
50 Freestyle	21.35	22.45	21.88	22.98	22.46	23.74	23.49	24.78
100 Butterfly	50.17	53.81	52.24	55.84	54.28	58.78	56.30	1:05.13
100 Freestyle	46.92	48.78	48.59	50.43	49.32	52.38	52.43	55.94
500 Freestyle	4:39.33	4:57.16	4:49.33	5:07.36	4:52.63	5:26.27	5:11.50	6:01.31
200 Freestyle Relay	1:26.34	1:36.34	1:29.91	1:35.95	1:31.96	1:39.61	1:38.49	1:46.75
100 Backstroke	51.83	55.85	52.50	58.61	56.49	1:02.30	1:02.05	1:08.68
100 Breaststroke	57.25	1:01.45	58.68	1:03.41	1:01.09	1:06.77	1:05.02	1:12.08
400 Freestyle Relay	3:11.21	3:31.21	3:16.97	3:30.82	3:25.59	3:40.46	3:42.48	4:06.68

Swimmers who wish to qualify for the CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIFSS-sanctioned dual, triangular, or invitational swim meet between the start and end dates specified for the high school season. ***For the CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards, which will be used to fill up the remaining entries.*** Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters.

**Updated 1/16/26**

# 2026 GIRLS' AND BOYS' VARSITY DIVING STANDARDS

## DIVING POINTS FOR QUALIFYING FOR THE CIF SOUTHERN SECTION CHAMPIONSHIPS

**“CIFSS qualifying diving scores must be achieved in a meet where electronic software containing a 'dive verifying program'. Some examples are eDive and [divemeets.com](http://divemeets.com).”**

A diver MAY qualify for the championships by any one of the following methods:

1. Perform a list with the “Automatic D.D.” in their respective division and achieve the Qualifying score. This may be done in an 11-dive invitational meet or an 11-dive league championship contest.
2. Perform a list with the “Consideration D.D.” AND earn a qualifying score in their respective division. This may be done in an 11-dive invitational meet or an 11-dive league championship contest.
3. Rank within the top 36 divers of the division based on the “Consideration D.D.” with the “Qualifying Score”.

NOTE: Any failed or incorrect dive on the qualifying scoresheet will have a 0.0 D.D. when calculating the total D.D. for an entry list. This will eliminate the possibility of listing a high D.D. dive that a diver cannot complete just to achieve the qualifying standard.

TO ENTER AS CONSIDERATION...A diver may submit one 11-DIVE Contest Sheet for CONSIDERATION that meets both the D.D. and Score requirements from an 11-dive contest. Divers in the consideration category will be ranked based on the total D.D. of the submitted list. The total score will only be used to break any ties for the final qualification spots.

For invitational meets, 3-meter diving will no longer be permitted for schools with diving pools with a water depth of 12 feet or less. **League Championship meets must be conducted on 1m boards ONLY.** 1-meter and/or 3-meter diving will continue to be an event in our CIF Southern Section Championship meet. Attached are the Diving Tables for both 1-meter and 3-meter diving. THE STATE CHAMPIONSHIP MEET IN CLOVIS IS AN 11-DIVE, 1M CONTEST, NO 3 M.

**REMINDER:** 3-meter diving will be permitted at CIF-sanctioned invitationals and CIFSS Championships only.

### 2026 DIVING -- GIRLS Varsity Cut-off points

GIRLS	QUALIFYING SCORE	AUTOMATIC D.D. for all 11 dives	CONSIDERATION D.D. for all 11 dives
<b>11 DIVE COMPETITION</b>			
DIVISION 1	300	21.5	20.1
DIVISION 2	275	20.5	19.0
DIVISION 3	250	19.4	18.0
DIVISION 4	250	19.4	18.0

**“CIFSS qualifying diving scores must be achieved in a meet where electronic software containing a 'dive verifying program'. Some examples are eDive and [divemeets.com](http://divemeets.com).”**

### 2026 DIVING -- BOYS Varsity Cut-off points

BOYS	QUALIFYING SCORE	AUTOMATIC D.D. for all 11 dives	CONSIDERATION D.D. for all 11 dives
<b>11 DIVE COMPETITION</b>			
DIVISION 1	300	21.5	19.5
DIVISION 2	275	20.5	18.9
DIVISION 3	250	19.4	18.0
DIVISION 4	250	19.4	18.0