

## 2007-08 NCAA DIVISION I WOMEN'S SWIMMING & DIVING CHAMPIONSHIP STANDARDS

Event	25-Yard Course		25-Meter Course		50-Meter Course	
	Auto	Prov	Auto	Prov	Auto	Prov
50 Freestyle	22.62	23.29	25.25	26.99	25.98	26.75
100 Freestyle	49.42	50.90	55.16	56.81	56.55	58.24
200 Freestyle	1:47.09	1:50.30	1:59.53	2:03.11	2:02.54	2:06.21
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:16.71	4:24.41
1,650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:48.76	17:19.02
100 Butterfly	53.75	55.36	59.99	1:01.79	1:01.29	1:03.13
200 Butterfly	1:58.99	2:02.55	2:12.81	2:16.78	2:15.07	2:19.11
100 Backstroke	54.38	56.01	1:00.70	1:02.52	1:03.76	1:05.67
200 Backstroke	1:57.32	2:00.83	2:10.94	2:14.86	2:16.90	2:21.00
100 Breaststroke	1:01.85	1:03.70	1:09.03	1:11.10	1:11.10	1:13.22
200 Breaststroke	2:14.19	2:18.21	2:29.77	2:34.26	2:32.84	2:37.42
200 Individual Medley	2:00.34	2:03.95	2:14.31	2:18.34	2:18.81	2:22.97
400 Individual Medley	4:15.63	4:23.29	4:45.31	4:53.86	4:51.82	5:00.57
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:44.49	1:47.63
400 Freestyle Relay	3:18.39	3:24.34	3:41.42	3:48.06	3:47.00	3:53.80
800 Freestyle Relay	7:10.49	7:23.40	8:00.46	8:14.87	8:12.56	8:27.33
200 Medley Relay	1:39.49	1:42.47	1:54.37	1:54.37	1:54.49	1:57.92
400 Medley Relay	3:38.02	3:44.56	4:10.63	4:10.63	4:11.18	4:18.72

1-Meter Diving Points: Dual 255 / 265\*\*\*

Platform Diving Points: Dual 260 / 225###

3-Meter Diving Points: Dual 270 / 280\*\*\*

\*\*\* - qualifying point total when using six optional dives with standard D.D

### - qualifying point total when using five optional dives with standard D.D.