

Get DIAA SWIMMING & DIVING TOURNAMENT

2025-26 Season Qualifying Times

Listed below are the Qualifying Times for the 2026 DIAA State Tournament for competition in either a 25-yard or 25-meter pool. To be eligible for the Tournament, a swimmer must have achieved a time equal or faster than the Qualifying Time for an event; the time must be achieved in a regular high school meet under NFHS rules during the current season.

*Also shown are the **Consideration Times** for each individual event based on competition in a yard pool. Consideration times will be accepted into the Tournament only to the extent needed to fill empty lanes in the slowest seeded heat(s) after entry of all swimmers with actual Qualifying Times.

Event	Qualifying Times				Consideration Times	
	GIRLS		BOYS		GIRLS	BOYS
	Yard	Meter	Yard	Meter	Yard	Yard
200 Medley Relay	2:17.89	2:33.89	2:02.09	2:16.19	--	--
200 Freestyle	2:15.49	2:30.09	2:05.29	2:18.79	2:17.49	2:07.29
200 Ind Medley	2:32.09	2:48.79	2:20.59	2:36.19	2:34.09	2:22.59
50 Freestyle	28.19	31.29	25.09	27.89	28.69	25.99
100 Butterfly	1:10.29	1:18.09	1:03.19	1:10.39	1:11.29	1:04.19
100 Freestyle	1:02.29	1:09.29	55.79	1:01.99	1:03.29	56.79
500 / 400 Freestyle	6:03.99	5:19.29	5:44.19	5:02.19	6:08.99	5:49.19
200 Free Relay	2:00.59	2:19.69	1:49.99	2:02.09	--	--
100 Backstroke	1:10.49	1:18.29	1:04.99	1:12.19	1:11.49	1:05.99
100 Breaststroke	1:20.69	1:29.69	1:10.79	1:18.59	1:21.69	1:11.79
400 Free Relay	4:44.99	5:17.49	4:14.99	4:43.04	--	--
Diving	125 points		125 points			

- Up to 6 names may be listed on each of the three Relay events
- Relay entry times may be a combination of times from individual swimmers if they haven't swum together in a relay during the dual meet season
- Diving qualification for the Tournament is based on a standard 6-dive program as conducted under regular dual meet conditions and procedures.

Entry times submitted using the State Tournament Entry process should be based on a yard-pool event distance; qualifying times achieved in a 25-meter pool should be converted to the equivalent 'yard' basis using the conversion factors and procedure described in the current NFHS Rule Book. (Note: if the converted time is slower than the Qualifying Time for a 'yard' pool, enter the 'yard' Qualifying Time for the event.)