



West Central District III

OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

4A WCDIII Girls 2009 Swim/Dive Qualifying Standards*

200 Medley Relay:	2:12.86	100 Fly:	1:08.59	100 Backstroke:	1:09.00
200 Freestyle:	2:11.89	100 Freestyle:	1:00.00	100 Breaststroke:	1:17.82
200 IM:	2:29.32	500 Freestyle:	5:58.18	400 Free Relay:	4:27.25
50 Freestyle:	27.35	200 Free Relay:	1:56.88		

Diving 230/ 11 ***Divers **must** be listed on your master entry sheet!!!

*= Pending WCDIII Board approval on 9/14/09