

STANDARDS FOR A VARSITY LETTER

- **Meet team requirements:** this includes overall effort, being a team player, and meeting basic practice / meet requirements. All determined at coaches' discretion.
- **Swimming:** Make **ONE** of the following eight times in order to receive a Varsity Letter.
- **Diving:** Make **ONE** of the following two scores to receive a Varsity Letter.

GIRLS

200 Free:	2:12.20	
200 IM:	2:29.80	
50 Free:	27.65	If you split in a relay 27.35 or better, that qualifies too.
Diving:	160	for 6 dives or 260 for 11 dives
100 Fly:	1:09.20	
100 Free:	1:00.50	This includes relay splits.
500 Free:	5:53.50	
100 Back:	1:09.20	
100 Breast:	1:18.20	

BOYS

200 Free:	2:03.70	
200 IM:	2:18.00	
50 Free:	24.85	If you split in a relay 24.55 or better, that qualifies too.
Diving:	160	for 6 dives or 260 for 11 dives
100 Fly:	1:03.10	
100 Free:	54.80	This includes relay splits.
500 Free:	5:29.20	
100 Back:	1:04.20	
100 Breast:	1:09.90	

Coaches do have the right to award individuals a Varsity Letter, even if an exact standard is not met. This is completely at the coaches' discretion.

Examples of scenarios if a swimming/diving standard is not met, where a Varsity Letter could be awarded:

- Captain or an athlete who has showed leadership up and through his/her senior year.
- Injury prevented progress or opportunity, etc... to legitimately make one of the times.
- An athlete was "close" in multiple events, not just one event.
- An athlete became a relied upon point-scorer in a certain event, even relay situations, throughout the season and particularly in PAC dual meets to help achieve a league championship for the team.