

## 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

<b>200 Free:</b>	2:11.80	
<b>200 IM:</b>	2:29.80	
<b>50 Free:</b>	27.55	If you split in a relay 27.25 or better, that qualifies too.
<b>Diving:</b>	150	for 6 dives or 260 for 11 dives
<b>100 Fly:</b>	1:08.80	
<b>100 Free:</b>	1:00.00	This includes relay splits.
<b>500 Free:</b>	5:52.50	
<b>100 Back:</b>	1:08.20	
<b>100 Breast:</b>	1:16.60	

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### BOYS

<b>200 Free:</b>	2:03.70	
<b>200 IM:</b>	2:19.00	
<b>50 Free:</b>	24.55	If you split in a relay 24.25 or better, that qualifies too.
<b>Diving:</b>	150	for 6 dives or 260 for 11 dives
<b>100 Fly:</b>	1:03.10	
<b>100 Free:</b>	54.70	This includes relay splits.
<b>500 Free:</b>	5:27.50	
<b>100 Back:</b>	1:04.20	
<b>100 Breast:</b>	1:09.70	

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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.