

# The South Carolina Independent School Association

## 2024 Swim Time Standards

Event	Girls	Boys
200Y Medley Relay		
200Y Freestyle	2:45.00	2:40.00
200Y Individual Medley	3:00.00	2:55.00
50Y Freestyle	35.00	30.00
100Y Butterfly	1:25.00	1:22.00
100Y Freestyle	1:15.00	1:10.00
500Y Freestyle	6:50.00	6:45.00
200Y Freestyle Relay		
100Y Backstroke	1:25.00	1:20.00
100Y Breaststroke	1:35.00	1:30.00
400Y Freestyle Relay		

### To Qualify For State

1. All swimmers must be a member of a **SCISA School** that has participated in two meets.
2. State entries: must meet the stated qualifying time in each event that the swimmer is entered in at State.
3. A qualified **swimmer** must have participated in two SCISA meets within the current high school season.
4. Times must be verifiable (times have been achieved must be listed with SCISA Office).

### Entry Verification

1. Coaches need to verify that all meets you have competed in have submitted results to Sports Timing & Software, Inc. The database of times is being used for entry verification.
2. The listing of top times is updated every Monday evening and by Sunday evening prior to the entry deadline.
3. The listing is available at [www.sportstiming.com](http://www.sportstiming.com).

### Entry Limits: Individual Events

1. NFHS Rules (Rule 3: Art. 1) each team shall be permitted a maximum of four entries in an individual event. These four entries must meet or exceed the 2024 SCISA Swimming qualifying times.
2. A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events.

### Relay Events

1. SCISA allows each team to enter ONE relay team in an event. There are no time standards for relays for the 2024 SCISA Swimming State Championships. Any swimmer on your team can participate in the relay at the State Championship meet as long as they have participated in the minimum required SCISA swim meets (2) and his/her participation does not exceed participation Restrictions/limits.
2. Teams may be entered in the meet with relay only swimmers. All relay swimmers, including the relay alternates (up to 4) must be entered electronically with your entries. (Please remember to include relay only swimmers in your payment for the meet).
3. Relay cards will be distributed to each team during the coaches meeting. Cards **MUST** be taken to the block with the correct swimmers listed. Only the swimmers and alternates entered electronically with your original entries can be used for the competition. Relay swimmer listing becomes official once the team has been called to the block.
4. All Relays will be seeded together by Division.