



PHS Swimming Standards & Try Out Information

These are guidelines for team placement and lettering. All final placements are subject to change after considering factors like academic strength and conduct.

Lettering:

In order to letter...

Athlete must achieve two varsity time standards in competition (practices and time trials do not count).

-OR-

Score 50 points in all meets combined.

Qualifying for the gulf zone TISCA meet or competing in districts will constitute a letter as well.

All of the above will achieve a letter in addition to...

Athletes must be eligible for the entire season.

Attend 90% of practices, excused OR unexcused.

Have ZERO office referrals.

Athletes must exhibit a positive team-first attitude, and remember that the behavior they exhibit can and WILL be a factor in lettering. The final call belongs to Coach Nall alone.

Varsity:

Athletes must achieve two of the following varsity letter times in the course of THIS season in order to letter. Note that a 'fastest' time that fails to meet a varsity standard will not be posted as a school record.

Girls

50 Free - 27.89

100 Free – 59.89

200 Free – 2:09.29



500 Free – 5:44.89

100 Back – 1:07.89

100 Breast – 1:19.29

100 Fly – 1:05.59

200 IM – 2:25.79

400 IM – 5:09.49

Boys

50 Free – 24.99

100 Free – 54.19

200 Free – 1:57.99

500 Free – 5:25.29

100 Back – 1:02.49

100 Breast – 1:10.79

100 Fly – 59.99

200 IM – 2:14.79

400 IM – 4:53.49

Junior Varsity:

In order to represent the Junior Varsity in competition, swimmers must achieve, either by legal proof-of-time or in a designated try-out, one of the following times for each event that they will be eligible to swim in meets.

Girls

50 Free - 39.89

100 Free – 1:30.89



200 Free – 3:09.29

500 Free – 6:44.89

100 Back – 1:47.89

100 Breast – 1:49.29

100 Fly – 1:45.59

200 IM – 3:05.79

50 Free – 34.99

100 Free – 1:24.19

200 Free – 2:57.99

500 Free – 6:25.29

100 Back – 1:42.49

100 Breast – 1:35.79

100 Fly – 1:35.99

200 IM – 2:55.79