



The University of North Dakota thanks you for your interest in our program.
Please note the tryout standards listed below. You must meet at minimum two of these times to be given
a tryout opportunity.
We look forward to hearing from you.

The University of North Dakota Program Performance Standards (Swimming)

<u>Women</u>	<u>Events</u>	<u>Men</u>
24.99	50 Free	21.99
54.19	100 Free	48.59
1:57.89	200 Free	1:46.19
5:10.19	500 Free	4:49.99
17:59.99	1650 Free	16:30.99
59:79	100 Back	53.99
2:09.89	200 Back	1:57.39
1:08.19	100 Breast	1:01.09
2:30.99	200 Breast	2:13.59
59.99	100 Fly	53.59
2:11.29	200 Fly	1:57.69
2:14.49	200 IM	1:59.99
4:45.99	400 IM	4:09.99