



# WOMEN'S SWIMMING RECRUITING GUIDELINES BY DIVISION

	High Division I	Low DI/High DII/DIII	Mid-Level DII/DIII/NAIA	Low DII, DIII, NAIA
<b>50 Free</b>	High DI (<22.99)	Low DI (24.0)	High DII (25.5)	Low DII-DIII (<28.0)
<b>100 Free</b>	High DI (<50.0)	Low DI (52)	High DII (55.0)	Low DII-DIII (59.0)
<b>200 Free</b>	High DI (<1:48.5)	Low DI (1:52.0)	High DII (1:55.5)	Low DII-DIII (<2:00.0)
<b>500 Free</b>	High DI (<4:45.0)	Low DI (4:57.0)	High DII (5:14.5)	Low DII-DIII (<5:32.0)
<b>1650 Free</b>	High DI (<16:30.0)	Low DI (17:00.0)	High DII (17:15.0)	Low DII-DIII (<17:45.0)
<b>100 Back</b>	High DI (<55.2)	Low DI (57.5)	High DII (59.5)	Low DII-DIII (1:06.0)
<b>200 Back</b>	High DI (<2:00.5)	Low DI (2:04.0)	High DII (2:08.5)	Low DII-DIII (2:16.0)
<b>100 Breast</b>	High DI (<1:02.5)	Low DI (1:05.6)	High DII (1:08.5)	Low DII-DIII (1:14.5)
<b>200 Breast</b>	High DI (<2:16.2)	Low DI (2:21.0)	High DII (2:28.5)	Low DII-DIII (2:35.0)
<b>100 Fly</b>	High DI (<54.79)	Low DI (57.2)	High DII (59.5)	Low DII-DIII (<1:06.0)
<b>200 Fly</b>	High DI (<2:00.5)	Low DI (2:05.9)	High DII (2:10.0)	Low DII-DIII (2:15.5)
<b>200 IM</b>	High DI (<2:01.0)	Low DI (2:06.5)	High DII (2:12.0)	Low DII-DIII (<2:20.0)
<b>400 IM</b>	High DI (<4:20.7)	Low DI (4:29.0)	High DII (4:40.5)	Low DII-DIII (4:58.0)

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## SWIMMING RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

General information includes camp brochures and admissions information.

ALL DIVISIONS: ANYTIME, UNLIMITED

### MAY RECEIVE RECRUITING MATERIALS

You may receive any written information including personal emails and letters.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR  
 DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR  
 DIVISION III: ANYTIME, UNLIMITED  
 NAIA: ANYTIME, UNLIMITED

### YOU CAN TAKE UNOFFICIAL VISITS

You are allowed to take an unlimited amount of unofficial visits at any time during your career. An unofficial visit is any visit by you and your parents to a college campus paid for by you and your parents.

ALL DIVISIONS: ANYTIME, UNLIMITED

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

This means you can visit the coach off their college campus.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR  
 DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED  
 DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED  
 NAIA: ANYTIME, UNLIMITED

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS: ANYTIME, UNLIMITED

### COLLEGE COACHES MAY CALL YOU

Remember, you are always allowed to call coaches, but there are several restrictions about when they can call you, technically, DIII coaches can call at anytime, although many follow the DI rules.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED  
 DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED  
 DIVISION III: ANYTIME, UNLIMITED  
 NAIA: ANYTIME, UNLIMITED

### YOU CAN TAKE OFFICIAL VISITS

An official visit is any visit to a college campus by you and your parents paid for by the college.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.  
 DIVISION II: JUNE 15H AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
 DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
 NAIA: ANYTIME, UNLIMITED