



WOMEN'S SWIMMING RECRUITING GUIDELINES

BY DIVISION

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