

Providence College Recruiting Guidelines

Men		Events		Women
21.50		50 Free		24.49
47.59		100 Free		53.40
1:43.90		200 Free		1:54.90
4:42.50		500 Free		5:09.50
16:15.90		1650 Free		17:49.50
51.90		100 Fly		58.90
1:54.50		200 Fly		2:09.50
53.49		100 Back		58.90
1:55.90		200 Back		2:09.50
58.50		100 Breast		1:06.90
2:09.50		200 Breast		2:27.90
1:55.50		200 I.M		2:10.49
4:12.50		400 I.M		4:42.49

These performance standards give recruits a portrait of minimum standards we use to support candidates for Admission. Most PSA's have competed at the USA Swimming Sectional, Futures or YMCA National Level.

Go Friars!! Go Friars!! Go Friars!! Go Friars!! Go Friars!!