



# National Interscholastic Swimming Coaches Association 2023 - 2024 NISCA Swimming All-America

## *Yard Time Standards*

*Top 100 Athletes as determined by submitted and accepted times will be recognized as All-America in individual and relay events.*

| <i>Boys</i>        |                      | <i>High School</i>           | <i>Girls</i>         |                    |
|--------------------|----------------------|------------------------------|----------------------|--------------------|
| <u>All-America</u> | <u>Consideration</u> | <u>Event in Yards</u>        | <u>Consideration</u> | <u>All-America</u> |
| 1:32.76            | 1:34.41              | <b>200 Medley Relay</b>      | 1:46.16              | 1:44.27            |
| 1:38.67            | 1:40.06              | <b>200 Freestyle</b>         | 1:50.65              | 1:48.74            |
| 1:49.50            | 1:51.52              | <b>200 Individual Medley</b> | 2:04.01              | 2:01.46            |
| :20.43             | :20.85               | <b>50 Freestyle</b>          | :23.50               | :23.08             |
| :48.57             | :49.69               | <b>100 Butterfly</b>         | :55.48               | :54.38             |
| :44.83             | :45.64               | <b>100 Freestyle</b>         | :51.10               | :50.15             |
| 4:29.39            | 4:33.16              | <b>500 Freestyle</b>         | 4:58.20              | 4:53.06            |
| 1:24.34            | 1:25.75              | <b>200 Freestyle Relay</b>   | 1:37.15              | 1:35.36            |
| :49.07             | :50.18               | <b>100 Backstroke</b>        | :55.91               | :54.73             |
| :55.44             | :56.68               | <b>100 Breaststroke</b>      | 1:03.78              | 1:02.59            |
| 3:05.74            | 3:08.40              | <b>400 Freestyle Relay</b>   | 3:31.16              | 3:27.68            |



**Back to All-America**



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**Meter Time Standards**

***Meters are converted to Yards by the online entry database  
Coaches enter Meter Times and check "Meters"***

***Top 100 Athletes as determined by submitted and accepted times  
will be recognized as All-America in individual and relay events.***

| <i>Boys</i>        |                      | <i>High School</i>           | <i>Girls</i>         |                    |
|--------------------|----------------------|------------------------------|----------------------|--------------------|
| <u>All-America</u> | <u>Consideration</u> | <u>Event in Meters</u>       | <u>Consideration</u> | <u>All-America</u> |
| 1:43.43            | 1:45.27              | <b>200 Medley Relay</b>      | 1:58.47              | 1:56.37            |
| 1:49.33            | 1:50.87              | <b>200 Freestyle</b>         | 2:02.60              | 2:00.48            |
| 2:01.65            | 2:03.90              | <b>200 Individual Medley</b> | 2:17.65              | 2:14.82            |
| :22.86             | :23.33               | <b>50 Freestyle</b>          | :26.20               | :25.73             |
| :54.11             | :55.35               | <b>100 Butterfly</b>         | 1:01.64              | 1:00.42            |
| :49.81             | :50.71               | <b>100 Freestyle</b>         | :56.82               | :55.77             |
| 3:56.52            | 3:59.83              | <b>400 Freestyle</b>         | 4:21.58              | 4:17.07            |
| 1:34.12            | 1:35.70              | <b>200 Freestyle Relay</b>   | 1:48.52              | 1:46.52            |
| :54.52             | :55.75               | <b>100 Backstroke</b>        | 1:02.12              | 1:00.81            |
| 1:01.54            | 1:02.91              | <b>100 Breaststroke</b>      | 1:10.92              | 1:09.60            |
| 3:26.91            | 3:29.88              | <b>400 Freestyle Relay</b>   | 3:55.23              | 3:51.36            |



**Back to All-America**