



## National Interscholastic Swimming Coaches Association 2024 - 2025 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>
1:32.38	1:34.11	<b>200 Medley Relay</b>	1:46.22	1:44.31
1:38.21	1:39.81	<b>200 Freestyle</b>	1:50.65	1:48.79
1:49.14	1:51.34	<b>200 Individual Medley</b>	2:04.11	2:01.38
:20.41	:20.80	<b>50 Freestyle</b>	:23.54	:23.08
:48.38	:49.53	<b>100 Butterfly</b>	:55.58	:54.32
:44.72	:45.56	<b>100 Freestyle</b>	:50.99	:50.16
4:28.60	4:32.95	<b>500 Freestyle</b>	4:58.35	4:53.16
1:24.15	1:25.57	<b>200 Freestyle Relay</b>	1:37.15	1:35.48
:48.94	:50.13	<b>100 Backstroke</b>	:55.91	:54.69
:55.22	:56.46	<b>100 Breaststroke</b>	1:03.85	1:02.53
3:05.17	3:08.08	<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>
1:43.00	1:44.93	<b>200 Medley Relay</b>	1:58.54	1:56.41
1:48.82	1:50.59	<b>200 Freestyle</b>	2:02.60	2:00.54
2:01.25	2:03.70	<b>200 Individual Medley</b>	2:17.76	2:14.73
:22.86	:23.28	<b>50 Freestyle</b>	:26.25	:25.73
:53.90	:55.18	<b>100 Butterfly</b>	1:01.75	1:00.35
:49.68	:50.62	<b>100 Freestyle</b>	:56.70	:55.78
3:55.83	3:59.65	<b>400 Freestyle</b>	4:21.71	4:17.16
1:33.91	1:35.50	<b>200 Freestyle Relay</b>	1:48.52	1:46.65
:54.37	:55.69	<b>100 Backstroke</b>	1:02.12	1:00.76
1:01.29	1:02.67	<b>100 Breaststroke</b>	1:11.00	1:09.53
3:26.28	3:29.52	<b>400 Freestyle Relay</b>	3:55.23	3:51.36



**Back to All-America**