



2009-2010 NISCA/Speedo Swimming All-America

Standards published July, 2009 were update based on the
[August 11, 2009 NFHS Rule 3-2-2](#)

National Interscholastic Swimming Coaches Association
2009-2010 All-America Swimming Time Standards
Top 130 Athletes are recognized as All-America

Boys All-America		High School	Girls All-America	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:37.02	1:38.50	200 Medley Relay	1:50.85	1:49.01
1:41.46	1:42.97	200 Freestyle	1:52.99	1:51.28
1:54.02	1:55.96	200 Individual Medley	2:07.60	2:05.37
:21.15	:21.48	50 Freestyle	:24.12	:23.81
:50.80	:51.72	100 Butterfly	:57.50	:56.57
:46.35	:46.98	100 Freestyle	:52.39	:51.62
4:35.51	4:39.82	500 Freestyle	5:02.19	4:57.24
1:26.92	1:28.29	200 Freestyle Relay	1:39.64	1:38.14
:51.92	:52.90	100 Backstroke	:58.43	:57.29
:58.40	:59.40	100 Breaststroke	1:06.28	1:05.03
3:11.32	3:13.93	400 Freestyle Relay	3:36.76	3:33.40



Back to All-America