



**National Interscholastic Swimming Coaches Association  
2019 - 2020 NISCA Swimming All-America**

**Yard Time Standards**

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

<i>Boys All-America</i>		<i>High School</i>	<i>Girls All-America</i>	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:33.21	1:34.74	<b>200 Medley Relay</b>	1:46.21	1:44.21
1:38.40	1:40.13	<b>200 Freestyle</b>	1:50.57	1:48.74
1:49.57	1:51.57	<b>200 Individual Medley</b>	2:03.64	2:01.51
:20.54	:20.91	<b>50 Freestyle</b>	:23.54	:23.20
:48.92	:49.95	<b>100 Butterfly</b>	:55.49	:54.42
:44.95	:45.73	<b>100 Freestyle</b>	:51.05	:50.19
4:28.38	4:33.10	<b>500 Freestyle</b>	4:56.85	4:52.18
1:24.80	1:25.86	<b>200 Freestyle Relay</b>	1:36.94	1:35.36
:49.38	:50.37	<b>100 Backstroke</b>	:55.92	:54.80
:55.84	:56.98	<b>100 Breaststroke</b>	1:03.80	1:02.58
3:06.28	3:09.26	<b>400 Freestyle Relay</b>	3:31.02	3:27.65