



**National Interscholastic Swimming Coaches Association
2022- 2023 NISCA Swimming All-America**

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>
1:43.58	1:45.35	200 Medley Relay	1:58.47	1:56.34
1:49.05	1:50.87	200 Freestyle	2:02.50	2:00.17
2:01.55	2:03.90	200 Individual Medley	2:17.14	2:14.82
:22.93	:23.35	50 Freestyle	:26.24	:25.83
:54.27	:55.44	100 Butterfly	1:01.64	1:00.43
:49.84	:50.74	100 Freestyle	:56.71	:55.79
3:55.97	3:59.74	400 Freestyle	4:20.58	4:16.62
1:34.30	1:35.72	200 Freestyle Relay	1:48.05	1:46.48
:54.54	:55.82	100 Backstroke	1:02.03	1:00.83
1:01.77	1:03.08	100 Breaststroke	1:10.89	1:09.59
3:26.96	3:29.98	400 Freestyle Relay	3:54.94	3:51.14



Back to All-America