



## National Interscholastic Swimming Coaches Association 2022 - 23 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>
1:32.90	1:34.48	<b>200 Medley Relay</b>	1:46.16	1:44.25
1:38.42	1:40.06	<b>200 Freestyle</b>	1:50.56	1:48.76
1:49.41	1:51.52	<b>200 Individual Medley</b>	2:03.55	2:01.46
:20.49	:20.87	<b>50 Freestyle</b>	:23.53	:23.17
:48.72	:49.77	<b>100 Butterfly</b>	:55.48	:54.39
:44.86	:45.67	<b>100 Freestyle</b>	:51.00	:50.17
4:28.76	4:33.05	<b>500 Freestyle</b>	4:57.06	4:52.54
1:24.50	1:25.77	<b>200 Freestyle Relay</b>	1:36.73	1:35.33
:49.09	:50.24	<b>100 Backstroke</b>	:55.83	:54.75
:55.65	:56.83	<b>100 Breaststroke</b>	1:03.75	1:02.58
3:05.78	3:08.49	<b>400 Freestyle Relay</b>	3:30.90	3:27.49



**Back to All-America**