

## 2024 -2025 NISCA/Speedo All America Time Standards – Meters

<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