



# 2008-09 NISCA/Speedo Swimming All-America

**National Interscholastic Swimming Coaches Association  
2008-2009 All-America Swimming Time Standards  
Top 130 Athletes are recognized as All-America**

<b>Boys All-America</b>		<b>High School</b>	<b>Girls All-America</b>	
<u>Automatic</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>Automatic</u>
1:37.22	1:38.50	<b>200 Medley Relay</b>	1:50.85	1:49.32
1:41.75	1:42.97	<b>200 Freestyle</b>	1:52.99	1:51.56
1:54.33	1:55.96	<b>200 Individual Medley</b>	2:07.60	2:05.74
:21.20	:21.48	<b>50 Freestyle</b>	:24.12	:23.86
:50.92	:51.72	<b>100 Butterfly</b>	:57.50	:56.75
:46.44	:46.98	<b>100 Freestyle</b>	:52.39	:51.72
4:36.08	4:39.82	<b>500 Freestyle</b>	5:02.19	4:58.13
1:27.06	1:28.29	<b>200 Freestyle Relay</b>	1:39.64	1:38.34
:52.09	:52.90	<b>100 Backstroke</b>	:58.43	:57.50
:58.58	:59.40	<b>100 Breaststroke</b>	1:06.28	1:05.24
3:11.64	3:13.93	<b>400 Freestyle Relay</b>	3:36.76	3:33.90