

NFHS SWIMMING HONOR ROLL 2004-05 TIME STANDARDS

The National Federation of State High School Associations (NFHS) annually compiles a listing of the top-ten performances by high school swimmers in high school competition during that school year.

Nominees are approved by and submitted through the State Office of the California Interscholastic Federation. Times must be achieved in *bona fide* high school competition, in a meet sanctioned by one of the CIF Section Commissioners. Competition must be conducted in accordance with the provisions of all NFHS swimming rules.

Only performances accomplished at English measurement (yards) will be accepted. No metric conversion equivalencies will be allowed.

For the 2004-05 school year, the time standards are as follows –

<u>EVENT</u>	<u>GIRLS</u>	<u>BOYS</u>
50 Yard Freestyle	23.70	20.90
100 Yard Freestyle	51.20	46.00
200 Yard Freestyle	1:50.50	1:40.50
500 Yard Freestyle	4:53.00	4:33.00
100 Yard Backstroke	57.00	51.00
100 Yard Breaststroke	1:03.70	57.30
100 Yard Butterfly	55.70	50.00
200 Yard Ind. Medley	2:03.00	1:52.00
200 Yard Medley Relay	1:48.00	1:35.80
200 Yard Freestyle Relay	1:38.00	1:26.80
400 Yard Freestyle Relay	3:31.30	3:10.50

If the same athlete achieves an Honor Roll time standard in both the prelims and the finals of your Section Championships, be sure to submit both times for nomination.

Please keep in mind that nominated performances must be made in a 25-yard pool; no metric conversions are permitted for the Honor Roll. Time standards for the 50-yard and 100-yard freestyle events can also be achieved as the lead-off leg of the 200-yard or 400-yard freestyle relay.

NFHS National Records: If an NFHS national record time (see current rules book at page 77) is achieved in your Section, you should submit the appropriate documentation directly to the National Federation office, c/o John Gillis. As Section Commissioner, you sign the form in place of the State Association Director. Be sure that any record

applications for the 2004-2005 school year are sent immediately following the setting of the new record.

NISCA National Records: The National Interscholastic Swim Coaches Assn. (NISCA) maintains national records as well. Their approach includes two categories – public and independent schools – and it is therefore possible to achieve a NISCA record without breaking the NFHS record. Please consult the NISCA web site at www.nisca.net for a listing of all of their records and for information regarding application for new records.