

# 2009-10 Qualifying Standards

EVENT	GIRLS			BOYS		
	1/30 SJISA Coaches' Invitationals Same as 2008-09!	3/6-7 NJSIAA Individual State Champs. (Underlined italics new!)	NISCA All-America Consideration* Same as 2008-09!	1/30 SJISA Coaches' Invitationals Same as 2008-09!	3/6-7 NJSIAA Individual State Champs (Underlined italics new!)	NISCA All-America Consideration* Same as 2008-09!
200 MR	1 team	1:56.78	1:50.85	1 team	1:44.42	1:38.50
200 Free	2:21.00	2:00.22	1:52.99	2:06.00	1:49.97	1:42.97
200 IM	2:37.00	<u>2:15.74</u>	2:07.60	2:25.00	<u>2:03.41</u>	1:55.96
50 Free	:28.50	<u>:25.34</u>	:24.12	:25.50	<u>:22.57</u>	:21.48
Diving	23.3 pts. per dive score from any post Dec. 1 meet with participation in at least 1 HS meet	6 Dive: 160 11 Dive: 220	<a href="http://www.niscaonline.org/AwardPrograms/AllAmericaDiving/tabid/64/Default.aspx">http://www.niscaonline.org/AwardPrograms/AllAmericaDiving/tabid/64/Default.aspx</a>	23.3 pts. per dive score from any post Dec. 1 meet with participation in at least 1 HS meet	6 Dive: 155 11 Dive: 200	<a href="http://www.niscaonline.org/AwardPrograms/AllAmericaDiving/tabid/64/Default.aspx">http://www.niscaonline.org/AwardPrograms/AllAmericaDiving/tabid/64/Default.aspx</a>
100 Fly	1:15.00	<u>1:01.41</u>	:57.50	1:06.00	:55.21	:51.72
100 Free	1:03.50	<u>:55.51</u>	:52.39	:57.00	<u>:49.51</u>	:46.98
500 Free	6:15.00	<u>5:22.74</u>	5:02.19	6:00.00	5:00.31	4:39.82
200 FR	1 team	<u>1:44.71</u>	1:39.64	1 team	1:33.55	1:28.29
100 Back	1:11.00	<u>1:01.36</u>	:58.43	1:07.00	<u>:56.65</u>	:52.90
100 Breast	1:22.00	<u>1:09.46</u>	1:06.28	1:13.00	1:02.98	:59.40
400 FR	1 team	<u>3:48.79</u>	3:36.76	1 team	3:26.42	3:13.93

\* NISCA's automatic All-America qualifying times can be found at <http://www.inswim.net/2010aacuts.html>.