

Tennessee High School State Championship Qualifying Proposed Times 2010-11
To be approved at the September, 2010, TISCA Meeting
(Note: SCM times reflect an adjustment per NFSHA conversion factors)
 Times in **BOLD** are new time standards

Event #	Event Name	Women		Men	
		Yards	SC Meters*	Yards	SC Meters*
1, 2	200 Medley Relay	none	none	none	none
3, 4	200 Yard Freestyle	2:14.90	2:29.46	2:01.20	2:14.28
5, 6	200 Yard Individual Medley	2:32.30	2:49.05	2:18.20	2:33.54
7, 8	50 Yard Freestyle	27.30	30.43	24.20	27.07
11, 12	100 Yard Butterfly	1:10.20	1:17.99	1:02.00	1:09.06
13, 14	100 Yard Freestyle	1:00.50	1:07.27	54.00	59.99
15, 16	500 Yard Freestyle	6:07.60		5:37.10	
	400 Meter Freestyle		5:21.60		4:54.92
17, 18	200 Yard Freestyle Relay	none	none	none	none
19, 20	100 Yard Backstroke	1:09.50	1:16.10	1:03.70	1:10.77
21, 22	100 Yard Breaststroke	1:17.60	1:26.29	1:09.70	1:17.36

Qualifying time in .PDF format

**If swimming in a short course meter pool, compare the ACTUAL time swum with the SCM time standards listed above to determine if a swimmer has qualified for the State Championship Meet.*

These were calculated from the yard times using the current NFSHSA conversion factors.

Additionally, the 500yard to 400meter qualification time was calculated using the current NCAA Swimming and Diving Rules. To convert a 400Meter time to a 500Yard time:

- a) transform achieved 400M time into seconds*
- b) multiply the transformed time by the factor of 1.143*
- c) drop, without rounding, all units smaller than a hundredth of a second*
- d) transform the resulting seconds back into minutes and seconds*

All entry times submitted for TISCA Championship Swim Meet must be stated in yards.