

2009-10 SWIMMING NATIONAL HONOR ROLL — GIRLS

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The National Federation of State High School Associations is responsible for compiling a National High School Swimming Honor Roll, listing the best performances made by high school boys and girls under standard conditions. The Honor Roll, a listing of the top 10 times in each event, is published annually in the National High School Sports Record Book. **IN ORDER TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:**

1. Be approved by, **and submitted through, the state high school association executive officer;**
2. Be made by eligible high school athletes whose schools are members of their state high school athletic/activity associations;
3. Be achieved at a standard, regularly scheduled, sanctioned meet involving qualified schools where conditions were in compliance with all rules provisions. Outstanding performances attained either during preliminaries or finals may be recognized.

Please send your list of candidates to the UIL immediately after the close of your swimming season (not later than March 15, 2010). ***The UIL will submit the swimmers who qualify at the State Meet to the National Federation automatically (do not submit swimmers who have qualified at state).*** Please double-check all performances so that they comply with the above standards. **IF THERE ARE NO CANDIDATES FROM YOUR HIGH SCHOOL WHO MEET THE MINIMUM PERFORMANCE STANDARDS, DO NOT SEND THIS FORM TO THE UIL OFFICE.**

PLEASE NOTE: Only performances accomplished at English measurement will be accepted.
No metric conversion equivalencies will be allowed.

In order that consideration be given to all worthy performances, it is suggested recommendations be forwarded for any performance equal to, or better than, the following minimums:

50-yard freestyle	:23.50	100-yard breaststroke	1:03.50
100-yard freestyle	:51.40	100-yard butterfly	:56.00
200-yard freestyle	1:51.00	200-yard individual medley	2:04.00
500-yard freestyle	4:54.00	200-yard medley relay	1:47.70
100-yard backstroke	:57.00	200-yard freestyle relay	1:37.30
		400-yard freestyle relay	3:31.00

SEE REVERSE SIDE FOR HONOR ROLL APPLICATIONS