

<b>COMPETITOR (first &amp; last name)</b>	<b>CITY and SCHOOL (if other than name of city)</b>	<b>NAME OF MEET</b>	<b>DATE OF MEET</b>	<b>EVENT</b>	<b>PERFORMANCE</b>
Madelyn Christman, Kelly Pash, Meredith Berglund, Colleen Duffy	Carmel High School (Carmel, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd Medley Relay	1:41.39
Scarlet Friend, Kabria Chapman, Ali Terrell, Gracey Payne	Franklin Community High School (Franklin, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd Medley Relay	1:43.14
Kendra Bowen	Carmel High School (Carmel, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd. Freestyle	1:47.67
Kelly Pash	Carmel High School (Carmel, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd. IM	1:59.10
Elsa Fretz	Northridge High School (Middlebury, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	50 yd. Freestyle	22.88
Kelly Pash	Carmel High School (Carmel, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	100 yd. Butterfly	52.89
Carla Gildersleeve	Franklin Community High School (Franklin, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	100 yd. Butterfly	53.86
Emma Wright	Hobart High School (Hobart, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	100 yd. Freestyle	49.95
Mary Catherine Pruitt	South Bend St. Joseph High School (South Bend, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	500 yd. Freestyle	4:49.42
Colleen Duffy, Avery Williams, Gretchen Lueking, Kendra Bowen	Carmel High School (Carmel, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd. Freestyle Relay	1:33.17
Mya VanderHagen, Teagen Moon, Mya DeWitt, Mallory Jackson	Carroll High School (Fort Wayne, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd. Freestyle Relay	1:34.38
Scarlet Friend, Gracey Payne, Carla Gildersleeve, Sarah Hoffman	Franklin Community High School (Franklin, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd. Freestyle Relay	1:34.67
Elsa Fretz, Mackenzie Weber, Haley Dygert, Jenna Nethercutt	Northridge High School (Middlebury, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	200 yd. Freestyle Relay	1:34.74
Emily Weiss	Yorktown High School (Yorktown, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	100 yd. Breaststroke	58.91
Kelly Pash, Gretchen Lueking, Madelyn Christman, Ashlyn Underhill	Carmel High School (Carmel, IN)	IHSAA State Meet (IUPUI Natatorium)	February 9, 2019	400 yd. Freestyle Relay	3:20.82

## 2018-19 SWIMMING NATIONAL HONOR ROLL — GIRLS

### National Federation of State High School Associations

PO Box 690

Indianapolis, Indiana 46206

Each year the NFHS compiles a National High School Honor Roll for Swimming, listing the best performances made by high school boys and girls under standard conditions. It will be posted on the NFHS Web site on the Record Book Web page. **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 NFHS immediately after the close of your swimming season. Please double-check all performances so that they comply with the above standards. **IF THERE ARE NO CANDIDATES FROM YOUR STATE WHO MEET THE MINIMUM PERFORMANCE STANDARDS, PLEASE CHECK THE BOX ON THE REVERSE SIDE OF THIS FORM AND MAIL THE FORM BACK TO THE NFHS OFFICE IN INDIANAPOLIS.**

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.....	:23.10	100-yard breaststroke.....	1:02.00
100-yard freestyle.....	:50.00	100-yard butterfly.....	:54.00
200-yard freestyle.....	1:48.00	200-yard individual medley .....	2:00.30
500-yard freestyle.....	4:50.00	200-yard medley relay.....	1:43.20
100-yard backstroke.....	:54.20	200-yard freestyle relay.....	1:35.00
		400-yard freestyle relay.....	3:26.00