

1991 NLSA POWER POINT TABLE

BOYS HIGH SCHOOL EVENTS

POWER PTS	50 FREE	100 FREE	200 FREE	500 FREE	200 IM	100 FLY	100 BACK	100 BREAST	DIVING		RELAY POWER	R E 200 MED	L A Y 200 FREE	S 400 FREE
									6 DIVES	11 DIVES				
200	18.55	40.72	1:28.97	4:00.48	1:39.02	44.13	44.42	50.43	504.00	786.24	600	1:23.28	1:15.28	2:47.21
199	18.59	40.80	1:29.16	4:01.00	1:39.24	44.23	44.53	50.54	499.21	779.16	597	1:23.49	1:15.44	2:47.57
198	18.63	40.89	1:29.35	4:01.53	1:39.46	44.33	44.65	50.66	494.47	772.15	594	1:23.70	1:15.61	2:47.92
197	18.67	40.97	1:29.54	4:02.05	1:39.68	44.44	44.77	50.78	489.77	765.19	591	1:23.91	1:15.78	2:48.28
196	18.71	41.06	1:29.74	4:02.58	1:39.90	44.54	44.88	50.90	485.12	758.30	588	1:24.12	1:15.95	2:48.64
195	18.75	41.14	1:29.93	4:03.11	1:40.13	44.65	45.00	51.02	480.51	751.47	585	1:24.33	1:16.12	2:49.01
194	18.79	41.23	1:30.12	4:03.65	1:40.35	44.75	45.12	51.14	475.95	744.71	582	1:24.55	1:16.30	2:49.37
193	18.83	41.32	1:30.32	4:04.18	1:40.59	44.86	45.24	51.26	471.43	738.01	579	1:24.76	1:16.47	2:49.74
192	18.87	41.40	1:30.51	4:04.72	1:40.81	44.96	45.35	51.39	466.95	731.36	576	1:24.98	1:16.64	2:50.10
191	18.91	41.49	1:30.71	4:05.26	1:41.04	45.07	45.47	51.51	462.51	724.77	573	1:25.19	1:16.82	2:50.47
190	18.96	41.58	1:30.91	4:05.80	1:41.27	45.18	45.59	51.63	458.12	718.25	570	1:25.41	1:16.99	2:50.84
189	19.00	41.66	1:31.10	4:06.35	1:41.50	45.28	45.71	51.75	453.77	711.79	567	1:25.63	1:17.17	2:51.22
188	19.04	41.75	1:31.30	4:06.90	1:41.73	45.39	45.84	51.88	449.46	705.38	564	1:25.85	1:17.35	2:51.59
187	19.08	41.84	1:31.50	4:07.45	1:41.96	45.50	45.96	52.00	445.19	699.03	561	1:26.07	1:17.52	2:51.87
186	19.12	41.93	1:31.70	4:08.00	1:42.20	45.61	46.08	52.13	440.96	692.73	558	1:26.29	1:17.70	2:52.34
185	19.16	42.02	1:31.90	4:08.55	1:42.43	45.72	46.20	52.26	436.77	686.49	555	1:26.51	1:17.88	2:52.72
184	19.20	42.11	1:32.11	4:09.11	1:42.67	45.83	46.33	52.38	432.62	680.31	552	1:26.74	1:18.06	2:53.10
183	19.25	42.20	1:32.31	4:09.67	1:42.90	45.94	46.45	52.51	428.51	674.18	549	1:26.96	1:18.24	2:53.48
182	19.29	42.29	1:32.51	4:10.23	1:43.14	46.05	46.58	52.64	424.44	668.11	546	1:27.19	1:18.42	2:53.87
181	19.33	42.38	1:32.72	4:10.80	1:43.38	46.16	46.70	52.77	420.41	662.10	543	1:27.42	1:18.61	2:54.25
180	19.37	42.47	1:32.93	4:11.37	1:43.62	46.28	46.83	52.89	416.42	656.14	540	1:27.65	1:18.79	2:54.64
179	19.42	42.56	1:33.13	4:11.94	1:43.86	46.39	46.96	53.02	412.46	650.23	537	1:27.88	1:18.97	2:55.03
178	19.46	42.66	1:33.34	4:12.51	1:44.11	46.50	47.09	53.15	408.54	644.37	534	1:28.11	1:19.16	2:55.42
177	19.50	42.75	1:33.55	4:13.09	1:44.35	46.62	47.22	53.29	404.66	638.57	531	1:28.34	1:19.35	2:55.81
176	19.55	42.84	1:33.76	4:13.66	1:44.60	46.73	47.35	53.42	400.82	632.83	528	1:28.57	1:19.53	2:56.21
175	19.59	42.93	1:33.97	4:14.24	1:44.84	46.85	47.48	53.55	397.01	627.13	525	1:28.81	1:19.72	2:56.60
174	19.63	43.03	1:34.18	4:14.83	1:45.09	46.96	47.61	53.68	393.24	621.49	522	1:29.04	1:19.91	2:57.00
173	19.68	43.12	1:34.39	4:15.41	1:45.34	47.08	47.74	53.82	389.50	615.89	519	1:29.28	1:20.10	2:57.40
172	19.72	43.22	1:34.61	4:16.00	1:45.59	47.20	47.87	53.95	385.80	610.34	516	1:29.52	1:20.29	2:57.80
171	19.77	43.31	1:34.82	4:16.59	1:45.84	47.31	48.00	54.09	382.13	604.84	513	1:29.76	1:20.48	2:58.20
170	19.81	43.41	1:35.04	4:17.19	1:46.09	47.43	48.14	54.22	378.50	599.39	510	1:30.00	1:20.67	2:58.61
169	19.86	43.50	1:35.25	4:17.78	1:46.34	47.55	48.27	54.36	374.90	593.99	507	1:30.24	1:20.87	2:59.01
168	19.90	43.60	1:35.47	4:18.38	1:46.60	47.67	48.41	54.49	371.34	588.64	504	1:30.49	1:21.06	2:59.42
167	19.95	43.70	1:35.69	4:18.99	1:46.85	47.79	48.55	54.63	367.81	583.34	501	1:30.73	1:21.26	2:59.83
166	19.99	43.79	1:35.91	4:19.59	1:47.11	47.91	48.68	54.77	364.32	578.09	498	1:30.98	1:21.45	3:00.25
165	20.04	43.89	1:36.13	4:20.20	1:47.37	48.03	48.82	54.91	360.86	572.89	495	1:31.23	1:21.65	3:00.66
164	20.08	43.99	1:36.35	4:20.81	1:47.63	48.15	48.96	55.05	357.43	567.73	492	1:31.48	1:21.85	3:01.08
163	20.13	44.09	1:36.57	4:21.42	1:47.89	48.27	49.10	55.19	354.03	562.61	489	1:31.73	1:22.05	3:01.49
162	20.18	44.19	1:36.80	4:22.04	1:48.15	48.40	49.24	55.33	350.67	557.55	486	1:31.98	1:22.25	3:01.91
161	20.22	44.28	1:37.02	4:22.66	1:48.42	48.52	49.38	55.47	347.34	552.53	483	1:32.23	1:22.45	3:02.34
160	20.27	44.38	1:37.25	4:23.28	1:48.68	48.64	49.52	55.62	344.04	547.55	480	1:32.49	1:22.65	3:02.76
159	20.32	44.48	1:37.47	4:23.91	1:48.95	48.77	49.66	55.76	340.77	542.62	477	1:32.74	1:22.85	3:03.19
158	20.36	44.58	1:37.70	4:24.54	1:49.21	48.89	49.81	55.90	337.53	537.73	474	1:33.00	1:23.06	3:03.61
157	20.41	44.69	1:37.93	4:25.17	1:49.48	49.02	49.95	56.05	334.32	532.88	471	1:33.26	1:23.26	3:04.04
156	20.46	44.79	1:38.16	4:25.80	1:49.75	49.15	50.10	56.19	331.14	528.08	468	1:33.52	1:23.47	3:04.48
155	20.51	44.89	1:38.39	4:26.44	1:50.02	49.28	50.24	56.34	327.99	523.32	465	1:33.78	1:23.67	3:04.91
154	20.55	44.99	1:38.62	4:27.08	1:50.29	49.40	50.39	56.49	324.87	518.60	462	1:34.05	1:23.88	3:05.35
153	20.60	45.09	1:38.86	4:27.73	1:50.57	49.53	50.54	56.64	321.78	513.92	459	1:34.31	1:24.09	3:05.78
152	20.65	45.20	1:39.09	4:28.37	1:50.84	49.66	50.68	56.79	318.72	509.29	456	1:34.58	1:24.30	3:06.22
151	20.70	45.30	1:39.33	4:29.02	1:51.12	49.79	50.83	56.93	315.69	504.70	453	1:34.85	1:24.51	3:06.67
150	20.75	45.41	1:39.56	4:29.68	1:51.40	49.92	50.98	57.09	312.69	500.15	450	1:35.12	1:24.72	3:07.11
149	20.80	45.51	1:39.80	4:30.33	1:51.68	50.05	51.14	57.24	309.72	495.65	447	1:35.39	1:24.94	3:07.56
148	20.85	45.62	1:40.04	4:30.99	1:51.96	50.19	51.29	57.39	306.78	491.19	444	1:35.66	1:25.15	3:08.01
147	20.90	45.72	1:40.28	4:31.66	1:52.24	50.32	51.44	57.54	303.87	486.77	441	1:35.93	1:25.37	3:08.46
146	20.95	45.83	1:40.52	4:32.32	1:52.52	50.45	51.59	57.69	300.98	482.38	438	1:36.21	1:25.58	3:08.91
145	21.00	45.93	1:40.76	4:32.99	1:52.81	50.59	51.75	57.85	298.12	478.04	435	1:36.49	1:25.80	3:09.37
144	21.05	46.04	1:41.01	4:33.66	1:53.10	50.72	51.91	58.00	295.29	473.74	432	1:36.77	1:26.02	3:09.82
143	21.10	46.15	1:41.25	4:34.34	1:53.38	50.86	52.06	58.16	292.48	469.47	429	1:37.05	1:26.24	3:10.28
142	21.15	46.26	1:41.50	4:35.02	1:53.67	50.99	52.22	58.32	289.70	465.24	426	1:37.33	1:26.46	3:10.74
141	21.20	46.37	1:41.74	4:35.70	1:53.96	51.13	52.38	58.48	286.95	461.05	423	1:37.61	1:26.68	3:11.21
140	21.25	46.48	1:41.99	4:36.39	1:54.26	51.27	52.54	58.63	284.22	456.89	420	1:37.90	1:26.91	3:11.67
139	21.30	46.59	1:42.24	4:37.08	1:54.55	51.41	52.70	58.79	281.52	452.78	417	1:38.18	1:27.13	3:12.14
138	21.35	46.70	1:42.49	4:37.77	1:54.84	51.55	52.86	58.95	278.85	448.71	414	1:38.47	1:27.36	3:12.61
137	21.41	46.81	1:42.74	4:38.47	1:55.14	51.69	53.02	59.11	276.20	444.67	411	1:38.76	1:27.58	3:13.09
136	21.46	46.92	1:43.00	4:39.17	1:55.44	51.83	53.19	59.28	273.58	440.67	408	1:39.06	1:27.81	3:13.56
135	21.51	47.03	1:43.25	4:39.87	1:55.74	51.97	53.35	59.44	270.98	436.70	405	1:39.35	1:28.04	3:14.04
134	21.56	47.14	1:43.51	4:40.58	1:56.04	52.11	53.52	59.60	268.41	432.77	402	1:39.65	1:28.27	3:14.52
133	21.62	47.26	1:43.76	4:41.29	1:56.34	52.26	53.68	59.77	265.86	428.87	399	1:39.94	1:28.50	3:15.00
132	21.67	47.37	1:44.02	4:42.00	1:56.65	52.40	53.85	59.93	263.33	425.00	396	1:40.24	1:28.73	3:15.49
131	21.72	47.48	1:44.28	4:42.72	1:56.96	52.54	54.02	1:00.10	260.83	421.18	393	1:40.54	1:28.97	3:15.98
130	21.78	47.60	1:44.54	4:43.44	1:57.26	52.69	54.19	1:00.27	258.35	417.38	390	1:40.85	1:29.20	3:16.46
129	21.83	47.71	1:44.80	4:44.17	1:57.57	52.84	54.36	1:00.44	255.90	413.63	387	1:41.15	1:29.44	3:16.96
128	21.89	47.83	1:45.07	4:44.90	1:57.88	52.98	54.53	1:00.61	253.47	409.91	384	1:41.46		

1991 NISCA POWER POINT TABLE

BOYS HIGH SCHOOL EVENTS

PTS	POWER					RELAY			R		E		L		A		Y		S	
	50 FREE	100 FREE	200 FREE	500 FREE	200 IM	100 FLY	100 BACK	100 BREAST	6 DIVES	11 DIVES	200 MED.	200 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE
100	23.53	51.31	1:53.02	5:06.94	2:07.32	57.47	59.83	1:05.77	194.00	318.17	300	1:50.87	1:36.89	3:32.39						
99	23.59	51.45	1:53.32	5:07.79	2:07.68	57.64	1:00.03	1:05.97	192.16	315.31	297	1:51.23	1:37.17	3:32.97						
98	23.65	51.58	1:53.63	5:08.65	2:08.05	57.82	1:00.24	1:06.17	190.33	312.46	294	1:51.61	1:37.45	3:33.54						
97	23.72	51.72	1:53.94	5:09.51	2:08.42	58.00	1:00.46	1:06.38	188.52	309.64	291	1:51.98	1:37.71	3:34.13						
96	23.78	51.85	1:54.25	5:10.37	2:08.79	58.17	1:00.67	1:06.58	186.73	306.85	288	1:52.35	1:38.01	3:34.71						
95	23.85	51.99	1:54.56	5:11.24	2:09.17	58.35	1:00.88	1:06.79	184.96	304.09	285	1:52.70	1:38.30	3:35.30						
94	23.91	52.13	1:54.88	5:12.12	2:09.54	58.53	1:01.10	1:06.99	183.20	301.35	282	1:53.11	1:38.58	3:35.89						
93	23.98	52.26	1:55.19	5:13.00	2:09.92	58.71	1:01.32	1:07.20	181.46	298.64	279	1:53.50	1:38.87	3:36.49						
92	24.04	52.40	1:55.51	5:13.88	2:10.30	58.89	1:01.53	1:07.41	179.74	295.96	276	1:53.88	1:39.16	3:37.08						
91	24.11	52.54	1:55.83	5:14.77	2:10.68	59.08	1:01.75	1:07.62	178.03	293.29	273	1:54.27	1:39.46	3:37.68						
90	24.18	52.68	1:56.15	5:15.66	2:11.07	59.26	1:01.98	1:07.83	176.34	290.65	270	1:54.66	1:39.75	3:38.29						
89	24.24	52.82	1:56.48	5:16.56	2:11.45	59.45	1:02.20	1:08.05	174.66	288.02	267	1:55.06	1:40.05	3:38.90						
88	24.31	52.97	1:56.80	5:17.47	2:11.84	59.63	1:02.42	1:08.26	173.00	285.43	264	1:55.45	1:40.34	3:39.51						
87	24.38	53.11	1:57.13	5:18.38	2:12.23	59.82	1:02.65	1:08.48	171.36	282.87	261	1:55.85	1:40.64	3:40.12						
86	24.45	53.25	1:57.46	5:19.29	2:12.63	1:00.01	1:02.88	1:08.70	169.73	280.32	258	1:56.26	1:40.94	3:40.74						
85	24.51	53.40	1:57.79	5:20.21	2:13.02	1:00.20	1:03.11	1:08.92	168.12	277.80	255	1:56.66	1:41.25	3:41.36						
84	24.58	53.54	1:58.12	5:21.14	2:13.42	1:00.39	1:03.34	1:09.14	166.52	275.29	252	1:57.07	1:41.55	3:41.99						
83	24.65	53.69	1:58.46	5:22.07	2:13.82	1:00.58	1:03.58	1:09.36	164.94	272.81	249	1:57.48	1:41.86	3:42.62						
82	24.72	53.83	1:58.79	5:23.01	2:14.23	1:00.78	1:03.81	1:09.58	163.37	270.35	246	1:57.89	1:42.17	3:43.25						
81	24.79	53.98	1:59.13	5:23.95	2:14.63	1:00.98	1:04.05	1:09.81	161.82	267.92	243	1:58.31	1:42.48	3:43.88						
80	24.86	54.13	1:59.47	5:24.90	2:15.04	1:01.17	1:04.29	1:10.03	160.29	265.50	240	1:58.73	1:42.79	3:44.52						
79	24.93	54.28	1:59.82	5:25.85	2:15.45	1:01.37	1:04.53	1:10.26	158.76	263.11	237	1:59.15	1:43.10	3:45.17						
78	25.00	54.43	2:00.16	5:26.81	2:15.86	1:01.57	1:04.77	1:10.49	157.25	260.74	234	1:59.58	1:43.42	3:45.81						
77	25.07	54.58	2:00.51	5:27.77	2:16.28	1:01.77	1:05.01	1:10.72	155.76	258.40	231	2:00.01	1:43.74	3:46.47						
76	25.15	54.73	2:00.85	5:28.75	2:16.70	1:01.97	1:05.25	1:10.95	154.28	256.07	228	2:00.44	1:44.06	3:47.12						
75	25.22	54.88	2:01.20	5:29.72	2:17.12	1:02.17	1:05.51	1:11.19	152.81	253.76	225	2:00.87	1:44.38	3:47.78						
74	25.29	55.04	2:01.56	5:30.70	2:17.54	1:02.37	1:05.76	1:11.42	151.36	251.48	222	2:01.31	1:44.70	3:48.44						
73	25.36	55.19	2:01.91	5:31.69	2:17.97	1:02.58	1:06.01	1:11.66	149.92	249.21	219	2:01.75	1:45.03	3:49.11						
72	25.44	55.34	2:02.27	5:32.68	2:18.40	1:02.79	1:06.26	1:11.90	148.50	246.97	216	2:02.20	1:45.36	3:49.78						
71	25.51	55.50	2:02.63	5:33.68	2:18.83	1:02.99	1:06.52	1:12.14	147.09	244.75	213	2:02.64	1:45.69	3:50.45						
70	25.59	55.66	2:02.99	5:34.69	2:19.26	1:03.20	1:06.77	1:12.38	145.69	242.54	210	2:03.10	1:46.02	3:51.11						
69	25.66	55.81	2:03.35	5:35.70	2:19.70	1:03.41	1:07.03	1:12.62	144.31	240.36	207	2:03.55	1:46.35	3:51.81						
68	25.74	55.97	2:03.71	5:36.72	2:20.14	1:03.63	1:07.30	1:12.87	142.94	238.20	204	2:04.01	1:46.69	3:52.49						
67	25.81	56.13	2:04.08	5:37.74	2:20.58	1:03.84	1:07.56	1:13.11	141.58	236.05	201	2:04.47	1:47.03	3:53.18						
66	25.89	56.29	2:04.45	5:38.77	2:21.03	1:04.06	1:07.82	1:13.36	140.23	233.92	198	2:04.93	1:47.37	3:53.88						
65	25.96	56.45	2:04.82	5:39.81	2:21.47	1:04.27	1:08.09	1:13.61	138.90	231.82	195	2:05.40	1:47.71	3:54.58						
64	26.04	56.62	2:05.20	5:40.85	2:21.92	1:04.49	1:08.36	1:13.86	137.58	229.73	192	2:05.87	1:48.05	3:55.28						
63	26.12	56.78	2:05.57	5:41.90	2:22.38	1:04.71	1:08.63	1:14.11	136.27	227.66	189	2:06.35	1:48.40	3:55.98						
62	26.20	56.94	2:05.95	5:42.96	2:22.83	1:04.93	1:08.91	1:14.37	134.98	225.62	186	2:06.83	1:48.75	3:56.69						
61	26.27	57.11	2:06.33	5:44.02	2:23.29	1:05.15	1:09.19	1:14.63	133.70	223.59	183	2:07.31	1:49.10	3:57.41						
60	26.35	57.27	2:06.71	5:45.09	2:23.76	1:05.38	1:09.46	1:14.88	132.43	221.58	180	2:07.80	1:49.46	3:58.13						
59	26.43	57.44	2:07.10	5:46.16	2:24.22	1:05.60	1:09.74	1:15.15	131.17	219.58	177	2:08.28	1:49.81	3:58.85						
58	26.51	57.61	2:07.49	5:47.25	2:24.69	1:05.83	1:10.03	1:15.41	129.92	217.60	174	2:08.78	1:50.17	3:59.58						
57	26.59	57.78	2:07.88	5:48.33	2:25.16	1:06.06	1:10.31	1:15.67	128.69	215.65	171	2:09.28	1:50.53	4:00.31						
56	26.67	57.95	2:08.27	5:49.43	2:25.64	1:06.29	1:10.60	1:15.94	127.47	213.71	168	2:09.78	1:50.89	4:01.05						
55	26.75	58.12	2:08.66	5:50.53	2:26.11	1:06.52	1:10.89	1:16.20	126.26	211.79	165	2:10.28	1:51.26	4:01.79						
54	26.84	58.29	2:09.06	5:51.64	2:26.59	1:06.76	1:11.18	1:16.47	125.06	209.88	162	2:10.79	1:51.63	4:02.54						
53	26.92	58.46	2:09.46	5:52.76	2:27.08	1:06.99	1:11.48	1:16.75	123.87	207.99	159	2:11.30	1:52.00	4:03.29						
52	27.00	58.64	2:09.86	5:53.88	2:27.57	1:07.23	1:11.78	1:17.02	122.69	206.11	156	2:11.82	1:52.37	4:04.04						
51	27.09	58.81	2:10.27	5:55.02	2:28.06	1:07.47	1:12.08	1:17.29	121.52	204.25	153	2:12.34	1:52.75	4:04.80						
50	27.17	58.99	2:10.67	5:56.15	2:28.55	1:07.71	1:12.38	1:17.57	120.37	202.42	150	2:12.87	1:53.13	4:05.57						
49	27.25	59.16	2:11.08	5:57.30	2:29.05	1:07.95	1:12.68	1:17.85	119.23	200.60	147	2:13.40	1:53.51	4:06.34						
48	27.34	59.34	2:11.49	5:58.45	2:29.55	1:08.19	1:12.99	1:18.13	118.10	198.80	144	2:13.93	1:53.89	4:07.11						
47	27.42	59.52	2:11.91	5:59.61	2:30.05	1:08.44	1:13.30	1:18.42	116.98	197.01	141	2:14.47	1:54.27	4:07.89						
46	27.51	59.70	2:12.33	6:00.78	2:30.56	1:08.69	1:13.61	1:18.70	115.87	195.24	138	2:15.01	1:54.66	4:08.68						
45	27.60	59.88	2:1																	