



# REVISED POWER POINT TABLES // BOYS

## 2014 REVISION

### SHORT COURSE YARDS

These are the tables to use in the NISCA National Dual Meet Team Ranking Program beginning with the 2014 - 2015 School Year. These tables replace the previous 1999 revision. These tables are organized in high school meet event order.

#### Individual Events - Boys (SCY)

#### Relays - Boys (SCY)

POWER POINTS	200	200	50	100	100	500	100	100	DIVING		POWER POINTS	200	200	400
	FREE	I.M.	FREE	FLY	FREE	FREE	BACK	BREAST	6-DIVES	11-DIVES		MED REL	FREE REL	FREE REL
200	1:28.54	1:38.97	18.35	43.64	40.24	4:01.70	43.53	49.86	504.00	786.25	600	1:21.94	1:14.04	2:45.92
199	1:28.72	1:39.17	18.39	43.73	40.33	4:02.17	43.63	49.97	499.20	779.15	597	1:22.14	1:14.21	2:46.27
198	1:28.89	1:39.36	18.43	43.83	40.41	4:02.64	43.74	50.08	494.50	772.15	594	1:22.33	1:14.39	2:46.63
197	1:29.07	1:39.56	18.47	43.93	40.50	4:03.12	43.84	50.19	489.75	765.20	591	1:22.53	1:14.56	2:46.98
196	1:29.25	1:39.76	18.51	44.02	40.58	4:03.60	43.95	50.30	485.10	758.30	588	1:22.72	1:14.74	2:47.34
195	1:29.43	1:39.96	18.54	44.12	40.66	4:04.08	44.05	50.41	480.50	751.50	585	1:22.92	1:14.92	2:47.70
194	1:29.61	1:40.16	18.58	44.22	40.75	4:04.56	44.16	50.52	475.95	744.70	582	1:23.12	1:15.09	2:48.06
193	1:29.79	1:40.36	18.62	44.31	40.83	4:05.04	44.27	50.63	471.45	738.00	579	1:23.32	1:15.27	2:48.42
192	1:29.97	1:40.56	18.66	44.41	40.92	4:05.52	44.38	50.74	466.95	731.35	576	1:23.52	1:15.45	2:48.78
191	1:30.15	1:40.76	18.70	44.51	41.01	4:06.01	44.48	50.85	462.50	724.75	573	1:23.72	1:15.64	2:49.15
190	1:30.33	1:40.96	18.74	44.61	41.09	4:06.50	44.59	50.97	458.10	718.25	570	1:23.92	1:15.82	2:49.51
189	1:30.52	1:41.16	18.78	44.71	41.18	4:06.99	44.70	51.08	453.75	711.80	567	1:24.13	1:16.00	2:49.88
188	1:30.70	1:41.37	18.82	44.81	41.27	4:07.48	44.81	51.19	449.45	705.35	564	1:24.33	1:16.18	2:50.25
187	1:30.89	1:41.57	18.86	44.91	41.35	4:07.98	44.92	51.31	445.20	699.00	561	1:24.54	1:16.37	2:50.62
186	1:31.07	1:41.78	18.91	45.01	41.44	4:08.47	45.04	51.42	441.00	692.75	558	1:24.74	1:16.55	2:50.99
185	1:31.26	1:41.98	18.95	45.11	41.53	4:08.97	45.15	51.54	436.75	686.50	555	1:24.95	1:16.74	2:51.37
184	1:31.45	1:42.19	18.99	45.21	41.62	4:09.47	45.26	51.66	432.60	680.30	552	1:25.16	1:16.93	2:51.74
183	1:31.63	1:42.40	19.03	45.31	41.71	4:09.97	45.37	51.77	428.50	674.20	549	1:25.37	1:17.11	2:52.12
182	1:31.82	1:42.61	19.07	45.42	41.80	4:10.48	45.49	51.89	424.45	668.10	546	1:25.58	1:17.30	2:52.50
181	1:32.01	1:42.82	19.11	45.52	41.89	4:10.98	45.60	52.01	420.40	662.10	543	1:25.79	1:17.49	2:52.88
180	1:32.20	1:43.03	19.15	45.62	41.98	4:11.49	45.71	52.12	416.40	656.15	540	1:26.00	1:17.68	2:53.26
179	1:32.39	1:43.24	19.20	45.73	42.07	4:12.00	45.83	52.24	412.45	650.25	537	1:26.22	1:17.88	2:53.65
178	1:32.59	1:43.45	19.24	45.83	42.16	4:12.52	45.95	52.36	408.50	644.35	534	1:26.43	1:18.07	2:54.03
177	1:32.78	1:43.66	19.28	45.94	42.25	4:13.03	46.06	52.48	404.65	638.55	531	1:26.65	1:18.26	2:54.42
176	1:32.97	1:43.88	19.32	46.04	42.34	4:13.55	46.18	52.60	400.80	632.80	528	1:26.86	1:18.46	2:54.81
175	1:33.17	1:44.09	19.37	46.15	42.43	4:14.07	46.30	52.72	397.00	627.10	525	1:27.08	1:18.65	2:55.20
174	1:33.36	1:44.31	19.41	46.25	42.52	4:14.59	46.41	52.84	393.25	621.50	522	1:27.30	1:18.85	2:55.59
173	1:33.56	1:44.52	19.45	46.36	42.62	4:15.11	46.53	52.97	389.50	615.90	519	1:27.52	1:19.05	2:55.98
172	1:33.75	1:44.74	19.50	46.47	42.71	4:15.63	46.65	53.09	385.80	610.35	516	1:27.74	1:19.24	2:56.38
171	1:33.95	1:44.96	19.54	46.58	42.80	4:16.16	46.77	53.21	382.10	604.85	513	1:27.96	1:19.44	2:56.78
170	1:34.15	1:45.18	19.58	46.68	42.90	4:16.69	46.89	53.33	378.50	599.40	510	1:28.18	1:19.64	2:57.18
169	1:34.35	1:45.40	19.63	46.79	42.99	4:17.22	47.01	53.46	374.90	594.00	507	1:28.41	1:19.85	2:57.58
168	1:34.55	1:45.62	19.67	46.90	43.09	4:17.76	47.13	53.58	371.35	588.65	504	1:28.63	1:20.05	2:57.98
167	1:34.75	1:45.84	19.71	47.01	43.18	4:18.29	47.26	53.71	367.80	583.35	501	1:28.86	1:20.25	2:58.39
166	1:34.95	1:46.06	19.76	47.12	43.28	4:18.83	47.38	53.83	364.30	578.10	498	1:29.09	1:20.46	2:58.79
165	1:35.15	1:46.29	19.80	47.23	43.37	4:19.37	47.50	53.96	360.85	572.90	495	1:29.31	1:20.66	2:59.20
164	1:35.36	1:46.51	19.85	47.35	43.47	4:19.92	47.63	54.09	357.40	567.75	492	1:29.54	1:20.87	2:59.61
163	1:35.56	1:46.74	19.89	47.46	43.57	4:20.46	47.75	54.21	354.00	562.60	489	1:29.78	1:21.08	3:00.03
162	1:35.77	1:46.96	19.94	47.57	43.66	4:21.01	47.88	54.34	350.65	557.55	486	1:30.01	1:21.28	3:00.44
161	1:35.97	1:47.19	19.98	47.68	43.76	4:21.56	48.00	54.47	347.30	552.50	483	1:30.24	1:21.49	3:00.86
160	1:36.18	1:47.42	20.03	47.80	43.86	4:22.11	48.13	54.60	344.00	547.55	480	1:30.48	1:21.71	3:01.28
159	1:36.39	1:47.65	20.08	47.91	43.96	4:22.66	48.26	54.73	340.75	542.60	477	1:30.71	1:21.92	3:01.70
158	1:36.60	1:47.88	20.12	48.02	44.06	4:23.22	48.39	54.86	337.50	537.75	474	1:30.95	1:22.13	3:02.12
157	1:36.81	1:48.11	20.17	48.14	44.16	4:23.78	48.51	54.99	334.30	532.90	471	1:31.19	1:22.34	3:02.54
156	1:37.02	1:48.34	20.22	48.25	44.26	4:24.34	48.64	55.12	331.15	528.10	468	1:31.43	1:22.56	3:02.97
155	1:37.23	1:48.58	20.26	48.37	44.36	4:24.91	48.77	55.26	328.00	523.30	465	1:31.67	1:22.78	3:03.39
154	1:37.44	1:48.81	20.31	48.49	44.46	4:25.47	48.90	55.39	324.85	518.60	462	1:31.91	1:22.99	3:03.82
153	1:37.65	1:49.05	20.36	48.60	44.56	4:26.04	49.04	55.52	321.75	513.90	459	1:32.15	1:23.21	3:04.26
152	1:37.87	1:49.28	20.40	48.72	44.66	4:26.61	49.17	55.66	318.75	509.30	456	1:32.40	1:23.43	3:04.69
151	1:38.08	1:49.52	20.45	48.84	44.76	4:27.18	49.30	55.79	315.70	504.70	453	1:32.64	1:23.65	3:05.13
150	1:38.30	1:49.76	20.50	48.96	44.87	4:27.76	49.43	55.93	312.70	500.15	450	1:32.89	1:23.87	3:05.56
149	1:38.52	1:50.00	20.55	49.08	44.97	4:28.34	49.57	56.06	309.70	495.65	447	1:33.14	1:24.10	3:06.00
148	1:38.73	1:50.24	20.60	49.20	45.07	4:28.92	49.70	56.20	306.75	491.20	444	1:33.39	1:24.32	3:06.45
147	1:38.95	1:50.48	20.64	49.32	45.18	4:29.50	49.84	56.34	303.85	486.75	441	1:33.64	1:24.55	3:06.89
146	1:39.17	1:50.72	20.69	49.44	45.28	4:30.09	49.98	56.48	301.00	482.40	438	1:33.89	1:24.77	3:07.34
145	1:39.39	1:50.97	20.74	49.56	45.39	4:30.68	50.11	56.62	298.10	478.05	435	1:34.14	1:25.00	3:07.79
144	1:39.61	1:51.21	20.79	49.68	45.49	4:31.27	50.25	56.76	295.30	473.75	432	1:34.40	1:25.23	3:08.24
143	1:39.84	1:51.46	20.84	49.81	45.60	4:31.86	50.39	56.90	292.50	469.50	429	1:34.65	1:25.46	3:08.69
142	1:40.06	1:51.70	20.89	49.93	45.71	4:32.46	50.53	57.04	289.70	465.25	426	1:34.91	1:25.69	3:09.14
141	1:40.28	1:51.95	20.94	50.06	45.81	4:33.06	50.67	57.18	286.95	461.05	423	1:35.17	1:25.93	3:09.60



