

2007-08 SWIMMING NATIONAL HONOR ROLL — GIRLS

National Federation of State High School Associations

PO Box 690

Indianapolis, Indiana 46206

The NFHS 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 NFHS immediately after the close of your swimming season (not later than June 8, 2008). 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	:23.60	100-yard breaststroke.....	1:04.00
100-yard freestyle	:51.50	100-yard butterfly	:56.00
200-yard freestyle	1:52.00	200-yard individual medley	2:05.00
500-yard freestyle	4:55.00	200-yard medley relay	1:48.00
100-yard backstroke.....	:57.00	200-yard freestyle relay	1:37.50
		400-yard freestyle relay	3:31.00

SEE REVERSE SIDE FOR HONOR ROLL APPLICATIONS

COMPETITOR (first & last name)	CITY and SCHOOL (if other than name of city)	NAME OF MEET	DATE OF MEET	EVENT	PERFORMANCE
Maegan O'Conner, Christina Jacobs, Lindsay Rogers, Carly Mercer	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Medley Relay	1:43.39
Allie Day, Michelle McKeehan, Taylor Davis, Lindsey Gasiorowski	Greenwood, Center Grove	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Medley Relay	1:44.39
Jessie Hammes, Lauren Stauder, Devon Mason, Megan Jex	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Medley Relay	1:44.94
Emily Keefer, Tori Bagan, McKenzie Bagan, Kristen Witham	Fort Wayne, Homestead	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Medley Relay	1:45.48
Amy Katz, Gail Blachly, Alexander Hofmann, Jennifer Miles	Indianapolis, North Central	2008 Girls Swimming/Diving Championship	February 8, 2008	200 Yard Medley Relay	1:47.67
Trish Regan	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Free	1:49.78
Michelle McKeehan	Greenwood, Center Grove	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard IM	1:56.87
Lindsay Rogers	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard IM	2:01.85
Allie Day	Greenwood, Center Grove	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard IM	2:04.12
Emily Dibenigno	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard IM	2:04.81
Kelsi Hall	Yorktown	2008 Girls Swimming/Diving Championship	February 9, 2008	50 Yard Free	23.13
Carly Mercer	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 8, 2008	50 Yard Free	23.40
Megan Detro	Carmel	2008 Girls Swimming/Diving Championship	February 8, 2008	50 Yard Free	23.49
Lauren Massey	Indianapolis, North Central	2008 Girls Swimming/Diving Championship	February 8, 2008	50 Yard Free	23.59
Jenny Connolly	West Lafayette, Harrison	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Butterfly	53.91
Trish Regan	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Free	51.06
Carly Mercer	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 8, 2008	100 Yard Free	50.74
Megan Detro, Devon Mason, Trish Regan, Emily Dibenigno	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Free Relay	1:35.28
Emily Keefer, Kristen Kinzer, Emily Haifley, Tory Bagan	Fort Wayne, Homestead	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Free Relay	1:36.37
Brittany Fozkos, Shauna Foor, Mallory Przybylinski, Taylor Lipniskis	Chesterton	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Free Relay	1:36.39
Erin Kelley, Maegan O'Connor, Paige Copeland, Aubrey Hertzler	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 9, 2008	200 Yard Free Relay	1:36.49
Jenny Connolly	West Lafayette, Harrison	2008 Girls Swimming/Diving Championship	February 8, 2008	100 Yard Backstroke	53.53
Jessie Hammes	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Backstroke	56.66

Allie Day	Greenwood, Center Grove	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Backstroke	56.79
Amber Molina	Carmel	2008 Girls Swimming/Diving Championship	February 8, 2008	100 Yard Backstroke	56.96
Michelle McKeehan	Greenwood, Center Grove	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Breaststroke	1:00.12
Lindsay Rogers	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Breaststroke	1:00.91
Tori Bagan	Fort Wayne, Homestead	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Breaststroke	1:02.44
Emily Dibenigno	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Breaststroke	1:03.63
Emily Haifley	Fort Wayne, Homestead	2008 Girls Swimming/Diving Championship	February 9, 2008	100 Yard Breaststroke	1:03.70
Lauren Stauder	Carmel	2008 Girls Swimming/Diving Championship	February 8, 2008	100 Yard Breaststroke	1:03.54
Paige Copeland, Lindsay Rogers, Aubrey Hertzler, Carly Mercer	Fishers, Hamilton Southeastern	2008 Girls Swimming/Diving Championship	February 9, 2008	400 Yard Free Relay	3:26.61
Trish Regan, Megan Detro, Emily Dibenigno, Megan Jex	Carmel	2008 Girls Swimming/Diving Championship	February 9, 2008	400 Yard Free Relay	3:27.46

I hereby certify that the performances listed meet the standards on the reverse side and submit them for consideration for the National Swimming Honor Roll.

ATTESTED BY:

Signature
9150 North Meridian Street
P. O. Box 40650

Street Address

Indianapolis, IN 46240

City, State, Zip

February 12, 2008

Date



I hereby certify that NO performances met the minimum standards for consideration for the National Swimming Honor Roll.