



Swimming/Diving Power Points 2020-2021

Last spring Council voted to create competitive equity-based divisions **BY SCHOOL AND BY GENDER** in the sport of Swimming/Diving. In the past, playoff divisions were created using league achievement rather than individual school performance. In addition, both boys and girls were coupled in the same divisions. As in team sports, schools in the same league may compete in different divisions. The boys and girls team from the same school may also compete in different divisions.

In this system, divisions will be formulated every year by individual team competitive equity. Competitive equity will be calculated by finding the best times for each swimmer in their two events at their league finals and/or the Southern Section Swimming and Diving Championship. A corresponding point value will be assigned using the NISCA Power Point tables (see attached). Points will be totaled for each team. The CIF office will determine how many teams will be in each division delineating accordingly.

Data Analysis

Each school will have 4 swimmers measured from all individual events and 1 team per relay event (Rationale: 4 scoring entries is standard for championship meets).

Each of those swimmers and teams will have their best result found in league prelims/ finals and/or CIF prelims/finals with the best result scored via the NISCA Power Point table.

- ❖ Note: Swimmers to analyze will be based on league final entries, but final points for each swimmer will not necessarily come from those events. If a swimmer scores 120 points at League Finals in the 200 free and 130 points at the CIF Championships in the 200 IM, the team will receive the 130 point credit but will count as a 200 free swimmer. This is to maximize representation from each team by basing calculations on their league finals where entries are filled.

Points will be accumulated for each girls' team and each boys' team separately meaning boys and girls MAY be in different divisions. Points will be sorted, ranking teams from top to bottom. The Section Office will separate the divisions at their discretion.

For the 2020-2021 school year (due to COVID), there are many sports planned within two seasons where sports, that normally don't operate during the same season, will be happening at the same time! Because of this, divisional designations will be made once we are able to determine how many schools will field Swimming/Diving in the Spring of 2021. More information to follow early 2021.

BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Boys' Teams in Alpha Order	
CIF Name	Boys Points
Agoura	3393
Alemanya	2304
Alhambra	1031
Aliso Niguel	4534
Alta Loma	2207
Antelope Valley	0
Aquinas	1275
Arcadia	4071
Archer School for Girls	0
Arlington	1504
Arrowhead Christian	340
Arroyo Valley	1014
Artesia	557
Ayala, Ruben	3919
Baldwin Park	942
Banning	26
Beaumont	3566
Beckman, Arnold	4485
Bell Gardens	49
Beverly Hills	1416
Bishop Amat	1282
Bishop Montgomery	188
Blair	1418
Bloomington	686
Bolsa Grande	1898
Bonita	3216
Brea Olinda	4010
Brentwood	1263
Buckley	3030
Buena	2196
Buena Park	808
Burbank	2860
Burroughs-Burbank	1953
Cabrillo-Lompoc	1953
Cabrillo-Long Beach	1231
Cajon	1436
Calabasas	1053
California	1353
Calvary Chapel-Santa Ana	2071
Camarillo	3441
Campbell Hall	508
Cantwell-Sacred Heart of Mary	101
Canyon Springs	745
Canyon-Anaheim	3079
Canyon-Canyon Country	2622
Carpinteria	1108
Cate	1713

Boys' Teams in Rank Order	
CIF Name	Boys Points
Loyola	6279
Santa Margarita	5615
Diamond Bar	5317
La Canada	5115
University	4932
Northwood	4904
Valencia-Valencia	4863
Harvard-Westlake	4835
Foothill	4826
Los Alamitos	4810
Mater Dei	4757
San Marcos	4748
Damien	4714
Wilson-Long Beach	4709
Aliso Niguel	4534
Beckman, Arnold	4485
Hart	4476
Murrieta Valley	4446
Edison	4423
Tesoro	4419
Newport Harbor	4383
Crescenta Valley	4372
Mira Costa	4370
Troy	4364
West Ranch	4287
Irvine	4276
Huntington Beach	4260
Santiago-Corona	4257
Chino Hills	4229
Mark Keppel	4120
Peninsula	4089
Arcadia	4071
Ventura	4052
Brea Olinda	4010
Oaks Christian	3979
Walnut	3964
Portola	3945
Ayala, Ruben	3919
Poly-Riverside	3863
Centennial-Corona	3837
Dana Hills	3818
San Marino	3804
King, Martin Luther	3799
Cerritos	3792
Woodbridge	3769
Fountain Valley	3717
Redlands	3708

***DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING FOR THE SPRING 2020-2021 SEASON!**

BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Cathedral	831
Cathedral City	617
Centennial-Corona	3837
Cerritos	3792
Chadwick	1859
Chaffey	884
Chaminade	1141
Channel Islands	992
Chaparral	2479
Charter Oak	1911
Chino	1106
Chino Hills	4229
Citrus Hill	284
Citrus Valley	2923
Claremont	2636
Coachella Valley	215
Colony	1305
Colton	484
Corona	2605
Corona del Mar	3552
Costa Mesa	3050
Covina	1305
Crean Lutheran	1479
Crescenta Valley	4372
Crespi	2951
Crossroads	1890
Culver City	2305
Cypress	2553
Damien	4714
Dana Hills	3818
de Toledo	160
Desert Hot Springs	0
Desert Mirage	724
Diamond Bar	5317
Don Lugo	1019
Dos Pueblos	3467
Downey	3090
Duarte	284
Eastside	236
Edgewood	641
Edison	4423
Eisenhower	184
El Dorado	3090
El Modena	2398
El Rancho	1856
El Segundo	3389
Elsinore	3461
Esperanza	2774
Estancia	1339
Etiwanda	1929

Saugus	3703
Villa Park	3682
Redondo Union	3680
Gabrielino	3647
Notre Dame-SO	3586
Upland	3584
Beaumont	3566
Corona del Mar	3552
Millikan	3543
Rio Mesa	3535
Los Osos	3516
Lutheran-Orange	3496
Laguna Beach	3482
Dos Pueblos	3467
Elsinore	3461
South Pasadena	3451
Camarillo	3441
Yorba Linda	3428
Murrieta Mesa	3421
Quartz Hill	3420
Agoura	3393
El Segundo	3389
San Clemente	3388
Flintridge Prep	3380
Roosevelt, Eleanor	3357
Laguna Hills	3347
Westlake	3330
La Serna	3297
San Dimas	3274
Temescal Canyon	3258
St. Francis	3239
Bonita	3216
Great Oak	3176
St. John Bosco	3162
Thousand Oaks	3117
Poly-Long Beach	3112
El Dorado	3090
Downey	3090
Canyon-Anaheim	3079
Servite	3055
Costa Mesa	3050
Viewpoint	3044
West Torrance	3031
Buckley	3030
Palos Verdes	3029
Glendora	3014
Santa Ynez	2967
Sunny Hills	2956
JSerra	2952
Crespi	2951

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BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Fillmore	686
Flintridge Prep	3380
Flintridge Sacred Heart	0
Fontana	632
Foothill	4826
Foothill Technology	2755
Fountain Valley	3717
Fullerton	1863
Gabrielino	3647
Gahr	1157
Garden Grove	2050
Geffen Academy at UCLA	339
Gladstone	922
Glendale	1523
Glendora	3014
Godinez	712
Golden Valley	1098
Grace Brethren	910
Grand Terrace	843
Great Oak	3176
Hart	4476
Harvard-Westlake	4835
Hemet	1851
Heritage	1854
Heritage Christian	53
Highland	1233
Hillcrest	1665
Hoover	2382
Hueneme	196
Huntington Beach	4260
Immaculate Heart	0
Indian Springs	210
Indio	465
Irvine	4276
Jordan	1238
JSerra	2952
Jurupa Valley	1581
Katella	2794
Kennedy	2884
King, Martin Luther	3799
Knight	1934
La Canada	5115
La Habra	1704
La Mirada	1217
La Quinta-La Quinta	2275
La Quinta-Westminster	2302
La Reina	0
La Salle	1287
La Serna	3297
La Sierra	876

Citrus Valley	2923
Valencia-Placentia	2918
Santa Monica	2903
Kennedy	2884
Burbank	2860
Marina	2837
Katella	2794
Esperanza	2774
Foothill Technology	2755
Sonora	2747
Malibu	2715
Paloma Valley	2655
Rancho Cucamonga	2643
Claremont	2636
Canyon-Canyon Country	2622
Rowland	2615
Tustin	2608
Corona	2605
Cypress	2553
Newbury Park	2529
Santa Barbara	2505
South Torrance	2504
Temecula Valley	2480
Chaparral	2479
Vista Murrieta	2449
El Modena	2398
Hoover	2382
Warren	2366
Torrance	2351
Oxnard	2323
Culver City	2305
Alemany	2304
La Quinta-Westminster	2302
Schurr	2278
La Quinta-La Quinta	2275
Ramona	2232
Redlands East Valley	2229
Alta Loma	2207
Buena	2196
Pacifica-Garden Grove	2182
North Torrance	2159
Patriot	2151
Monrovia	2131
Palm Springs	2117
Seegerstrom	2093
Calvary Chapel-Santa Ana	2071
Palm Desert	2060
Garden Grove	2050
Whitney	2020
Burroughs-Burbank	1953

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BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Laguna Beach	3482
Laguna Blanca	0
Laguna Hills	3347
Lakeside	194
Lakewood	1300
Lancaster	940
Linfield Christian	0
Little Rock	125
Loara	498
Loma Linda Academy	1935
Lompoc	1465
Los Alamitos	4810
Los Altos	1650
Los Amigos	1644
Los Osos	3516
Louisville	0
Loyola	6279
Lutheran-Orange	3496
Magnolia	536
Malibu	2715
Maranatha	1794
Marina	2837
Mark Keppel	4120
Marlborough	0
Mary Star of the Sea	752
Marymount	0
Mater Dei	4757
Mayfield	0
Milken Community	0
Millikan	3543
Mira Costa	4370
Monrovia	2131
Montclair	1502
Montebello	502
Moorpark	424
Moreno Valley	999
Muir	65
Murrieta Mesa	3421
Murrieta Valley	4446
New Roads	611
Newbury Park	2529
Newport Harbor	4383
Nogales	0
Norco	399
Nordhoff	1387
Norte Vista	592
North Torrance	2159
North, JW	1374
Northview	1368
Northwood	4904

Cabrillo-Lompoc	1953
Loma Linda Academy	1935
Knight	1934
Etiwanda	1929
Charter Oak	1911
Bolsa Grande	1898
Crossroads	1890
Fullerton	1863
Chadwick	1859
El Rancho	1856
Heritage	1854
Hemet	1851
Yucaipa	1847
Poly-Pasadena	1836
Royal	1829
Oxford Academy	1815
Rancho Alamitos	1811
Pasadena	1795
Maranatha	1794
Wilson-Hacienda Heights	1747
Cate	1713
La Habra	1704
Valley View	1697
Shadow Hills	1675
Hillcrest	1665
Los Altos	1650
Los Amigos	1644
Whittier	1619
Temple City	1603
Ocean View	1590
Jurupa Valley	1581
West Valley	1551
Glendale	1523
Notre Dame-Riverside	1522
Arlington	1504
Montclair	1502
South Hills	1500
Summit	1488
Crean Lutheran	1479
Lompoc	1465
Cajon	1436
San Gabriel	1425
Blair	1418
Beverly Hills	1416
Paramount	1389
Nordhoff	1387
North, JW	1374
Northview	1368
Santa Fe	1354
California	1353

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BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Notre Dame Academy	0
Notre Dame-Riverside	1522
Notre Dame-SO	3586
Oaks Christian	3979
Ocean View	1590
Ontario	783
Orange	588
Orange Vista	505
Oxford Academy	1815
Oxnard	2323
Pacific	0
Pacifica-Garden Grove	2182
Pacifica-Oxnard	1177
Palm Desert	2060
Palm Springs	2117
Palmdale	531
Palmdale Aerospace Academy	280
Paloma Valley	2655
Palos Verdes	3029
Paraclete	447
Paramount	1389
Pasadena	1795
Patriot	2151
Peninsula	4089
Perris	477
Pioneer	746
Poly-Long Beach	3112
Poly-Pasadena	1836
Poly-Riverside	3863
Pomona Catholic	0
Portola	3945
Quartz Hill	3420
Ramona	2232
Ramona Convent	0
Rancho Alamitos	1811
Rancho Cucamonga	2643
Rancho Mirage	964
Redlands	3708
Redlands East Valley	2229
Redondo Union	3680
Rio Mesa	3535
River Springs Charter School Magnolia	243
Roosevelt, Eleanor	3357
Rosary	0
Rosemead	571
Rowland	2615
Royal	1829
Rubidoux	472
Saddleback	472
San Bernardino	453

Santa Paula	1350
Estancia	1339
Covina	1305
Colony	1305
Lakewood	1300
La Salle	1287
Bishop Amat	1282
Aquinas	1275
Brentwood	1263
Western	1261
Villanova Prep	1252
Jordan	1238
Highland	1233
Cabrillo-Long Beach	1231
La Mirada	1217
Pacifica-Oxnard	1177
Gahr	1157
Chaminade	1141
Carpinteria	1108
Chino	1106
Golden Valley	1098
Westminster	1090
Xavier Prep	1076
Calabasas	1053
Alhambra	1031
Don Lugo	1019
Arroyo Valley	1014
Moreno Valley	999
Channel Islands	992
Rancho Mirage	964
Twentynine Palms	954
Baldwin Park	942
Lancaster	940
Gladstone	922
Tahquitz	913
Grace Brethren	910
Chaffey	884
La Sierra	876
Grand Terrace	843
Cathedral	831
Buena Park	808
Ontario	783
Sierra Canyon	769
Mary Star of the Sea	752
Pioneer	746
Canyon Springs	745
Savanna	741
West Covina	737
Desert Mirage	724
Western Christian	714

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BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

San Clemente	3388
San Dimas	3274
San Gabriel	1425
San Geronimo	343
San Marcos	4748
San Marino	3804
Santa Ana	491
Santa Ana Valley	177
Santa Barbara	2505
Santa Clara	150
Santa Clarita Christian	0
Santa Clarita Christian	0
Santa Fe	1354
Santa Margarita	5615
Santa Monica	2903
Santa Paula	1350
Santa Ynez	2967
Santiago-Corona	4257
Santiago-Garden Grove	380
Saugus	3703
Savanna	741
Schurr	2278
Segerstrom	2093
Servite	3055
Shadow Hills	1675
Sierra Canyon	769
Sierra Vista	551
Sonora	2747
South Hills	1500
South Pasadena	3451
South Torrance	2504
St. Anthony	137
St. Bernard	0
St. Bonaventure	516
St. Francis	3239
St. John Bosco	3162
St. Joseph-Lakewood	0
St. Lucys	0
St. Monica Academy	0
St. Pius X- St. Matthias Academy	186
Summit	1488
Sunny Hills	2956
Tahquitz	913
Temecula Valley	2480
Temescal Canyon	3258
Temple City	1603
Tesoro	4419
Thousand Oaks	3117
Torrance	2351
Trinity Classical Academy	352

Godinez	712
Fillmore	686
Bloomington	686
Edgewood	641
Fontana	632
Wildwood	623
Cathedral City	617
Yucca Valley	615
New Roads	611
Norte Vista	592
Orange	588
Rosemead	571
Artesia	557
Sierra Vista	551
Magnolia	536
Palmdale	531
St. Bonaventure	516
Campbell Hall	508
Orange Vista	505
Montebello	502
Loara	498
Santa Ana	491
Colton	484
Perris	477
Saddleback	472
Rubidoux	472
Indio	465
San Bernardino	453
Paraclete	447
Moorpark	424
Norco	399
Santiago-Garden Grove	380
Trinity Classical Academy	352
Workman	350
San Geronimo	343
Arrowhead Christian	340
Geffen Academy at UCLA	339
Duarte	284
Citrus Hill	284
Palmdale Aerospace Academy	280
River Springs Charter School Magnolia	243
Eastside	236
Coachella Valley	215
Indian Springs	210
Hueneme	196
Lakeside	194
Bishop Montgomery	188
St. Pius X- St. Matthias Academy	186
Eisenhower	184
Woodcrest Christian	177

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BOYS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Troy	4364
Tustin	2608
Twentynine Palms	954
University	4932
Upland	3584
Valencia-Placentia	2918
Valencia-Valencia	4863
Valley Christian-Cerritos	81
Valley View	1697
Vasquez	17
Ventura	4052
Viewpoint	3044
Villa Park	3682
Villanova Prep	1252
Vista Murrieta	2449
Vistamar	0
Walnut	3964
Warren	2366
West Covina	737
West Ranch	4287
West Torrance	3031
West Valley	1551
Western	1261
Western Christian	714
Westlake	3330
Westminster	1090
Westridge	0
Whitney	2020
Whittier	1619
Whittier Christian	93
Wildwood	623
Wilson-Hacienda Heights	1747
Wilson-Long Beach	4709
Windward	42
Woodbridge	3769
Woodcrest Christian	177
Workman	350
Xavier Prep	1076
Yorba Linda	3428
Yucaipa	1847
Yucca Valley	615
#N/A	87

Santa Ana Valley	177
de Toledo	160
Santa Clara	150
St. Anthony	137
Little Rock	125
Cantwell-Sacred Heart of Mary	101
Whittier Christian	93
#N/A	87
Valley Christian-Cerritos	81
Muir	65
Heritage Christian	53
Bell Gardens	49
Windward	42
Banning	26
Vasquez	17
Nogales	0
Linfield Christian	0
Flintridge Sacred Heart	0
Antelope Valley	0
St. Lucys	0
St. Monica Academy	0
Santa Clarita Christian	0
Rosary	0
Immaculate Heart	0
Louisville	0
Marlborough	0
Marymount	0
Notre Dame Academy	0
Laguna Blanca	0
La Reina	0
Pacific	0
Pomona Catholic	0
Ramona Convent	0
St. Bernard	0
St. Joseph-Lakewood	0
Archer School for Girls	0
Milken Community	0
Vistamar	0
Mayfield	0
Westridge	0
Santa Clarita Christian	0
Desert Hot Springs	0

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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 FREE	200 I.M.	50 FREE	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST	DIVING		POWER POINTS	200 MED REL	200 FREE REL	400 FREE REL
									6-DIVES	11-DIVES				
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

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Girls' Teams in Alpha Order	
Team Name	Power Points
Agoura	2818
Alemanya	1873
Alhambra	1000
Aliso Niguel	3981
Alta Loma	1650
Antelope Valley	14
Aquinas	99
Arcadia	3485
Archer School for Girls	1482
Arlington	879
Arrowhead Christian	367
Arroyo Valley	141
Artesia	292
Ayala, Ruben	4201
Baldwin Park	0
Banning	34
Beaumont	2924
Beckman, Arnold	3876
Bell Gardens	325
Beverly Hills	524
Bishop Amat	1775
Bishop Montgomery	612
Blair	167
Bloomington	283
Bolsa Grande	619
Bonita	2731
Brea Olinda	3282
Brentwood	919
Buckley	480
Buena	1500
Buena Park	256
Burbank	1108
Burroughs-Burbank	2134
Cabrillo-Lompoc	1626
Cabrillo-Long Beach	352
Cajon	811
Calabasas	1508
California	369
Calvary Chapel-Santa Ana	1640
Camarillo	3394
Campbell Hall	239
Cantwell-Sacred Heart of Mary	0
Canyon Springs	888
Canyon-Anaheim	3577
Canyon-Canyon Country	1147
Carpinteria	846
Cate	1273

Girls' Teams in Rank Order	
Team Name	Power Points
Santa Margarita	6439
Tesoro	5263
Mater Dei	4965
Los Alamitos	4950
Woodbridge	4647
Poly-Long Beach	4639
Valencia-Valencia	4551
Hart	4498
Los Osos	4457
Foothill	4386
Fountain Valley	4335
Crescenta Valley	4266
Ayala, Ruben	4201
Northwood	4200
Wilson-Long Beach	4155
Walnut	4145
Redondo Union	4052
Edison	4050
Sunny Hills	4047
Westlake	4042
San Clemente	4039
Great Oak	4019
San Marcos	4016
Aliso Niguel	3981
Irvine	3971
Santiago-Corona	3958
Laguna Beach	3941
King, Martin Luther	3922
Beckman, Arnold	3876
Diamond Bar	3855
Lutheran-Orange	3854
La Canada	3792
Glendora	3738
Newport Harbor	3737
Santa Monica	3711
Dana Hills	3703
Villa Park	3692
University	3664
Canyon-Anaheim	3577
Poly-Riverside	3564
Arcadia	3485
Millikan	3485
Ventura	3461
Troy	3412
Mira Costa	3404
Camarillo	3394
Dos Pueblos	3327

*DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 1
FOR THE SPRING 2020-2021 SEASON!

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Cathedral	0
Cathedral City	504
Centennial-Corona	2342
Cerritos	2047
Chadwick	1279
Chaffey	457
Chaminade	1149
Channel Islands	542
Chaparral	1256
Charter Oak	1079
Chino	259
Chino Hills	2424
Citrus Hill	378
Citrus Valley	2470
Claremont	3071
Coachella Valley	459
Colony	349
Colton	171
Corona	1192
Corona del Mar	2781
Costa Mesa	1735
Covina	941
Crean Lutheran	1528
Crescenta Valley	4266
Crespi	0
Crossroads	1794
Culver City	1228
Cypress	2160
Damien	0
Dana Hills	3703
de Toledo	3
Desert Hot Springs	0
Desert Mirage	124
Diamond Bar	3855
Don Lugo	715
Dos Pueblos	3327
Downey	2504
Duarte	141
Eastside	79
Edgewood	75
Edison	4050
Eisenhower	190
El Dorado	2275
El Modena	1933
El Rancho	1374
El Segundo	2859
Elsinore	1605
Esperanza	2898
Estancia	925
Etiwanda	2336

St. Lucys	3316
Peninsula	3314
Redlands East Valley	3288
Brea Olinda	3282
San Marino	3269
Roosevelt, Eleanor	3232
Huntington Beach	3173
Thousand Oaks	3160
Portola	3159
Rowland	3082
Claremont	3071
Notre Dame-SO	3068
Mark Keppel	3068
Flintridge Prep	3059
Gabrielino	2971
Marlborough	2965
Saugus	2937
Beaumont	2924
Vista Murrieta	2903
Esperanza	2898
Newbury Park	2893
El Segundo	2859
Murrieta Valley	2848
Agoura	2818
Corona del Mar	2781
Marina	2768
Bonita	2731
Temescal Canyon	2685
Harvard-Westlake	2669
South Torrance	2643
West Torrance	2634
Immaculate Heart	2607
JSerra	2564
Redlands	2563
West Ranch	2560
Royal	2559
Laguna Hills	2557
Lakewood	2518
Upland	2508
Downey	2504
South Pasadena	2491
Temple City	2481
Citrus Valley	2470
Viewpoint	2463
La Serna	2433
Chino Hills	2424
La Quinta-La Quinta	2424
Foothill Technology	2418
Quartz Hill	2353
Santa Barbara	2353

***DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 2
FOR THE SPRING 2020-2021 SEASON!**

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Fillmore	820
Flintridge Prep	3059
Flintridge Sacred Heart	1520
Fontana	541
Foothill	4386
Foothill Technology	2418
Fountain Valley	4335
Fullerton	1618
Gabrielino	2971
Gahr	418
Garden Grove	2349
Geffen Academy at UCLA	234
Gladstone	34
Glendale	1454
Glendora	3738
Godinez	136
Golden Valley	1091
Grace Brethren	828
Grand Terrace	1224
Great Oak	4019
Hart	4498
Harvard-Westlake	2669
Hemet	2353
Heritage	1155
Heritage Christian	0
Highland	1098
Hillcrest	1474
Hoover	938
Hueneme	340
Huntington Beach	3173
Immaculate Heart	2607
Indian Springs	275
Indio	276
Irvine	3971
Jordan	100
JSerra	2564
Jurupa Valley	1332
Katella	1395
Kennedy	2185
King, Martin Luther	3922
Knight	739
La Canada	3792
La Habra	1589
La Mirada	844
La Quinta-La Quinta	2424
La Quinta-Westminster	1707
La Reina	1682
La Salle	1884
La Serna	2433
La Sierra	422

Hemet	2353
Garden Grove	2349
Centennial-Corona	2342
Etiwanda	2336
Palos Verdes	2288
Maranatha	2283
Temecula Valley	2277
Schurr	2276
El Dorado	2275
Poly-Pasadena	2252
Oxnard	2250
Murrieta Mesa	2227
Palm Desert	2200
Kennedy	2185
Yucaipa	2172
Cypress	2160
Burroughs-Burbank	2134
San Dimas	2079
Cerritos	2047
Yorba Linda	2020
Valencia-Placentia	2017
El Modena	1933
La Salle	1884
Alemanly	1873
Oaks Christian	1872
Rio Mesa	1843
Xavier Prep	1800
Crossroads	1794
Bishop Amat	1775
Costa Mesa	1735
Patriot	1724
La Quinta-Westminster	1707
Louisville	1707
La Reina	1682
Mayfield	1670
Alta Loma	1650
Malibu	1646
Calvary Chapel-Santa Ana	1640
Cabrillo-Lompoc	1626
Fullerton	1618
Elsinore	1605
Nordhoff	1594
La Habra	1589
Valley View	1589
Pacifica-Garden Grove	1581
Moorpark	1566
Rancho Cucamonga	1531
Crean Lutheran	1528
Flintridge Sacred Heart	1520
Paloma Valley	1517

*DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 3
FOR THE SPRING 2020-2021 SEASON!

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Laguna Beach	3941
Laguna Blanca	182
Laguna Hills	2557
Lakeside	814
Lakewood	2518
Lancaster	555
Linfield Christian	350
Little Rock	57
Loara	703
Loma Linda Academy	752
Lompoc	566
Los Alamitos	4950
Los Altos	1336
Los Amigos	201
Los Osos	4457
Louisville	1707
Loyola	0
Lutheran-Orange	3854
Magnolia	326
Malibu	1646
Maranatha	2283
Marina	2768
Mark Keppel	3068
Marlborough	2965
Mary Star of the Sea	288
Marymount	1500
Mater Dei	4965
Mayfield	1670
Milken Community	0
Millikan	3485
Mira Costa	3404
Monrovia	1361
Montclair	655
Montebello	587
Moorpark	1566
Moreno Valley	446
Muir	144
Murrieta Mesa	2227
Murrieta Valley	2848
New Roads	30
Newbury Park	2893
Newport Harbor	3737
Nogales	9
Norco	1271
Nordhoff	1594
Norte Vista	428
North Torrance	1192
North, JW	995
Northview	400
Northwood	4200

Calabasas	1508
Santa Ynez	1506
Marymount	1500
Buena	1500
Seegerstrom	1485
Archer School for Girls	1482
Hillcrest	1474
South Hills	1456
Glendale	1454
Whitney	1437
Rosary	1402
Katella	1395
El Rancho	1374
Monrovia	1361
Sonora	1361
Villanova Prep	1354
Los Altos	1336
Jurupa Valley	1332
Chadwick	1279
Cate	1273
Norco	1271
Chaparral	1256
Woodcrest Christian	1241
Culver City	1228
Grand Terrace	1224
Rancho Mirage	1209
North Torrance	1192
Corona	1192
Oxford Academy	1163
Heritage	1155
Westridge	1155
Pasadena	1154
Chaminade	1149
Canyon-Canyon Country	1147
Trinity Classical Academy	1146
Twentynine Palms	1138
Burbank	1108
Pacifica-Oxnard	1106
Highland	1098
Golden Valley	1091
Warren	1085
Charter Oak	1079
Ocean View	1073
Torrance	1042
Wilson-Hacienda Heights	1034
Palm Springs	1033
Alhambra	1000
Orange	999
Yucca Valley	999
North, JW	995

*DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 4
FOR THE SPRING 2020-2021 SEASON!

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Notre Dame Academy	323
Notre Dame-Riverside	773
Notre Dame-SO	3068
Oaks Christian	1872
Ocean View	1073
Ontario	118
Orange	999
Orange Vista	35
Oxford Academy	1163
Oxnard	2250
Pacific	173
Pacifica-Garden Grove	1581
Pacifica-Oxnard	1106
Palm Desert	2200
Palm Springs	1033
Palmdale	445
Palmdale Aerospace Academy	11
Paloma Valley	1517
Palos Verdes	2288
Paraclete	37
Paramount	78
Pasadena	1154
Patriot	1724
Peninsula	3314
Perris	191
Pioneer	487
Poly-Long Beach	4639
Poly-Pasadena	2252
Poly-Riverside	3564
Pomona Catholic	212
Portola	3159
Quartz Hill	2353
Ramona	581
Ramona Convent	535
Rancho Alamitos	678
Rancho Cucamonga	1531
Rancho Mirage	1209
Redlands	2563
Redlands East Valley	3288
Redondo Union	4052
Rio Mesa	1843
River Springs Charter School Magnolia	0
Roosevelt, Eleanor	3232
Rosary	1402
Rosemead	646
Rowland	3082
Royal	2559
Rubidoux	235
Saddleback	285
San Bernardino	62

Santa Fe	951
Covina	941
Tustin	940
Hoover	938
West Valley	938
Estancia	925
Brentwood	919
Whittier	909
Canyon Springs	888
Arlington	879
Santa Paula	850
Carpinteria	846
La Mirada	844
Grace Brethren	828
Fillmore	820
Lakeside	814
Cajon	811
Summit	801
Sierra Canyon	783
Notre Dame-Riverside	773
Loma Linda Academy	752
Knight	739
Don Lugo	715
Loara	703
Rancho Alamitos	678
Montclair	655
Rosemead	646
Whittier Christian	620
Bolsa Grande	619
Western	616
Bishop Montgomery	612
Montebello	587
St. Joseph-Lakewood	587
Ramona	581
Lompoc	566
Lancaster	555
Savanna	555
West Covina	544
Channel Islands	542
Fontana	541
Ramona Convent	535
Beverly Hills	524
Sierra Vista	518
Tahquitz	505
Cathedral City	504
St. Anthony	490
Pioneer	487
Buckley	480
St. Bonaventure	477
Coachella Valley	459

*DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 5
FOR THE SPRING 2020-2021 SEASON!

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

San Clemente	4039
San Dimas	2079
San Gabriel	313
San Geronio	387
San Marcos	4016
San Marino	3269
Santa Ana	234
Santa Ana Valley	454
Santa Barbara	2353
Santa Clara	0
Santa Clarita Christian	223
Santa Clarita Christian	191
Santa Fe	951
Santa Margarita	6439
Santa Monica	3711
Santa Paula	850
Santa Ynez	1506
Santiago-Corona	3958
Santiago-Garden Grove	408
Saugus	2937
Savanna	555
Schurr	2276
Segerstrom	1485
Servite	0
Shadow Hills	437
Sierra Canyon	783
Sierra Vista	518
Sonora	1361
South Hills	1456
South Pasadena	2491
South Torrance	2643
St. Anthony	490
St. Bernard	34
St. Bonaventure	477
St. Francis	0
St. John Bosco	0
St. Joseph-Lakewood	587
St. Lucys	3316
St. Monica Academy	46
St. Pius X- St. Matthias Academy	0
Summit	801
Sunny Hills	4047
Tahquitz	505
Temecula Valley	2277
Temescal Canyon	2685
Temple City	2481
Tesoro	5263
Thousand Oaks	3160
Torrance	1042
Trinity Classical Academy	1146

Chaffey	457
Santa Ana Valley	454
Moreno Valley	446
Palmdale	445
Shadow Hills	437
Norte Vista	428
La Sierra	422
Gahr	418
Santiago-Garden Grove	408
Northview	400
San Geronio	387
Vistamar	381
Citrus Hill	378
Westminster	372
California	369
Arrowhead Christian	367
Cabrillo-Long Beach	352
Linfield Christian	350
Colony	349
Hueneme	340
Magnolia	326
Bell Gardens	325
Notre Dame Academy	323
San Gabriel	313
Windward	297
Artesia	292
Mary Star of the Sea	288
Saddleback	285
Bloomington	283
Indio	276
Indian Springs	275
Chino	259
Buena Park	256
Campbell Hall	239
Rubidoux	235
Santa Ana	234
Geffen Academy at UCLA	234
Santa Clarita Christian	223
Pomona Catholic	212
Los Amigos	201
Perris	191
Santa Clarita Christian	191
Eisenhower	190
Laguna Blanca	182
Pacific	173
Colton	171
Blair	167
Muir	144
Duarte	141
Arroyo Valley	141

*DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 6
FOR THE SPRING 2020-2021 SEASON!

GIRLS' SWIMMING/DIVING POWER POINTS 2020-2021 SCHOOL YEAR

Troy	3412
Tustin	940
Twentynine Palms	1138
University	3664
Upland	2508
Valencia-Placentia	2017
Valencia-Valencia	4551
Valley Christian-Cerritos	99
Valley View	1589
Vasquez	0
Ventura	3461
Viewpoint	2463
Villa Park	3692
Villanova Prep	1354
Vista Murrieta	2903
Vistamar	381
Walnut	4145
Warren	1085
West Covina	544
West Ranch	2560
West Torrance	2634
West Valley	938
Western	616
Western Christian	0
Westlake	4042
Westminster	372
Westridge	1155
Whitney	1437
Whittier	909
Whittier Christian	620
Wildwood	96
Wilson-Hacienda Heights	1034
Wilson-Long Beach	4155
Windward	297
Woodbridge	4647
Woodcrest Christian	1241
Workman	0
Xavier Prep	1800
Yorba Linda	2020
Yucaipa	2172
Yucca Valley	999
#N/A	34

Godinez	136
Desert Mirage	124
Ontario	118
Jordan	100
Aquinas	99
Valley Christian-Cerritos	99
Wildwood	96
Eastside	79
Paramount	78
Edgewood	75
San Bernardino	62
Littlerock	57
St. Monica Academy	46
Paraclete	37
Orange Vista	35
Gladstone	34
#N/A	34
St. Bernard	34
Banning	34
New Roads	30
Antelope Valley	14
Palmdale Aerospace Academy	11
Nogales	9
de Toledo	3
Workman	0
River Springs Charter School Magnolia	0
Western Christian	0
Crespi	0
Loyola	0
St. Francis	0
Baldwin Park	0
Damien	0
Vasquez	0
Servite	0
St. John Bosco	0
Santa Clara	0
Cantwell-Sacred Heart of Mary	0
Cathedral	0
St. Pius X- St. Matthias Academy	0
Milken Community	0
Heritage Christian	0
Desert Hot Springs	0

*DIVISIONS (BY GENDER) WILL BE DETERMINED ONCE CIF HAS FINAL PARTICIPATION NUMBERS IN SWIMMING/DIVING 7
FOR THE SPRING 2020-2021 SEASON!

REVISED POWER POINT TABLES // GIRLS

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 - Girls (SCY)

Relays - Girls (SCY)

POWER POINTS	200 FREE	200 I.M.	50 FREE	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST	DIVING		POWER POINTS	200 MED REL	200 FREE REL	400 FREE REL
									6-DIVES	11-DIVES				
200	1:38.26	1:50.74	20.88	48.50	45.54	4:23.53	49.59	56.64	459.00	719.60	600	1:33.86	1:24.94	3:07.89
199	1:38.44	1:50.94	20.92	48.60	45.63	4:24.01	49.69	56.76	454.65	713.15	597	1:34.06	1:25.12	3:08.24
198	1:38.63	1:51.15	20.96	48.71	45.71	4:24.50	49.79	56.87	450.30	706.70	594	1:34.25	1:25.30	3:08.60
197	1:38.81	1:51.35	21.00	48.82	45.80	4:24.99	49.89	56.99	446.05	700.35	591	1:34.45	1:25.48	3:08.95
196	1:38.99	1:51.56	21.04	48.92	45.89	4:25.47	49.99	57.11	441.80	694.05	588	1:34.65	1:25.66	3:09.30
195	1:39.18	1:51.76	21.08	49.03	45.97	4:25.97	50.09	57.22	437.60	687.80	585	1:34.85	1:25.85	3:09.66
194	1:39.37	1:51.97	21.12	49.14	46.06	4:26.46	50.19	57.34	433.45	681.60	582	1:35.05	1:26.03	3:10.02
193	1:39.55	1:52.18	21.16	49.25	46.15	4:26.95	50.29	57.46	429.30	675.45	579	1:35.25	1:26.21	3:10.38
192	1:39.74	1:52.38	21.21	49.36	46.23	4:27.45	50.40	57.58	425.25	669.35	576	1:35.45	1:26.40	3:10.74
191	1:39.94	1:52.59	21.25	49.47	46.32	4:27.95	50.50	57.70	421.20	663.35	573	1:35.65	1:26.59	3:11.10
190	1:40.12	1:52.80	21.29	49.58	46.41	4:28.45	50.60	57.81	417.20	657.35	570	1:35.86	1:26.77	3:11.46
189	1:40.31	1:53.01	21.33	49.69	46.50	4:28.95	50.70	57.93	413.25	651.45	567	1:36.06	1:26.96	3:11.83
188	1:40.50	1:53.22	21.37	49.80	46.59	4:29.45	50.81	58.05	409.30	645.60	564	1:36.27	1:27.15	3:12.19
187	1:40.69	1:53.44	21.42	49.91	46.68	4:29.96	50.91	58.18	405.40	639.75	561	1:36.47	1:27.34	3:12.56
186	1:40.88	1:53.65	21.46	50.02	46.76	4:30.47	51.02	58.30	401.60	634.00	558	1:36.68	1:27.53	3:12.93
185	1:41.07	1:53.86	21.50	50.13	46.85	4:30.98	51.12	58.42	397.75	628.30	555	1:36.89	1:27.72	3:13.30
184	1:41.26	1:54.08	21.55	50.25	46.94	4:31.49	51.23	58.54	394.00	622.65	552	1:37.10	1:27.91	3:13.67
183	1:41.46	1:54.29	21.59	50.36	47.03	4:32.00	51.33	58.66	390.25	617.05	549	1:37.30	1:28.11	3:14.04
182	1:41.65	1:54.51	21.63	50.47	47.13	4:32.52	51.44	58.79	386.55	611.50	546	1:37.52	1:28.30	3:14.41
181	1:41.85	1:54.73	21.67	50.59	47.22	4:33.03	51.54	58.91	382.85	606.00	543	1:37.73	1:28.49	3:14.79
180	1:42.04	1:54.94	21.72	50.70	47.31	4:33.55	51.65	59.04	379.20	600.50	540	1:37.94	1:28.69	3:15.16
179	1:42.24	1:55.16	21.76	50.82	47.40	4:34.07	51.76	59.16	375.60	595.15	537	1:38.15	1:28.88	3:15.54
178	1:42.44	1:55.38	21.81	50.94	47.49	4:34.60	51.87	59.29	372.05	589.75	534	1:38.37	1:29.08	3:15.92
177	1:42.64	1:55.60	21.85	51.05	47.58	4:35.12	51.97	59.41	368.50	584.50	531	1:38.58	1:29.28	3:16.30
176	1:42.84	1:55.82	21.90	51.17	47.68	4:35.65	52.08	59.54	365.00	579.20	528	1:38.80	1:29.48	3:16.69
175	1:43.04	1:56.04	21.94	51.29	47.77	4:36.18	52.19	59.67	361.55	574.00	525	1:39.01	1:29.68	3:17.07
174	1:43.24	1:56.27	21.98	51.40	47.86	4:36.71	52.30	59.79	358.10	568.85	522	1:39.23	1:29.88	3:17.45
173	1:43.44	1:56.49	22.03	51.52	47.96	4:37.24	52.41	59.92	354.75	563.70	519	1:39.45	1:30.08	3:17.84
172	1:43.64	1:56.71	22.07	51.64	48.05	4:37.78	52.52	1:00.05	351.35	558.60	516	1:39.67	1:30.28	3:18.23
171	1:43.84	1:56.94	22.12	51.76	48.15	4:38.31	52.63	1:00.18	348.00	553.60	513	1:39.89	1:30.49	3:18.62
170	1:44.05	1:57.16	22.17	51.88	48.24	4:38.85	52.74	1:00.31	344.70	548.60	510	1:40.11	1:30.69	3:19.01
169	1:44.25	1:57.39	22.21	52.00	48.34	4:39.39	52.86	1:00.44	341.45	543.70	507	1:40.33	1:30.89	3:19.40
168	1:44.45	1:57.62	22.26	52.12	48.43	4:39.94	52.97	1:00.57	338.20	538.80	504	1:40.55	1:31.10	3:19.80
167	1:44.66	1:57.85	22.30	52.25	48.53	4:40.48	53.08	1:00.70	335.00	533.95	501	1:40.78	1:31.31	3:20.19
166	1:44.87	1:58.08	22.35	52.37	48.62	4:41.03	53.19	1:00.83	331.80	529.15	498	1:41.00	1:31.51	3:20.59
165	1:45.07	1:58.31	22.40	52.49	48.72	4:41.58	53.31	1:00.96	328.65	524.40	495	1:41.23	1:31.72	3:20.99
164	1:45.28	1:58.54	22.44	52.62	48.82	4:42.13	53.42	1:01.10	325.50	519.65	492	1:41.46	1:31.93	3:21.39
163	1:45.49	1:58.77	22.49	52.74	48.92	4:42.69	53.54	1:01.23	322.45	515.00	489	1:41.68	1:32.14	3:21.79
162	1:45.70	1:59.00	22.54	52.86	49.01	4:43.24	53.65	1:01.37	319.40	510.35	486	1:41.91	1:32.35	3:22.20
161	1:45.91	1:59.24	22.58	52.99	49.11	4:43.80	53.77	1:01.50	316.35	505.75	483	1:42.14	1:32.57	3:22.60
160	1:46.13	1:59.47	22.63	53.12	49.21	4:44.36	53.88	1:01.64	313.35	501.20	480	1:42.38	1:32.78	3:23.01
159	1:46.34	1:59.71	22.68	53.24	49.31	4:44.92	54.00	1:01.77	310.35	496.70	477	1:42.61	1:32.99	3:23.42
158	1:46.55	1:59.95	22.73	53.37	49.41	4:45.49	54.12	1:01.91	307.40	492.20	474	1:42.84	1:33.21	3:23.83
157	1:46.76	2:00.18	22.77	53.50	49.51	4:46.05	54.23	1:02.05	304.50	487.75	471	1:43.07	1:33.43	3:24.24
156	1:46.98	2:00.42	22.82	53.62	49.61	4:46.62	54.35	1:02.18	301.60	483.40	468	1:43.31	1:33.64	3:24.65
155	1:47.20	2:00.66	22.87	53.75	49.71	4:47.20	54.47	1:02.32	298.75	479.00	465	1:43.55	1:33.86	3:25.07
154	1:47.41	2:00.90	22.92	53.88	49.81	4:47.77	54.59	1:02.46	295.90	474.70	462	1:43.78	1:34.08	3:25.49
153	1:47.63	2:01.14	22.97	54.01	49.91	4:48.35	54.71	1:02.60	293.10	470.45	459	1:44.02	1:34.30	3:25.90
152	1:47.85	2:01.39	23.02	54.14	50.01	4:48.92	54.83	1:02.74	290.30	466.20	456	1:44.26	1:34.52	3:26.32
151	1:48.07	2:01.63	23.07	54.27	50.12	4:49.51	54.95	1:02.88	287.55	462.00	453	1:44.50	1:34.75	3:26.75
150	1:48.29	2:01.87	23.11	54.41	50.22	4:50.09	55.07	1:03.02	284.80	457.85	450	1:44.74	1:34.97	3:27.17
149	1:48.51	2:02.12	23.16	54.54	50.32	4:50.67	55.19	1:03.16	282.10	453.70	447	1:44.99	1:35.19	3:27.59
148	1:48.73	2:02.36	23.21	54.67	50.43	4:51.26	55.31	1:03.31	279.40	449.60	444	1:45.23	1:35.42	3:28.02
147	1:48.95	2:02.61	23.26	54.81	50.53	4:51.85	55.44	1:03.45	276.75	445.60	441	1:45.47	1:35.64	3:28.45
146	1:49.18	2:02.86	23.31	54.94	50.63	4:52.44	55.56	1:03.59	274.15	441.60	438	1:45.72	1:35.87	3:28.88
145	1:49.40	2:03.11	23.37	55.08	50.74	4:53.04	55.68	1:03.74	271.55	437.60	435	1:45.97	1:36.10	3:29.31
144	1:49.63	2:03.36	23.42	55.21	50.85	4:53.64	55.81	1:03.88	268.95	433.65	432	1:46.22	1:36.33	3:29.75
143	1:49.85	2:03.61	23.47	55.35	50.95	4:54.24	55.93	1:04.03	266.40	429.75	429	1:46.47	1:36.56	3:30.18
142	1:50.08	2:03.86	23.52	55.48	51.06	4:54.84	56.06	1:04.18	263.85	425.90	426	1:46.72	1:36.79	3:30.62
141	1:50.31	2:04.12	23.57	55.62	51.16	4:55.44	56.18	1:04.32	261.35	422.05	423	1:46.97	1:37.03	3:31.06

