

OMNI Otters Swim Club
2009 Summer Season

MN032009 STANDARDS MSI Time Standards Long Course Meters

Girls 11-12

	ZONE	CH	A	B	C
50 Free	30.99	32.39	34.09	38.89	45.39
100 Free	1:07.39	1:10.49	1:14.09	1:24.69	1:38.79
200 Free	2:24.49	2:31.09	2:38.89	3:01.49	3:31.79
400 Free	5:04.69	5:18.49	5:34.69	6:22.29	7:26.19
500 Free		5:53.89	6:11.89	7:04.79	8:15.69
50 Back	35.79	37.39	39.39	44.99	52.49
100 Back	1:15.49	1:19.39	1:23.49	1:35.39	1:51.29
50 Breast	38.59	40.39	42.49	48.49	56.59
100 Breast	1:25.59	1:29.69	1:34.29	1:47.69	2:05.69
50 Fly	33.29	34.79	36.59	42.19	48.89
100 Fly		1:18.99	1:23.09	1:34.89	1:50.69
200 IM	2:44.79	2:52.29	3:01.09	3:26.89	4:01.39