

OMNI Otters Swim Club
2009 Summer Season

MN032009 STANDARDS MSI Time Standards Long Course Meters

Girls 13-14

	ZONE	CH	A	B	C
50 Free	29.79	31.09	32.69	37.39	43.69
100 Free	1:04.49	1:07.39	1:10.89	1:20.99	1:34.49
200 Free	2:19.09	2:25.39	2:32.79	2:54.59	3:23.69
400 Free	4:50.29	5:03.49	5:18.79	6:04.29	7:05.09
500 Free		5:38.29	5:55.39	6:46.19	7:53.79
800 Free	9:53.99	10:20.99	10:36.19	12:25.49	14:29.89
1500 Free	18:56.49	19:48.09	20:17.19	23:46.19	27:44.19
100 Back	1:11.39	1:14.59	1:18.39	1:29.69	1:44.59
200 Back	2:33.49	2:40.39	2:48.49	3:12.69	3:44.79
100 Breast	1:21.59	1:25.29	1:29.59	1:42.39	1:59.49
200 Breast	2:55.99	3:03.99	3:13.29	3:40.89	4:17.69
100 Fly	1:10.09	1:13.29	1:17.09	1:28.09	1:42.69
200 Fly	2:34.19	2:48.29	2:48.29	3:12.49	3:44.39
200 IM	2:37.19	2:44.29	2:52.59	3:17.29	3:50.19
400 IM	5:30.99	5:45.99	6:03.49	6:55.49	8:04.69