

OMNI Otters Swim Club
2009 Summer Season

MN032009 STANDARDS MSI Time Standards Long Course Meters

Girls 15-16

	ZONE	CH	A	B	C
50 Free	29.19	30.49	32.09	36.79	42.89
100 Free	1:02.89	1:05.79	1:09.19	1:19.09	1:32.19
200 Free	2:14.99	2:21.09	2:28.29	2:49.39	3:17.69
400 Free	4:43.19	4:55.99	5:11.09	5:55.39	6:54.69
500 Free		5:32.89	5:49.79	6:39.69	7:46.29
800 Free	9:44.09	10:10.59	10:25.69	12:13.09	14:15.49
1500 Free	18:45.99	19:37.19	20:07.09	23:33.19	27:28.79
100 Back	1:09.89	1:13.09	1:16.79	1:27.89	1:42.49
200 Back	2:30.69	2:37.49	2:45.49	3:09.19	3:40.59
100 Breast	1:19.49	1:23.09	1:27.39	1:39.79	1:56.39
200 Breast	2:50.19	2:57.99	3:06.99	3:33.69	4:09.39
100 Fly	1:08.09	1:11.19	1:14.89	1:25.49	1:39.79
200 Fly	2:29.09	2:42.69	2:42.69	3:03.99	3:34.59
200 IM	2:33.39	2:40.29	2:48.49	3:12.49	3:44.49
400 IM	5:21.39	5:35.99	5:43.19	6:43.39	7:50.69