

OMNI Otters Swim Club  
2009 Summer Season

**MN032009 STANDARDS MSI Time Standards Long Course Meters**

<b>Boys 17 &amp; Over</b>
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	<b>ZONE</b>	<b>CH</b>	<b>A</b>	<b>B</b>	<b>C</b>
50 Free	25.69	26.79	28.19	32.29	37.69
100 Free	56.59	59.19	1:02.29	1:11.19	1:22.99
200 Free	2:03.59	2:09.19	2:15.89	2:35.29	3:01.09
400 Free	4:23.29	4:35.19	4:49.09	5:30.09	6:25.59
500 Free		5:04.49	5:19.89	6:05.59	7:06.49
800 Free	9:09.19	9:34.09	10:03.19	11:28.19	13:24.29
1500 Free	17:25.69	18:13.29	18:40.39	21:52.49	25:31.59
100 Back	1:03.39	1:06.29	1:09.69	1:19.69	1:32.99
200 Back	2:18.49	2:24.79	2:32.19	2:53.89	3:22.89
100 Breast	1:11.89	1:15.19	1:18.99	1:30.29	1:45.39
200 Breast	2:35.89	2:42.99	2:51.29	3:15.79	3:48.39
100 Fly	1:01.09	1:03.89	1:07.19	1:16.79	1:29.59
200 Fly	2:14.39	2:26.69	2:26.69	2:47.69	3:15.59
200 IM	2:18.69	2:24.99	2:32.49	2:54.19	3:23.09
400 IM	4:54.99	4:08.39	5:23.99	6:21.29	7:11.99