

OMNI Otters Swim Club
2009 Summer Season

MN032009 STANDARDS MSI Time Standards Long Course Meters

Girls 17 & Over

	ZONE	CH	A	B	C
50 Free	28.89	30.19	31.79	36.29	42.39
100 Free	1:02.69	1:05.59	1:08.99	1:18.79	1:31.99
200 Free	2:14.39	2:20.59	2:27.79	2:48.89	3:16.99
400 Free	4:43.59	4:56.49	5:14.49	6:07.39	7:19.29
500 Free		5:30.59	5:47.29	6:36.89	7:43.19
800 Free	9:41.09	10:07.59	10:22.49	12:33.99	15:00.29
1500 Free	18:35.59	19:26.39	19:54.99	24:07.29	28:48.19
100 Back	1:10.39	1:13.49	1:17.29	1:28.29	1:43.09
200 Back	2:30.79	2:37.69	2:45.79	3:09.39	3:40.99
100 Breast	1:18.19	1:21.79	1:25.99	1:38.29	1:54.69
200 Breast	2:49.89	2:57.59	3:06.69	3:33.39	4:08.89
100 Fly	1:07.29	1:10.29	1:13.99	1:24.49	1:38.59
200 Fly	2:28.09	2:41.59	2:41.59	3:04.69	3:35.49
200 IM	2:31.99	2:38.99	2:47.09	3:10.99	3:42.79
400 IM	5:22.69	5:37.29	5:54.39	6:44.99	7:52.49