

11-12 GIRLS
11-12 GIRLS SHORT COURSE YARDS

Distance & Stroke	B	BB	A	AA	AAA	AAAA	NRT
50 Free	34.59	32.19	29.79	28.59	27.39	26.19	25.19
100 Free	1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	54.49
200 Free	2:43.49	2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	1:57.69
500 Free	7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	5:13.79
1000 Free	15:01.79	13:57.39	12:52.99	12:20.79	11:48.49	11:16.29	10:52.59
1650 Free	25:18.59	23:30.19	21:41.69	20:47.49	19:53.19	18:58.99	18:24.79
50 Back	39.99	37.19	34.29	32.89	31.49	29.99	28.79
100 Back	1:28.89	1:21.89	1:14.89	1:11.39	1:07.89	1:04.39	1:01.19
200 Back	3:03.29	2:50.19	2:37.09	2:30.59	2:23.99	2:17.49	2:12.69
50 Breast	44.29	41.09	37.99	36.39	34.79	33.19	31.89
100 Breast	1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	1:08.89
200 Breast	3:27.29	3:12.49	2:57.69	2:50.29	2:42.89	2:35.49	2:30.29
50 Bfly	38.19	35.39	32.69	31.39	29.89	28.59	27.49
100 Bfly	1:27.59	1:20.59	1:13.59	1:10.09	1:06.59	1:03.09	1:00.39
200 Bfly	3:06.29	2:52.99	2:39.69	2:33.09	2:26.39	2:19.79	2:15.69
100 I.M.	1:26.49	1:20.29	1:14.09	1:11.09	1:07.99	1:04.89	1:02.19
200 I.M.	3:04.99	2:51.79	2:38.59	2:31.99	2:25.39	2:18.79	2:13.09
400 I.M.	6:34.39	6:06.19	5:38.09	5:23.99	5:09.89	4:55.79	4:44.79
200 F.R.	NT	NT	NT	NT	NT	NT	1:45.59
400 F.R.	NT	NT	NT	NT	NT	NT	3:50.69
200 M.R.	NT	NT	NT	NT	NT	NT	1:57.99
400 M.R.	NT	NT	NT	NT	NT	NT	4:18.89

LONG COURSE METERS

Distance & Stroke	B	BB	A	AA	AAA	WESTERN ZONE Q	AAAA
50 Free	39.19	36.39	33.69	32.39	30.99	29.49	29.69
100 Free	1:26.39	1:20.19	1:14.09	1:10.99	1:07.89	1:04.79	1:04.79
200 Free	3:05.69	2:52.39	2:39.19	2:32.49	2:25.89	2:20.79	2:19.29
400 Free	6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:56.99	4:50.79
800 Free	13:32.49	12:34.49	11:36.49	11:07.49	10:38.39	NT	10:09.39
1500 Free	26:07.79	24:15.79	22:23.79	21:27.79	20:31.79	NT	19:35.89
50 Back	45.69	42.49	39.19	37.59	35.89	34.59	34.29
100 Back	1:42.39	1:34.39	1:26.29	1:22.29	1:18.19	1:14.49	1:14.19
200 Back	3:30.79	3:15.79	3:00.69	2:53.19	2:45.69	NT	2:38.09
50 Breast	49.09	45.59	42.09	40.39	38.59	38.69	36.89
100 Breast	1:49.19	1:41.89	1:33.79	1:29.69	1:25.59	1:24.49	1:21.59
200 Breast	3:57.59	3:40.59	3:23.69	3:15.19	3:06.69	NT	2:58.19
50 Bfly	42.69	39.69	36.59	35.09	33.59	32.49	32.09
100 Bfly	1:38.69	1:30.79	1:22.89	1:18.99	1:14.99	1:12.89	1:11.09
200 Bfly	3:33.09	3:17.79	3:02.59	2:54.99	2:47.39	NT	2:39.79
200 I.M.	3:30.19	3:15.19	3:00.19	2:52.69	2:45.19	2:39.09	2:37.69
400 I.M.	7:32.09	6:59.79	6:27.59	6:11.39	5:55.29	NT	5:39.09