

WESTPARK MARLINS SWIM TEAM
" Fast and Fearless "

ISLQ STANDARDS ISL Champs 2009 Yards

Girls 5-6

	ISLQ
25 Free	26.50
25 Back	33.50
25 Breast	35.50
25 Fly	32.50

Girls 7-8

	ISLQ
25 Free	19.50
25 Back	24.50
25 Breast	26.50
25 Fly	23.50

Girls 9-10

	ISLQ
50 Free	39.00
50 Back	47.00
50 Breast	50.50
50 Fly	46.50
100 IM	1:38.00

Girls 11-12

	ISLQ
50 Free	35.00
50 Back	43.00
50 Breast	45.00
50 Fly	42.00
100 IM	1:30.00

Girls 13-14

	ISLQ
50 Free	32.00
50 Back	39.00
50 Breast	42.00
50 Fly	37.50
100 IM	1:24.00

Girls 15-18

	ISLQ
50 Free	31.00
50 Back	38.50
50 Breast	40.00
50 Fly	35.50
100 IM	1:19.00

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ISLQ STANDARDS ISL Champs 2009 Yards

Boys 5-6

	ISLQ
25 Free	26.50
25 Back	33.50
25 Breast	35.50
25 Fly	32.50

Boys 7-8

	ISLQ
25 Free	19.50
25 Back	24.50
25 Breast	26.50
25 Fly	23.50

Boys 9-10

	ISLQ
50 Free	39.00
50 Back	47.00
50 Breast	50.50
50 Fly	46.50
100 IM	1:38.00

Boys 11-12

	ISLQ
50 Free	35.00
50 Back	43.00
50 Breast	45.00
50 Fly	42.00
100 IM	1:30.00

Boys 13-14

	ISLQ
50 Free	30.50
50 Back	39.00
50 Breast	42.00
50 Fly	36.00
100 IM	1:22.00

Boys 15-18

	ISLQ
50 Free	28.50
50 Back	36.00
50 Breast	37.00
50 Fly	32.00
100 IM	1:10.00
