

RANKING RECORDS AND CUTS (YARDS)

GIRLS 11 - 12

EVENT	TOP 16 BASED, 2004 – 2008							RECORDS			CUTS	
	NRT	AAAA	AAA	AA	A	BB	B	NAT	METRO	TEAM	ZONE Q	JO
50 FR	25.19	26.19	27.39	28.59	29.79	32.19	34.59	23.15	23.58	24.58	27.99	28.59
100 FR	54.49	55.19	57.79	1:00.49	1:03.09	1:08.29	1:13.59	50.27	50.90	53.58	1:00.29	1:01.79
200 FR	1:57.69	2:02.59	2:08.49	2:14.29	2:20.19	2:31.79	2:43.49	1:49.64	1:51.57	1:56.58	2:11.99	2:13.99
500 FR	5:13.09	5:23.09	5:38.49	5:53.89	6:09.29	6:40.09	7:10.79	4:49.51	5:04.36	5:16.77	5:57.99	6:03.99
1000 FR	10:52.50	11:16.29	11:48.49	12:20.79	12:52.99	13:57.39	15:01.79	9:57.33	10:20.59	11:07.30	XXXX	XXXX
1650 FR	18:24.79	18:58.99	19:53.19	20:47.49	21:41.69	23:30.19	25:18.59	16:34.13	17:18.63	18:29.11	XXXX	XXXX
50 BA	28.79	29.99	31.39	32.79	34.29	37.09	39.99	25.76	27.56	27.56	32.69	33.29
100 BA	1:01.19	1:04.39	1:07.89	1:11.39	1:14.89	1:21.89	1:28.89	55.68	58.89	59.13	1:09.49	1:11.09
200 BA	2:12.69	2:17.49	2:23.99	2:30.59	2:37.09	2:50.19	3:03.29	1:59.48	2:04.81	2:08.41	2:30.59	2:35.99
50 BR	31.89	33.19	34.79	36.39	37.99	41.09	44.29	29.25	29.55	29.55	36.59	37.19
100 BR	1:08.89	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.39	1:03.54	1:03.54	1:03.54	1:19.99	1:20.49
200 BR	2:30.29	2:35.49	2:42.89	2:50.29	2:57.69	3:12.49	3:27.29	2:16.16	2:16.16	2:16.16	2:50.59	2:55.99
50 FL	27.49	28.59	29.89	31.29	32.69	35.39	38.09	25.10	25.92	27.32	31.09	31.59
100 FL	1:00.39	1:03.09	1:06.59	1:10.09	1:13.59	1:20.59	1:27.59	55.68	57.34	59.10	1:10.99	1:12.09
200 FL	2:15.69	2:19.79	2:26.39	2:33.09	2:39.69	2:52.99	3:06.29	2:03.29	2:08.70	2:13.96	2:37.99	2:39.99
100 IM	1:02.19	1:04.89	1:07.99	1:11.09	1:14.09	1:20.29	1:26.49	58.18	58.44	58.44	1:10.69	1:11.29
200 IM	2:13.09	2:18.79	2:25.39	2:31.99	2:38.59	2:51.79	3:04.99	2:03.50	2:06.11	2:06.11	2:29.69	2:31.49
400 IM	4:44.79	4:55.79	5:09.89	5:23.99	5:38.09	6:06.19	6:34.39	4:20.04	4:27.77	4:27.77	XXXX	5:27.99
200 FR	1:45.59	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX	1:40.25	1:42.13	1:47.45	XXXX	2:04.99
400 FR	3:50.69	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX	3:38.15	3:42.46	3:56.35	XXXX	4:39.99
200 MR	1:57.99	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX	1:51.34	1:55.74	1:56.88	XXXX	2:24.99
400 MR	4:18.89	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX	4:00.77	4:12.02	4:15.97	XXXX	5:09.99

HOW TO USE THIS TABLE:

- TAPE THIS PAPER ON THE WALL OR DOOR OF YOUR CHOICE, IN A PLACE YOU CAN SEE IT OFTEN.
- ON "TOP 16 SECTION", GOING FROM RIGHT TO LEFT ("B" TO "NRT"), CROSS THE TIMES SLOWER THAN YOUR BEST TIME FOR THAT EVENT, SO YOU WILL SEE YOUR NEXT RANKING GOAL FOR THE EVENT (EX: IF YOUR TIME FOR 50 FREE IS 28.00 YOU WILL CROSS EVERY 50 FREE TIME FROM COLUMN "B" TO "AA", SO YOU WILL CLEARLY SEE YOUR NEXT RANKING GOAL FOR 50 FREE: 27.39)
- ON "CUTS" SECTION YOU CAN ESTABLISH YOUR GOAL OF MAKING THOSE CUTS. ONCE YOU MADE ANY OF THEM, YOU CAN HIGHLIGHT EVERY TIME SLOWER THAN YOUR BEST TIME FOR THE EVENT, SO YOU CAN SEE HOW MANY CUTS YOU MADE FOR THE CHAMPIONSHIP MEETS.
- ON "RECORDS" SECTION YOU CAN COMPARE YOUR BEST TIMES TO THOSE RECORDS AND SEE HOW CLOSE YOU ARE.
- IT IS RECOMMENDED TO CHECK THIS PAPER BEFORE ANY SWIM MEET YOU WILL ATTEND AND ESTABLISH YOUR GOALS FOR THE EVENTS YOU'LL SWIM. AFTER EACH COMPETITION CHECK IT AGAIN TO SEE IF YOUR TIMES ACHIEVED A NEW CUT OR RANKING GOAL.
- GOOD LUCK