

OMPA Time Standards - Meters

Girls			Age Group – Distance - Stoke		Boys		
Gold	Silver	Bronze			Gold	Silver	Bronze
6 & Under							
22.73	27.75	35.52	25M	FREE	22.41	27.75	35.52
28.58	35.52	42.18	25M	BACK	28.13	36.63	42.18
31.98	37.74	44.40	25M	BREAST	31.90	37.74	44.40
27.61	34.41	42.18	25M	FLY	28.58	35.52	43.29
7-8							
18.03	21.09	24.42	25M	FREE	17.76	20.54	24.42
22.97	26.64	30.53	25M	BACK	22.59	26.64	30.53
24.53	28.86	32.19	25M	BREAST	24.66	28.86	32.19
20.18	25.53	28.86	25M	FLY	20.62	25.53	29.42
1:48.70	2:07.70	2:24.30	100M	I.M.	1:48.20	2:07.70	2:24.30
9-10							
35.39	41.07	45.51	50M	FREE	35.52	41.07	45.51
42.55	48.84	54.39	50M	BACK	42.77	48.84	54.39
45.49	54.39	58.28	50M	BREAST	46.73	53.28	58.28
40.63	47.73	53.28	50M	FLY	41.16	47.73	53.28
1:32.20	1:45.50	1:56.60	100M	I.M.	1:32.90	1:45.50	1:56.60
11-12							
32.16	36.63	39.96	50M	FREE	31.39	36.08	39.41
38.47	44.40	47.73	50M	BACK	38.89	43.85	47.73
41.75	47.18	51.62	50M	BREAST	41.35	46.62	51.06
36.06	42.18	46.62	50M	FLY	36.14	42.18	46.62
1:23.80	1:35.50	1:45.50	100M	I.M.	1:23.10	1:33.20	1:43.20
13-14							
30.84	33.86	37.74	50M	FREE	28.73	31.64	34.41
36.15	41.63	45.51	50M	BACK	35.52	39.41	43.29
39.88	43.85	47.73	50M	BREAST	37.17	41.63	45.51
34.21	38.30	43.29	50M	FLY	32.18	37.19	41.63
1:19.80	1:28.30	1:35.50	100M	I.M.	1:15.50	1:23.30	1:31.00
15 - 18							
29.96	33.86	36.08	50M	FREE	26.63	29.97	32.19
1:05.0	01:15.5	01:19.9	100M	FREE	58.35	1:05.50	1:11.00
34.97	41.07	44.40	50M	BACK	32.30	36.63	39.96
1:17.80	1:27.70	1:35.50	100M	BACK	1:11.20	1:21.00	1:32.13
38.84	43.29	46.62	50M	BREAST	34.84	39.96	42.74
1:25.30	1:36.60	1:44.30	100M	BREAST	1:17.10	1:25.50	1:32.13
33.58	38.30	43.29	50M	FLY	29.69	32.750	36.63
1:15.90	1:25.50	1:33.20	100M	FLY	1:06.90	1:16.60	1:22.10
1:16.10	1:24.40	1:32.10	100M	I.M.	1:08.50	1:16.60	1:23.30