

11-12 Female Zone Selection Point Chart

Based on National Age Group Top 16 Reportable Times - Long Course

POINTS	50 FR	100 FR	200 FR	400 FR	50 BK	100 BK	50 BR	100 BR	50 FLY	100 FLY	200 IM	POINTS
120	:25.64	:55.79	2:00.41	4:13.34	:29.69	1:03.71	:32.57	1:11.09	:27.71	1:01.64	2:16.61	120
119	:25.78	:56.10	2:01.08	4:14.75	:29.86	1:04.06	:32.75	1:11.49	:27.86	1:01.98	2:17.37	119
118	:25.93	:56.41	2:01.75	4:16.16	:30.02	1:04.42	:32.93	1:11.88	:28.02	1:02.33	2:18.13	118
117	:26.07	:56.72	2:02.42	4:17.56	:30.19	1:04.77	:33.11	1:12.28	:28.17	1:02.67	2:18.89	117
116	:26.21	:57.03	2:03.09	4:18.97	:30.35	1:05.13	:33.29	1:12.67	:28.33	1:03.01	2:19.65	116
115	:26.35	:57.34	2:03.76	4:20.38	:30.52	1:05.48	:33.48	1:13.07	:28.48	1:03.35	2:20.41	115
114	:26.50	:57.65	2:04.42	4:21.79	:30.68	1:05.83	:33.66	1:13.46	:28.63	1:03.70	2:21.16	114
113	:26.64	:57.96	2:05.09	4:23.19	:30.85	1:06.19	:33.84	1:13.86	:28.79	1:04.04	2:21.92	113
112	:26.78	:58.27	2:05.76	4:24.60	:31.01	1:06.54	:34.02	1:14.25	:28.94	1:04.38	2:22.68	112
111	:26.92	:58.58	2:06.43	4:26.01	:31.18	1:06.90	:34.20	1:14.65	:29.10	1:04.72	2:23.44	111
110	:27.07	:58.89	2:07.10	4:27.42	:31.34	1:07.25	:34.38	1:15.04	:29.25	1:05.07	2:24.20	110
109	:27.21	:59.20	2:07.77	4:28.82	:31.51	1:07.60	:34.56	1:15.44	:29.40	1:05.41	2:24.96	109
108	:27.35	:59.51	2:08.44	4:30.23	:31.67	1:07.96	:34.74	1:15.83	:29.56	1:05.75	2:25.72	108
107	:27.49	:59.82	2:09.11	4:31.64	:31.84	1:08.31	:34.92	1:16.23	:29.71	1:06.09	2:26.48	107
106	:27.64	1:00.13	2:09.78	4:33.05	:32.00	1:08.67	:35.10	1:16.62	:29.87	1:06.44	2:27.24	106
105	:27.78	1:00.44	2:10.45	4:34.45	:32.17	1:09.02	:35.29	1:17.02	:30.02	1:06.78	2:28.00	105
104	:27.92	1:00.75	2:11.11	4:35.86	:32.33	1:09.37	:35.47	1:17.41	:30.17	1:07.12	2:28.75	104
103	:28.06	1:01.06	2:11.78	4:37.27	:32.50	1:09.73	:35.65	1:17.81	:30.33	1:07.46	2:29.51	103
102	:28.21	1:01.37	2:12.45	4:38.68	:32.66	1:10.08	:35.83	1:18.20	:30.48	1:07.81	2:30.27	102
101	:28.35	1:01.68	2:13.12	4:40.08	:32.83	1:10.44	:36.01	1:18.60	:30.64	1:08.15	2:31.03	101
100	:28.49	1:01.99	2:13.79	4:41.49	:32.99	1:10.79	:36.19	1:18.99	:30.79	1:08.49	2:31.79	100
99	:28.63	1:02.30	2:14.46	4:42.90	:33.15	1:11.14	:36.37	1:19.38	:30.94	1:08.83	2:32.55	99
98	:28.77	1:02.61	2:15.13	4:44.30	:33.32	1:11.50	:36.55	1:19.78	:31.10	1:09.17	2:33.31	98
97	:28.92	1:02.92	2:15.80	4:45.71	:33.48	1:11.85	:36.73	1:20.17	:31.25	1:09.52	2:34.07	97
96	:29.06	1:03.23	2:16.47	4:47.12	:33.65	1:12.21	:36.91	1:20.57	:31.41	1:09.86	2:34.83	96
95	:29.20	1:03.54	2:17.13	4:48.53	:33.81	1:12.56	:37.09	1:20.96	:31.56	1:10.20	2:35.58	95
94	:29.34	1:03.85	2:17.80	4:49.93	:33.98	1:12.91	:37.28	1:21.36	:31.71	1:10.54	2:36.34	94
93	:29.49	1:04.16	2:18.47	4:51.34	:34.14	1:13.27	:37.46	1:21.75	:31.87	1:10.89	2:37.10	93
92	:29.63	1:04.47	2:19.14	4:52.75	:34.31	1:13.62	:37.64	1:22.15	:32.02	1:11.23	2:37.86	92
91	:29.77	1:04.78	2:19.81	4:54.16	:34.47	1:13.98	:37.82	1:22.54	:32.18	1:11.57	2:38.62	91
90	:29.91	1:05.09	2:20.48	4:55.56	:34.64	1:14.33	:38.00	1:22.94	:32.33	1:11.91	2:39.38	90
89	:30.06	1:05.40	2:21.15	4:56.97	:34.80	1:14.68	:38.18	1:23.33	:32.48	1:12.26	2:40.14	89
88	:30.20	1:05.71	2:21.82	4:58.38	:34.97	1:15.04	:38.36	1:23.73	:32.64	1:12.60	2:40.90	88
87	:30.34	1:06.02	2:22.49	4:59.79	:35.13	1:15.39	:38.54	1:24.12	:32.79	1:12.94	2:41.66	87
86	:30.48	1:06.33	2:23.16	5:01.19	:35.30	1:15.75	:38.72	1:24.52	:32.95	1:13.28	2:42.42	86
85	:30.63	1:06.64	2:23.82	5:02.60	:35.46	1:16.10	:38.90	1:24.91	:33.10	1:13.63	2:43.17	85
84	:30.77	1:06.95	2:24.49	5:04.01	:35.63	1:16.45	:39.09	1:25.31	:33.25	1:13.97	2:43.93	84
83	:30.91	1:07.26	2:25.16	5:05.42	:35.79	1:16.81	:39.27	1:25.70	:33.41	1:14.31	2:44.69	83
82	:31.05	1:07.57	2:25.83	5:06.82	:35.96	1:17.16	:39.45	1:26.10	:33.56	1:14.65	2:45.45	82
81	:31.20	1:07.88	2:26.50	5:08.23	:36.12	1:17.52	:39.63	1:26.49	:33.72	1:15.00	2:46.21	81
80	:31.34	1:08.19	2:27.17	5:09.64	:36.29	1:17.87	:39.81	1:26.89	:33.87	1:15.34	2:46.97	80
79	:31.48	1:08.50	2:27.84	5:11.05	:36.45	1:18.22	:39.99	1:27.28	:34.02	1:15.68	2:47.73	79
78	:31.62	1:08.81	2:28.51	5:12.45	:36.62	1:18.58	:40.17	1:27.68	:34.18	1:16.02	2:48.49	78
77	:31.77	1:09.12	2:29.18	5:13.86	:36.78	1:18.93	:40.35	1:28.07	:34.33	1:16.37	2:49.25	77
76	:31.91	1:09.43	2:29.84	5:15.27	:36.95	1:19.28	:40.53	1:28.47	:34.48	1:16.71	2:50.00	76
75	:32.05	1:09.74	2:30.51	5:16.68	:37.11	1:19.64	:40.71	1:28.86	:34.64	1:17.05	2:50.76	75
74	:32.19	1:10.05	2:31.18	5:18.08	:37.28	1:19.99	:40.89	1:29.26	:34.79	1:17.39	2:51.52	74
73	:32.34	1:10.36	2:31.85	5:19.49	:37.44	1:20.35	:41.08	1:29.65	:34.95	1:17.74	2:52.28	73
72	:32.48	1:10.67	2:32.52	5:20.90	:37.61	1:20.70	:41.26	1:30.05	:35.10	1:18.08	2:53.04	72
71	:32.62	1:10.98	2:33.19	5:22.31	:37.77	1:21.05	:41.44	1:30.44	:35.25	1:18.42	2:53.80	71
70	:32.76	1:11.29	2:33.86	5:23.71	:37.94	1:21.41	:41.62	1:30.84	:35.41	1:18.76	2:54.56	70
69	:32.91	1:11.60	2:34.53	5:25.12	:38.10	1:21.76	:41.80	1:31.23	:35.56	1:19.11	2:55.32	69
68	:33.05	1:11.91	2:35.20	5:26.53	:38.27	1:22.12	:41.98	1:31.63	:35.72	1:19.45	2:56.08	68
67	:33.19	1:12.22	2:35.87	5:27.94	:38.43	1:22.47	:42.16	1:32.02	:35.87	1:19.79	2:56.84	67
66	:33.33	1:12.53	2:36.53	5:29.34	:38.60	1:22.82	:42.34	1:32.42	:36.02	1:20.13	2:57.59	66
65	:33.48	1:12.84	2:37.20	5:30.75	:38.76	1:23.18	:42.52	1:32.81	:36.18	1:20.48	2:58.35	65
64	:33.62	1:13.15	2:37.87	5:32.16	:38.93	1:23.53	:42.70	1:33.21	:36.33	1:20.82	2:59.11	64
63	:33.76	1:13.46	2:38.54	5:33.57	:39.09	1:23.89	:42.89	1:33.60	:36.49	1:21.16	2:59.87	63
62	:33.90	1:13.77	2:39.21	5:34.97	:39.26	1:24.24	:43.07	1:34.00	:36.64	1:21.50	3:00.63	62
61	:34.05	1:14.08	2:39.88	5:36.38	:39.42	1:24.59	:43.25	1:34.39	:36.79	1:21.85	3:01.39	61
60	:34.19	1:14.39	2:40.55	5:37.79	:39.59	1:24.95	:43.43	1:34.79	:36.95	1:22.19	3:02.15	60
59	:34.33	1:14.70	2:41.22	5:39.20	:39.75	1:25.30	:43.61	1:35.18	:37.10	1:22.53	3:02.91	59