



AGE	FREE	BACK	BREAST	FLY	IM
10 & UNDER	100	50	50	50	100 (SCY) OR 200 (LCM)
11-12	200	50	50	50	100 (SCY) OR 200 (LCM)
13-18	200	100	100	100	200



AGE	FREE	BACK	BREAST	FLY	IM
10 & UNDER	200	100	100	100	200
11-12	500 (SCY) OR 400 (LCM)	100	100	100	200
13-18	500 (SCY) OR 400 (LCM)	200	200	200	200 & 400

