

COLEGIO AMERICANO

Programa de natación

GILBERTO LEON MIRANDA

Fase: II

Fecha: Julio - Agosto 2011

		BOARD		SPEED		ENDURENCE		TOTAL
AGE		SET	METERS	SET	METERS	SET	METERS	METERS
FREE	6 A 7	1	50	4	10	1	100	190
	8	1	50	4	10	2	100	290
	9 A 11	1	50	6	10	4	100	510

BACK	6 A 7	1	50	4	10	4	25	190
	8	1	50	4	10	2	25	140
	9 A 11	1	50	6	10	4	25	210

BREAST	6 A 7	1	50	2	10	0	0	70
	8	1	50	2	10	1	25	95
	9 A 11	1	50	5	10	2	25	150

FLY	6 A 7	1	50	2	10	0	0	70
	8	1	50	2	10	0	0	70
	9 A 11	1	50	5	10	2	25	150

6 A 7	520
8	595
9 A 11	1020