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GIRLS/WOMEN All-American Under 40 Sec Under 45 Sec Super Quick 40-49 Sec 45-54 Sec Great 50-59 Sec 55-64 Sec
Average 60-70 Sec 65-75 Sec Needs More Work Over 70 Sec Over 75 Sec 30,32,36_Strt, Dot, Staph.indd 32 12/9/07 9:57:21
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