



# OPEN WATER

WOMEN		EVENT			MEN	
LCM	SCM	SCY		SCY	SCM	LCM
<b>10 &amp; Under - 1/2</b>						
3:20.99	3:15.99	2:57.39	200 M / Y	2:47.99	3:05.69	3:12.09
6:51.09	6:38.59	7:35.49	400 M / 500 Y	7:26.99	6:31.19	6:44.59
<b>11 &amp; 12 - 1 mile</b>						
5:56.49	5:48.69	6:38.39	400 M / 500 Y	6:27.49	5:39.09	5:48.69
<b>13 &amp; 14 - 1.5 miles</b>						
5:40.89	5:32.69	6:20.09	400M/500Y	5:58.99	5:14.19	5:24.09
11:41.99	11:24.19	13:01.79	800 M/1000 Y	12:23.89	10:51.09	11:13.99
22:23.09	21:35.69	21:43.19	1500 M/ 1650 Y	20:43.19	20:35.99	21:27.39
<b>15 &amp; Over - 2 mile</b>						
5:32.89	5:25.59	6:12.09	400M/500Y	5:45.99	5:02.79	5:09.89
11:28.39	11:13.89	12:49.99	800 M/1000 Y	11:57.79	10:28.19	10:50.39
22:02.19	21:18.69	21:26.19	1500 M/ 1650 Y	20:02.89	19:55.89	20:33.99
<b>13 &amp; Over - 5k</b>						
19:35.59	19:08.29	19:12.89	1500 M/ 1650 Y	17:45.09	17:38.79	18:16.29

All time standards except 13 & Over - 5K are based on USA BB Motivational time standards for the quad. The 5k is equivalent to the spring Senior championship time.