



OPEN WATER TIME STANDARDS

WOMEN						MEN						
LCM		SCM		SCY		10&U	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
2:56.29	3:20.99	2:51.89	3:15.99	2:35.59	2:57.39	200 Freestyle	2:29.39	2:47.99	2:44.09	3:05.69	2:50.79	3:12.09
6:05.39	6:51.09	5:54.29	6:38.59	6:44.89	7:35.49	400/500 Freestyle	6:37.39	7:26.99	5:47.79	6:31.19	5:59.59	6:44.59
LCM		SCM		SCY		11-12	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
2:37.29	2:50.39	2:32.69	2:45.39	2:18.19	2:29.69	200 Freestyle	2:13.49	2:24.59	2:27.49	2:39.79	2:32.49	2:45.19
5:29.09	5:56.49	5:21.89	5:48.69	6:07.79	6:38.39	400/500 Freestyle	5:57.69	6:27.49	5:12.99	5:39.09	5:21.89	5:48.69
11:31.59	12:29.19	11:06.19	12:01.69	12:41.19	13:44.69	800/1000 Freestyle	12:27.89	13:30.19	10:54.59	11:49.09	11:18.59	12:15.19
22:04.99	23:55.39	21:13.09	22:59.19	21:20.59	23:07.29	1500/1650 Freestyle	20:52.99	22:37.49	20:45.69	22:29.59	21:37.39	23:25.49
LCM		SCM		SCY		13-14	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
5:14.69	5:40.89	5:07.09	5:32.69	5:50.89	6:20.09	400/500 Freestyle	5:31.39	5:58.99	4:49.99	5:14.19	4:59.19	5:24.09
10:47.99	11:41.99	10:31.59	11:24.19	12:01.69	13:01.79	800/1000 Freestyle	11:26.69	12:23.89	10:00.99	10:51.09	10:22.19	11:13.99
20:39.79	22:23.09	19:55.99	21:35.69	20:02.99	21:43.19	1500/1650 Freestyle	19:07.59	20:43.19	19:00.89	20:35.99	19:48.39	21:27.39
LCM		SCM		SCY		OPEN	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
5:07.29	5:32.89	5:00.59	5:25.59	5:43.49	6:12.09	400/500 Freestyle	5:19.39	5:45.99	4:39.49	5:02.79	4:46.09	5:09.89
10:35.39	11:28.39	10:22.09	11:13.89	11:50.79	12:49.99	800/1000 Freestyle	11:02.59	11:57.79	9:39.89	10:28.19	10:00.39	10:50.39
20:20.49	22:02.19	19:40.39	21:18.69	19:47.29	21:26.19	1500/1650 Freestyle	18:30.39	20:02.89	18:23.89	19:55.89	18:59.09	20:33.99