



OPEN WATER

WOMEN		EVENT		MEN	
LCM	SCM	SCY	SCY	SCM	LCM
10 & Under - 1/2					
3:20.99	3:15.99	2:57.39	200 M / Y	2:47.99	3:12.09
6:51.09	6:38.59	7:35.49	400 M / 500 Y	7:26.99	6:44.49
11 & 12 - 1 mile					
5:56.49	5:48.69	6:38.19	400 M / 500 Y	6:27.49	5:48.69
13 & 14 - 1.5 miles					
5:40.59	5:32.69	6:18.69	400M/500Y	5:58.99	5:24.09
11:41.99	11:24.19	13:01.79	800 M/1000 Y	12:23.89	11:13.99
22:23.09	21:35.69	21:43.19	1500 M/ 1650 Y	20:43.19	21:27.39
15 & Over - 2 mile					
5:32.89	5:25.59	6:11.99	400M/500Y	5:44.09	5:09.89
11:28.39	11:13.89	12:49.99	800 M/1000 Y	11:57.79	10:50.09
22:02.19	21:18.69	21:26.19	1500 M/ 1650 Y	20:02.89	20:33.99
13 & Over - 5k					
19:35.59	19:08.29	19:12.89	1500 M/ 1650 Y	17:45.09	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.