



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 | 3:05.69 | 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 |
| 11 & 12 - 1 mile | | | | | | |
| 5:56.49 | 5:48.69 | 6:38.39 | 400 M / 500 Y | 6:27.49 | 5:39.09 | 5:48.69 |
| 13 & 14 - 1.5 miles | | | | | | |
| 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 |
| 15 & Over - 2 mile | | | | | | |
| 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 |
| 13 & Over - 5k | | | | | | |
| 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.