



OPEN WATER

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
10 & Under – 400M						
3:25.69	3:19.49	3:00.59	200 M /Y	2:50.59	3:08.49	3:14.99
7:01.69	6:46.89	7:45.09	400 M / 500 Y	7:33.79	6:37.09	6:52.49
11 & 12 – 800M						
6:04.79	5:54.99	6:45.69	400 M / 500 Y	6:29.99	5:41.19	5:53.89
13 & 14 – 1200 M						
5:41.79	5:34.99	6:22.79	400M/500Y	5:58.19	5:13.39	5:23.49
11:50.79	11:31.49	13:10.29	800 M/1000 Y	12:20.99	10:48.39	11:09.19
22:43.49	21:53.29	22:01.19	1500 M/ 1650 Y	20:46.99	20:39.49	21:25.69
15 & Over – 1600M						
5:29.89	5:25.79	6:12.39	400M/500Y	5:42.09	4:59.39	5:10.19
11:25.09	11:16.79	12:53.49	800 M/1000 Y	11:56.69	10:27.09	10:44.39
21:52.9	21:28.39	21:36.19	1500 M/ 1650 Y	19:54.69	19:47.59	20:33.39

All time standards are based on USA BB Motivational time standards for the quad.