

2025 CSI Long Course Senior State Championship Time Standards
VMAC
July 17-20, 2025

14&Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.49	0:28.99	0:26.19	50 Free	0:29.19	0:27.69	0:24.89
1:06.89	1:03.19	0:56.89	100 Free	1:03.89	0:59.99	0:53.99
2:26.79	2:17.99	2:04.29	200 Free	2:21.39	2:14.19	2:00.89
5:12.79	4:57.99	5:41.09	400/500 Free	5:01.39	4:50.69	5:32.79
10:51.49	10:18.69	11:46.39	800/1000 Free	10:46.49	10:13.69	11:40.79
20:55.09	20:37.69	20:30.29	1500/1650 Free	20:43.89	20:22.29	20:14.99
1:16.59	1:11.69	1:04.59	100 Back	1:14.59	1:09.69	1:02.79
2:45.99	2:37.29	2:21.69	200 Back	2:42.79	2:33.39	2:18.19
1:28.39	1:23.39	1:15.09	100 Breast	1:23.99	1:18.39	1:10.59
3:12.79	3:00.89	2:42.89	200 Breast	3:06.79	2:53.99	2:36.69
1:15.89	1:11.89	1:04.79	100 Fly	1:12.99	1:09.39	1:02.49
3:00.69	2:50.59	2:33.69	200 Fly	2:54.79	2:43.39	2:27.19
2:45.89	2:36.99	2:21.39	200 IM	2:38.99	2:31.99	2:16.89
5:55.09	5:40.89	5:07.09	400 IM	5:46.19	5:37.89	5:04.39
5:23.69	5:13.29	4:42.29	400 Med Relay	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	400 Free Relay	4:36.49	4:24.99	3:59.99

Open

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.59	28.09	25.69	50 Free	0:26.79	25.39	23.09
1:03.19	1:01.09	55.89	100 Free	0:58.19	55.99	50.19
2:20.19	2:12.39	1:59.99	200 Free	2:11.29	2:00.19	1:50.09
5:02.39	4:44.19	5:25.09	400/500 Free	4:50.49	4:22.59	5:06.99
10:41.39	10:28.59	11:47.99	800/1000 Free	10:29.39	9:41.99	10:59.99
20:19.39	19:44.99	19:40.69	1500/1650 Free	19:35.19	18:11.19	18:19.39
1:13.19	1:07.79	1:01.39	100 Back	1:08.59	1:01.29	55.49
2:40.49	2:29.59	2:15.39	200 Back	2:37.29	2:22.69	2:03.99
1:25.29	1:17.99	1:10.59	100 Breast	1:17.09	1:09.79	1:03.19
3:07.59	2:53.49	2:36.09	200 Breast	2:57.89	2:42.49	2:20.89
1:11.59	1:07.49	1:01.09	100 Fly	1:04.39	1:00.99	55.19
2:53.19	2:39.09	2:23.19	200 Fly	2:44.79	2:30.09	2:14.69
2:42.39	2:30.89	2:18.19	200 IM	2:31.99	2:19.99	2:05.99
5:50.69	5:27.39	4:56.69	400 IM	5:39.29	5:18.49	4:29.39
5:23.69	5:13.29	4:42.29	400 Med Relay	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	400 Free Relay	4:36.49	4:24.99	3:59.99

