

**2022 CSI Long Course Senior State Championship Time Standards**  
**VMAC**  
**July 21-24, 2022**

**14&Under**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.99	0:28.69	0:25.89	<b>50 Free</b>	0:29.39	0:27.39	0:24.69
1:06.89	1:02.29	0:56.09	<b>100 Free</b>	1:03.89	0:59.39	0:53.49
2:25.29	2:16.49	2:02.89	<b>200 Free</b>	2:19.89	2:10.89	1:57.89
5:01.79	4:49.19	5:31.19	<b>400/500 Free</b>	4:54.39	4:39.09	5:19.79
10:36.49	10:08.69	11:36.39	<b>800/1000 Free</b>	10:31.49	10:03.69	11:30.79
20:45.09	20:21.09	19:40.29	<b>1500/1650 Free</b>	20:33.89	20:09.89	19:37.39
1:16.59	1:10.49	1:03.49	<b>100 Back</b>	1:13.59	1:08.99	1:02.09
2:42.49	2:30.59	2:15.69	<b>200 Back</b>	2:39.79	2:28.79	2:13.99
1:27.39	1:20.09	1:12.09	<b>100 Breast</b>	1:23.99	1:17.99	1:10.19
3:08.29	2:55.49	2:38.09	<b>200 Breast</b>	3:03.79	2:51.79	2:34.69
1:14.89	1:09.29	1:02.49	<b>100 Fly</b>	1:11.99	1:08.19	1:01.39
2:53.69	2:39.99	2:24.19	<b>200 Fly</b>	2:49.79	2:36.79	2:21.19
2:43.89	2:32.59	2:17.39	<b>200 IM</b>	2:36.99	2:28.89	2:14.09
5:44.09	5:28.69	4:56.09	<b>400 IM</b>	5:37.19	5:23.49	4:51.39
5:23.69	5:13.29	4:42.29	<b>400 Med Relay</b>	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	<b>400 Free Relay</b>	4:36.49	4:24.99	3:59.99

**Open**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.29	28.09	25.69	<b>50 Free</b>	0:28.09	25.99	23.39
1:03.69	1:01.09	55.89	<b>100 Free</b>	0:59.79	55.99	50.09
2:20.19	2:12.39	1:59.99	<b>200 Free</b>	2:13.39	2:00.19	1:50.09
4:55.89	4:44.19	5:25.09	<b>400/500 Free</b>	4:43.99	4:31.59	5:09.99
10:21.39	10:08.59	11:36.29	<b>800/1000 Free</b>	10:09.39	9:56.59	11:22.79
20:09.39	19:45.39	19:10.69	<b>1500/1650 Free</b>	19:25.19	19:01.19	18:29.39
1:13.19	1:08.09	1:01.09	<b>100 Back</b>	1:09.29	1:04.99	57.59
2:40.49	2:29.59	2:14.49	<b>200 Back</b>	2:34.79	2:22.69	2:06.99
1:25.79	1:19.39	1:11.39	<b>100 Breast</b>	1:18.59	1:11.99	1:05.19
3:05.59	2:53.49	2:36.09	<b>200 Breast</b>	2:54.39	2:42.49	2:24.89
1:12.59	1:07.89	1:01.19	<b>100 Fly</b>	1:06.19	1:00.29	54.99
2:48.69	2:39.09	2:23.19	<b>200 Fly</b>	2:41.29	2:30.09	2:14.69
2:40.89	2:30.89	2:15.19	<b>200 IM</b>	2:29.99	2:19.99	2:05.99
5:41.69	5:27.39	4:54.69	<b>400 IM</b>	5:30.29	5:18.49	4:46.39
5:23.69	5:13.29	4:42.29	<b>400 Med Relay</b>	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	<b>400 Free Relay</b>	4:36.49	4:24.99	3:59.99

