

**2024 CSI Long Course Age Group State Championship Time Standards**  
**EPIC**  
**July 26-28, 2024**

<b>Women</b>			<b>10 &amp; Under</b>	<b>Men</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>Event</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
0:41.99	0:41.19	0:37.19	<b>50 Free</b>	0:43.69	0:42.89	0:38.69
1:35.39	1:33.79	1:24.49	<b>100 Free</b>	1:38.69	1:37.09	1:27.49
3:27.49	3:24.29	3:04.09	<b>200 Free</b>	3:38.99	3:35.79	3:14.49
0:49.69	0:49.09	0:44.29	<b>50 Back</b>	0:52.09	0:51.49	0:46.39
1:48.19	1:46.99	1:36.39	<b>100 Back</b>	1:52.89	1:51.69	1:40.69
0:57.69	0:56.69	0:51.09	<b>50 Breast</b>	1:00.49	0:59.49	0:53.59
2:04.89	2:02.89	1:50.79	<b>100 Breast</b>	2:14.89	2:12.89	1:59.79
0:49.69	0:48.99	0:44.19	<b>50 Fly</b>	0:53.49	0:52.79	0:47.59
2:08.69	2:07.29	1:54.69	<b>100 Fly</b>	2:23.89	2:22.49	2:08.39
3:51.89	3:48.69	3:26.09	<b>200 IM</b>	4:04.49	4:01.29	3:37.39
3:30.89	3:28.89	3:10.69	<b>200 Med Rel</b>	3:41.79	3:39.29	3:20.59
3:03.99	3:01.99	2:46.09	<b>200 Fr Rel</b>	3:07.99	3:05.99	2:51.99

**12 & Under**

<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>Event</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
0:33.79	0:32.99	0:29.79	<b>50 Free</b>	0:34.69	0:33.89	0:30.59
1:14.69	1:13.09	1:05.89	<b>100 Free</b>	1:17.29	1:15.69	1:08.19
2:44.49	2:41.29	2:25.39	<b>200 Free</b>	2:50.89	2:47.69	2:31.09
5:56.49	5:50.09	6:39.49	<b>400/500 Free</b>	6:19.69	6:13.29	7:05.49
0:39.49	0:38.89	0:35.09	<b>50 Back</b>	0:41.29	0:40.69	0:36.69
1:25.49	1:24.29	1:15.99	<b>100 Back</b>	1:29.49	1:28.29	1:19.59
3:12.29	3:09.89	2:51.09	<b>200 Back</b>	3:21.29	3:18.89	2:59.19
0:44.89	0:43.89	0:39.59	<b>50 Breast</b>	0:47.89	0:46.89	0:42.29
1:40.09	1:38.09	1:28.39	<b>100 Breast</b>	1:44.89	1:42.89	1:32.69
3:37.69	3:33.69	3:12.59	<b>200 Breast</b>	3:46.09	3:42.09	3:20.09
0:37.59	0:36.89	0:33.29	<b>50 Fly</b>	0:39.99	0:39.29	0:35.39
1:30.49	1:29.09	1:20.29	<b>100 Fly</b>	1:38.89	1:37.49	1:27.89
3:33.79	3:30.99	3:10.09	<b>200 Fly</b>	3:43.29	3:40.49	3:18.69
3:05.69	3:02.49	2:44.49	<b>200 IM</b>	3:15.09	3:11.89	2:52.89
6:57.19	6:50.79	6:10.09	<b>400 IM</b>	7:14.69	7:08.29	6:25.89
2:45.49	2:40.59	2:25.19	<b>200 Med Rel</b>	2:51.59	2:48.49	2:31.59
2:22.09	2:18.89	2:06.09	<b>200 Fr Rel</b>	2:27.29	2:23.99	2:09.99