



# ILLINOIS SWIMMING OPEN WATER TIME STANDARDS

GIRLS						BOYS						
LCM		SCM		SCY		10&Under	SCM		LCM			
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE		
2:56.29	3:20.99	2:51.89	3:15.99	2:35.39	2:57.19	<b>200 Free</b>	2:29.39	2:47.99	2:44.09	3:05.69	2:50.79	3:12.09
6:05.39	6:51.09	5:54.29	6:38.59	6:44.29	7:34.89	<b>400/500 Free</b>	6:37.39	7:26.99	5:47.79	6:31.19	5:59.59	6:44.49
LCM		SCM		SCY		11/12	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
2:36.19	2:49.19	2:32.69	2:45.39	2:17.49	2:28.99	<b>200 Free</b>	2:12.49	2:23.49	2:27.49	2:39.79	2:32.19	2:44.89
5:29.09	5:56.49	5:21.89	5:48.69	6:07.59	6:38.19	<b>400/500 Free</b>	5:57.69	6:27.49	5:12.99	5:39.09	5:21.89	5:48.69
11:29.29	12:29.69	11:06.19	12:01.69	12:41.19	13:44.69	<b>800/1000 Free</b>	12:27.89	13:30.19	10:54.59	11:49.09	11:18.59	12:15.19
22:04.99	23:55.39	21:13.09	22:59.19	21:20.59	23:07.29	<b>1500/1650 Free</b>	20:52.99	22:37.49	20:45.69	22:29.59	21:37.39	23:25.49
LCM		SCM		SCY		13/14	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
5:14.39	5:40.59	5:07.09	5:32.69	5:49.59	6:18.69	<b>400/500 Free</b>	5:31.39	5:58.99	4:49.99	5:14.19	4:59.19	5:24.09
10:47.99	11:41.99	10:31.59	11:24.19	12:01.69	13:01.79	<b>800/1000 Free</b>	11:26.69	12:23.89	10:00.99	10:51.09	10:22.19	11:13.99
20:39.79	22:23.09	19:55.99	21:35.69	20:02.99	21:43.19	<b>1500/1650 Free</b>	19:07.59	20:43.19	19:00.89	20:35.99	19:48.39	21:27.39
LCM		SCM		SCY		Open	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
5:07.29	5:32.89	5:00.59	5:25.59	5:43.39	6:11.99	<b>400/500 Free</b>	5:17.69	5:44.09	4:39.49	5:02.79	4:46.09	5:09.89
10:35.39	11:28.39	10:22.09	11:13.89	11:50.79	12:49.99	<b>800/1000 Free</b>	11:02.59	11:57.79	9:39.89	10:28.19	10:00.09	10:50.09
20:20.49	22:02.19	19:40.39	21:18.69	19:47.29	21:26.19	<b>1500/1650 Free</b>	18:30.39	20:02.89	18:23.89	19:55.89	18:59.09	20:33.99

\*\*Illinois Swimming Open Water State Championship qualifying standards are a minimum of a National "BB" time in the events listed above\*\*

\*\*Central Zone Open Water Championship qualifying standards are a minimum of a National "A" time in the events listed above\*\*