

2023 CSI Long Course Age Group State Championship Time Standards
MESA Grand Junction
July 28-30, 2023

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:42.49	0:41.69	0:37.59	50 Free	0:44.19	0:43.39	0:39.09
1:35.39	1:33.79	1:24.49	100 Free	1:38.69	1:37.09	1:27.49
3:27.49	3:24.29	3:04.09	200 Free	3:38.99	3:35.79	3:14.49
0:49.69	0:49.09	0:44.29	50 Back	0:52.09	0:51.49	0:46.39
1:48.19	1:46.99	1:36.39	100 Back	1:52.89	1:51.69	1:40.69
0:57.69	0:56.69	0:51.09	50 Breast	1:00.49	0:59.49	0:53.59
2:04.89	2:02.89	1:50.79	100 Breast	2:14.89	2:12.89	1:59.79
0:49.69	0:48.99	0:44.19	50 Fly	0:53.49	0:52.79	0:47.59
2:06.69	2:05.29	1:52.89	100 Fly	2:21.89	2:20.49	2:06.59
3:51.89	3:48.69	3:26.09	200 IM	4:04.49	4:01.29	3:37.39
3:30.89	3:28.89	3:10.69	200 Med Rel	3:41.79	3:39.29	3:20.59
3:03.99	3:01.99	2:46.09	200 Fr Rel	3:07.99	3:05.99	2:51.99

12 & Under						
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.79	0:32.99	0:29.79	50 Free	0:34.69	0:33.89	0:30.59
1:14.69	1:13.09	1:05.89	100 Free	1:17.29	1:15.69	1:08.19
2:44.49	2:41.29	2:25.39	200 Free	2:50.89	2:47.69	2:31.09
5:48.49	5:42.09	6:30.49	400/500 Free	6:19.69	6:13.29	7:05.49
0:39.49	0:38.89	0:35.09	50 Back	0:41.29	0:40.69	0:36.69
1:25.49	1:24.29	1:15.99	100 Back	1:29.49	1:28.29	1:19.59
3:09.29	3:06.89	2:48.39	200 Back	3:18.29	3:15.89	2:56.49
0:44.89	0:43.89	0:39.59	50 Breast	0:47.89	0:46.89	0:42.29
1:40.09	1:38.09	1:28.39	100 Breast	1:43.89	1:41.89	1:31.79
3:34.69	3:30.69	3:09.89	200 Breast	3:43.09	3:39.09	3:17.39
0:37.59	0:36.89	0:33.29	50 Fly	0:39.99	0:39.29	0:35.39
1:28.49	1:27.09	1:18.49	100 Fly	1:36.89	1:35.49	1:26.09
3:27.79	3:24.99	3:04.69	200 Fly	3:37.29	3:34.49	3:13.29
3:05.69	3:02.49	2:44.49	200 IM	3:15.09	3:11.89	2:52.89
6:49.19	6:42.79	6:02.89	400 IM	7:06.69	7:00.29	6:18.69
2:45.49	2:40.59	2:25.19	200 Med Rel	2:51.59	2:48.49	2:31.59
2:22.09	2:18.89	2:06.09	200 Fr Rel	2:27.29	2:23.99	2:09.99

