

2023 CSI Long Course Senior State Championship Time Standards
VMAC
July 20-23, 2023

14&Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.99	0:29.09	0:26.19	50 Free	0:29.39	0:27.69	0:24.99
1:06.89	1:03.09	0:56.89	100 Free	1:03.89	0:59.89	0:53.99
2:25.29	2:17.99	2:04.29	200 Free	2:19.89	2:12.89	1:59.69
5:05.79	4:56.39	5:39.19	400/500 Free	4:56.39	4:46.19	5:27.79
10:46.49	10:18.69	11:46.39	800/1000 Free	10:41.49	10:13.69	11:40.79
20:45.09	20:21.09	20:10.29	1500/1650 Free	20:33.89	20:09.89	19:37.39
1:16.59	1:11.69	1:04.59	100 Back	1:13.59	1:09.29	1:02.39
2:44.49	2:35.09	2:19.69	200 Back	2:39.79	2:32.09	2:16.99
1:27.39	1:22.29	1:14.09	100 Breast	1:23.99	1:18.39	1:10.59
3:08.29	2:58.59	2:40.89	200 Breast	3:03.79	2:53.99	2:36.69
1:14.89	1:10.49	1:03.49	100 Fly	1:11.99	1:08.19	1:01.49
2:55.69	2:46.79	2:30.19	200 Fly	2:51.79	2:41.19	2:25.19
2:45.89	2:34.79	2:19.39	200 IM	2:36.99	2:29.69	2:14.89
5:48.09	5:36.49	5:03.09	400 IM	5:41.19	5:33.49	5:00.39
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
0:30.29	28.09	25.69	50 Free	0:28.09	25.99	23.39
1:03.69	1:01.09	55.89	100 Free	0:59.79	55.99	50.09
2:21.19	2:12.39	1:59.99	200 Free	2:13.39	2:00.19	1:50.09
4:59.89	4:44.19	5:25.09	400/500 Free	4:47.99	4:31.59	5:09.99
10:31.39	10:18.59	11:47.49	800/1000 Free	10:19.39	10:06.59	11:33.99
20:09.39	19:45.39	19:10.69	1500/1650 Free	19:25.19	19:01.19	18:29.39
1:13.19	1:08.09	1:01.09	100 Back	1:09.29	1:04.99	57.59
2:40.49	2:29.59	2:14.49	200 Back	2:36.79	2:22.69	2:06.99
1:25.79	1:19.39	1:11.39	100 Breast	1:18.59	1:11.99	1:05.19
3:07.59	2:53.49	2:36.09	200 Breast	2:56.39	2:42.49	2:24.89
1:12.59	1:07.89	1:01.19	100 Fly	1:06.19	1:00.29	54.99
2:48.69	2:39.09	2:23.19	200 Fly	2:43.29	2:30.09	2:14.69
2:42.89	2:30.89	2:15.19	200 IM	2:31.99	2:19.99	2:05.99
5:45.69	5:27.39	4:54.69	400 IM	5:34.29	5:18.49	4:46.39
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

