

**2024 CSI Long Course Senior State Championship Time Standards**  
**VMAC**  
**July 18-21, 2024**

**14&Under**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.49	0:29.09	0:26.19	<b>50 Free</b>	0:29.39	0:27.59	0:24.89
1:06.89	1:03.19	0:56.89	<b>100 Free</b>	1:03.89	0:59.99	0:53.99
2:26.79	2:17.99	2:04.29	<b>200 Free</b>	2:21.39	2:12.89	1:59.69
5:10.79	5:00.79	5:44.19	<b>400/500 Free</b>	5:01.39	4:50.69	5:32.79
10:51.49	10:18.69	11:46.39	<b>800/1000 Free</b>	10:46.49	10:13.69	11:40.79
20:55.09	20:35.99	20:20.29	<b>1500/1650 Free</b>	20:43.89	20:29.99	20:14.99
1:16.59	1:11.69	1:04.59	<b>100 Back</b>	1:14.59	1:10.39	1:03.39
2:45.99	2:37.29	2:21.69	<b>200 Back</b>	2:42.79	2:34.29	2:18.99
1:27.39	1:23.39	1:15.09	<b>100 Breast</b>	1:23.99	1:18.39	1:10.59
3:11.29	3:00.89	2:42.89	<b>200 Breast</b>	3:06.79	2:53.99	2:36.69
1:15.89	1:10.49	1:03.49	<b>100 Fly</b>	1:12.99	1:09.39	1:02.49
2:58.69	2:48.99	2:32.19	<b>200 Fly</b>	2:54.79	2:43.39	2:27.19
2:45.89	2:36.99	2:21.39	<b>200 IM</b>	2:38.99	2:31.99	2:16.89
5:53.09	5:40.89	5:07.09	<b>400 IM</b>	5:46.19	5:37.89	5:04.39
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
0:29.79	28.09	25.69	<b>50 Free</b>	0:27.59	25.99	23.39
1:03.19	1:01.09	55.89	<b>100 Free</b>	0:59.29	55.99	50.09
2:21.19	2:12.39	1:59.99	<b>200 Free</b>	2:13.39	2:00.19	1:50.09
5:02.39	4:44.19	5:25.09	<b>400/500 Free</b>	4:50.49	4:31.59	5:09.99
10:41.39	10:28.59	11:58.69	<b>800/1000 Free</b>	10:29.39	10:16.59	11:45.19
20:19.39	19:55.39	19:10.69	<b>1500/1650 Free</b>	19:35.19	19:11.19	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>	2:38.29	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
3:07.59	2:53.49	2:36.09	<b>200 Breast</b>	2:57.89	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
2:51.69	2:39.09	2:23.19	<b>200 Fly</b>	2:44.79	2:30.09	2:14.69
2:42.89	2:30.89	2:15.19	<b>200 IM</b>	2:31.99	2:19.99	2:05.99
5:50.69	5:27.39	4:54.69	<b>400 IM</b>	5:39.29	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

