

2023-2024 Female Standards - 10&Under

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
45.76	43.85	41.94	40.04	38.13	50 Fr	37.38	39.25	41.12	42.99	44.86
1:41.46	1:37.23	1:33.01	1:28.78	1:24.55	100 Fr	1:22.89	1:27.03	1:31.18	1:35.32	1:39.47
3:43.50	3:34.19	3:24.88	3:15.56	3:06.25	200 Fr	3:02.60	3:11.73	3:20.86	3:29.99	3:39.12
7:48.16	7:28.65	7:09.14	6:49.64	6:30.13	400 Fr	6:22.48	6:41.60	7:00.73	7:19.85	7:38.98
					800 Fr					
1:56.04	1:51.21	1:46.37	1:41.54	1:36.70	100 Bk	1:34.81	1:39.55	1:44.29	1:49.03	1:53.77
4:10.66	4:00.21	3:49.77	3:39.32	3:28.88	200 Bk	3:24.78	3:35.02	3:45.26	3:55.50	4:05.74
2:11.30	2:05.83	2:00.36	1:54.89	1:49.42	100 Br	1:47.27	1:52.63	1:58.00	2:03.36	2:08.72
					200 Br					
2:02.66	1:57.55	1:52.44	1:47.33	1:42.22	100 FI	1:40.22	1:45.23	1:50.24	1:55.25	2:00.26
					200 FI					
					100 IM	1:34.12	1:38.83	1:43.53	1:48.24	1:52.94
4:14.47	4:03.87	3:53.27	3:42.66	3:32.06	200 IM	3:27.90	3:38.30	3:48.69	3:59.09	4:09.48
					400 IM					

2023-2024 Male Standards - 10&Under

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
44.02	42.18	40.35	38.51	36.68	50 Fr	37.93	39.83	41.72	43.62	45.52
1:43.45	1:39.14	1:34.83	1:30.52	1:26.21	100 Fr	1:24.51	1:28.74	1:32.96	1:37.19	1:41.41
3:50.23	3:40.64	3:31.05	3:21.45	3:11.86	200 Fr	3:08.10	3:17.51	3:26.91	3:36.32	3:45.72
8:00.08	7:40.08	7:20.08	7:00.07	6:40.07	400 Fr	6:32.23	6:51.84	7:11.45	7:31.06	7:50.68
					800 Fr					
1:59.35	1:54.38	1:49.41	1:44.43	1:39.46	100 Bk	1:37.52	1:42.40	1:47.27	1:52.15	1:57.02
4:22.58	4:11.64	4:00.70	3:49.76	3:38.82	200 Bk	3:34.53	3:45.26	3:55.98	4:06.71	4:17.44
2:16.60	2:10.90	2:05.21	1:59.52	1:53.83	100 Br	1:51.61	1:57.19	2:02.77	2:08.35	2:13.93
					200 Br					
2:08.65	2:03.29	1:57.93	1:52.57	1:47.21	100 FI	1:45.11	1:50.37	1:55.62	2:00.88	2:06.13
					200 FI					
					100 IM	1:36.19	1:41.00	1:45.81	1:50.62	1:55.43
4:18.50	4:07.73	3:56.96	3:46.19	3:35.42	200 IM	3:31.20	3:41.76	3:52.32	4:02.88	4:13.44
					400 IM					

2023-2024 Female Standards - 11 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
40.51	38.82	37.14	35.45	33.76	50 Fr	33.10	34.76	36.41	38.07	39.72
1:28.62	1:24.93	1:21.24	1:17.54	1:13.85	100 Fr	1:12.40	1:16.02	1:19.64	1:23.26	1:26.88
3:13.69	3:05.62	2:57.55	2:49.48	2:41.41	200 Fr	2:38.25	2:46.16	2:54.08	3:01.99	3:09.90
6:56.40	6:39.05	6:21.70	6:04.35	5:47.00	400 Fr	5:40.20	5:57.21	6:14.22	6:31.23	6:48.24
14:13.24	13:37.68	13:02.13	12:26.58	11:51.03	800 Fr	11:37.08	12:11.93	12:46.79	13:21.64	13:56.50
1:41.90	1:37.66	1:33.41	1:29.17	1:24.92	100 Bk	1:23.25	1:27.41	1:31.58	1:35.74	1:39.90
3:37.74	3:28.67	3:19.60	3:10.52	3:01.45	200 Bk	2:57.89	3:06.78	3:15.68	3:24.57	3:33.47
1:57.73	1:52.83	1:47.92	1:43.02	1:38.11	100 Br	1:36.19	1:41.00	1:45.81	1:50.62	1:55.43
4:11.93	4:01.43	3:50.93	3:40.44	3:29.94	200 Br	3:25.82	3:36.11	3:46.40	3:56.99	4:06.98
1:45.70	1:41.29	1:36.89	1:32.48	1:28.08	100 FI	1:26.36	1:30.68	1:35.00	1:39.31	1:43.63
4:03.06	3:52.93	3:42.81	3:32.68	3:22.55	200 FI	3:18.58	3:28.51	3:38.44	3:48.37	3:58.30
3:42.34	3:33.07	3:23.81	3:14.54	3:05.28	200 IM	3:01.65	3:10.73	3:19.82	3:28.90	3:37.98
7:48.40	7:28.88	7:09.36	6:49.84	6:30.33	400 IM	6:22.67	6:41.80	7:00.94	7:20.07	7:39.20

2023-2024 Male Standards - 11 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
40.84	39.13	37.43	35.73	34.03	50 Fr	33.36	35.03	36.70	38.36	40.03
1:29.88	1:26.14	1:22.39	1:18.65	1:14.90	100 Fr	1:13.44	1:17.11	1:20.78	1:24.46	1:28.13
3:17.48	3:09.26	3:01.03	2:52.80	2:44.57	200 Fr	2:41.34	2:49.41	2:57.47	3:05.54	3:13.61
7:04.12	6:46.44	6:28.77	6:11.10	5:53.43	400 Fr	5:46.50	6:03.82	6:21.15	6:38.48	6:55.80
14:52.48	14:15.29	13:38.10	13:00.92	12:23.73	800 Fr	12:09.15	12:45.61	13:22.06	13:58.52	14:34.98
1:43.16	1:38.87	1:34.57	1:30.27	1:25.97	100 Bk	1:24.29	1:28.50	1:32.72	1:36.93	1:41.15
3:42.80	3:33.52	3:24.24	3:14.95	3:05.67	200 Bk	3:02.03	3:11.13	3:20.23	3:29.33	3:38.44
2:00.26	1:55.25	1:50.24	1:45.23	1:40.22	100 Br	1:38.25	1:43.16	1:48.08	1:52.99	1:57.90
4:23.32	4:12.34	4:01.37	3:50.40	3:39.43	200 Br	3:35.12	3:45.88	3:56.63	4:07.39	4:18.14
1:48.86	1:44.33	1:39.79	1:35.26	1:30.72	100 FI	1:28.95	1:33.40	1:37.85	1:42.29	1:46.74
4:32.17	4:20.83	4:09.49	3:58.15	3:46.81	200 FI	3:42.37	3:53.49	4:04.61	4:15.73	4:26.84
3:44.92	3:35.54	3:26.17	3:16.80	3:07.43	200 IM	3:03.75	3:12.94	3:22.13	3:31.31	3:40.50
8:20.04	7:59.21	7:38.37	7:17.54	6:56.70	400 IM	6:48.53	7:08.96	7:29.38	7:49.81	8:10.24

2023-2024 Female Standards - 12 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
38.60	37.00	35.39	33.78	32.17	50 Fr	31.54	33.12	34.69	36.27	37.85
1:23.56	1:20.07	1:16.59	1:13.11	1:09.63	100 Fr	1:08.26	1:11.67	1:15.09	1:18.50	1:21.91
3:02.29	2:54.70	2:47.10	2:39.51	2:31.91	200 Fr	2:28.93	2:36.38	2:43.82	2:51.27	2:58.72
6:29.41	6:13.19	5:56.96	5:40.74	5:24.51	400 Fr	5:18.15	5:34.06	5:49.97	6:05.87	6:21.78
13:11.21	12:38.24	12:05.27	11:32.31	10:59.34	800 Fr	10:46.41	11:18.73	11:51.05	12:23.37	12:55.69
1:35.57	1:31.59	1:27.60	1:23.62	1:19.64	100 Bk	1:18.09	1:21.99	1:25.90	1:29.80	1:33.71
3:25.08	3:16.54	3:07.99	2:59.45	2:50.90	200 Bk	2:47.55	2:55.93	3:04.31	3:12.68	3:21.06
1:50.77	1:46.16	1:41.54	1:36.93	1:32.31	100 Br	1:30.50	1:35.03	1:39.55	1:44.08	1:48.60
3:56.72	3:46.86	3:37.00	3:27.13	3:17.27	200 Br	3:13.40	3:23.07	3:32.74	3:42.41	3:52.08
1:38.10	1:34.01	1:29.93	1:25.84	1:21.75	100 FI	1:20.16	1:24.17	1:28.18	1:32.18	1:36.19
3:42.80	3:33.52	3:24.24	3:14.95	3:05.67	200 FI	3:02.03	3:11.13	3:20.23	3:29.33	3:38.44
3:29.48	3:20.76	3:12.03	3:03.30	2:54.57	200 IM	2:51.15	2:59.71	3:08.27	3:16.82	3:25.38
7:20.82	7:02.45	6:44.09	6:25.72	6:07.35	400 IM	6:00.15	6:18.16	6:36.17	6:54.17	7:12.18

2023-2024 Male Standards - 12 years old

E FEST	D FEST	C FEST	B FEST	FEST	EVENT	FEST	B FEST	C FEST	D FEST	E FEST
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
37.73	36.16	34.58	33.01	31.44	50 Fr	30.82	32.36	33.90	35.44	36.98
1:22.92	1:19.47	1:16.01	1:12.56	1:09.10	100 Fr	1:07.75	1:11.14	1:14.53	1:17.91	1:21.30
3:01.02	2:53.48	2:45.94	2:38.39	2:30.85	200 Fr	2:27.90	2:35.30	2:42.69	2:50.09	2:57.48
6:30.70	6:14.42	5:58.14	5:41.86	5:25.58	400 Fr	5:19.20	5:35.16	5:51.12	6:07.08	6:23.04
13:21.34	12:47.95	12:14.56	11:41.17	11:07.78	800 Fr	10:54.69	11:27.42	12:00.16	12:32.89	13:05.63
1:36.84	1:32.81	1:28.77	1:24.74	1:20.70	100 Bk	1:19.12	1:23.08	1:27.03	1:30.99	1:34.94
3:25.70	3:17.13	3:08.56	2:59.99	2:51.42	200 Bk	2:48.06	2:56.46	3:04.87	3:13.27	3:21.67
1:50.14	1:45.55	1:40.96	1:36.37	1:31.78	100 Br	1:29.99	1:34.49	1:38.99	1:43.49	1:47.99
3:56.72	3:46.86	3:37.00	3:27.13	3:17.27	200 Br	3:13.40	3:23.07	3:33.74	3:42.41	3:52.08
1:37.48	1:33.41	1:29.35	1:25.29	1:21.23	100 FI	1:19.64	1:23.62	1:27.60	1:31.59	1:35.57
3:46.60	3:37.15	3:27.71	3:18.27	3:08.83	200 FI	3:05.14	3:14.40	3:23.65	3:32.91	3:42.17
3:29.48	3:20.76	3:12.03	3:03.30	2:54.57	200 IM	2:51.15	2:59.71	3:08.27	3:16.82	3:25.38
7:29.82	7:11.08	6:52.34	6:33.59	6:14.85	400 IM	6:07.50	6:25.88	6:44.25	7:02.63	7:21.00

2023-2024 Female Standards - 13&Under

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
35.03	33.57	32.11	30.65	30.13	29.05	50 Fr	28.47	29.54	30.04	31.47	32.90	34.33
1:15.85	1:12.69	1:09.53	1:06.37	1:05.26	1:03.34	100 Fr	1:02.07	1:03.98	1:05.07	1:08.17	1:11.27	1:14.36
2:44.76	2:37.90	2:31.03	2:24.17	2:21.76	2:17.73	200 Fr	2:14.97	2:18.98	2:21.34	2:28.07	2:34.80	2:41.53
5:50.40	5:35.80	5:21.20	5:06.60	5:01.49	4:51.78	400 Fr	4:45.95	4:55.57	5:00.58	5:14.90	5:29.21	5:43.52
12:03.84	11:33.68	11:03.52	10:33.36	10:22.80	10:03.20	800 Fr	9:51.37	10:10.59	10:20.94	10:50.51	11:20.08	11:49.64
23:07.32	22:09.51	21:11.71	20:13.91	19:53.67	19:16.10	1500 Fr	18:53.43	19:30.27	19:50.10	20:46.77	21:43.44	22:40.12
1:25.61	1:22.04	1:18.47	1:14.91	1:13.66	1:12.07	100 Bk	1:10.62	1:12.21	1:13.44	1:16.93	1:20.43	1:23.93
3:04.76	2:57.07	2:49.37	2:41.67	2:38.97	2:35.26	200 Bk	2:32.16	2:35.86	2:38.50	2:46.05	2:53.59	3:01.14
1:38.09	1:34.00	1:29.91	1:25.83	1:24.40	1:21.57	100 Br	1:19.93	1:22.74	1:24.15	1:28.15	1:32.16	1:36.17
3:31.30	3:22.49	3:13.69	3:04.88	3:01.80	2:56.64	200 Br	2:53.11	2:58.24	3:01.26	3:09.89	3:18.52	3:27.16
1:25.38	1:21.82	1:18.27	1:14.71	1:13.46	1:09.95	100 FI	1:08.55	1:12.02	1:13.24	1:16.73	1:20.21	1:23.70
3:13.92	3:05.84	2:57.76	2:49.68	2:46.85	2:39.40	200 FI	2:36.21	2:43.58	2:46.35	2:54.27	3:02.19	3:10.12
3:08.92	3:01.03	2:53.17	2:45.30	2:42.55	2:36.02	200 IM	2:32.90	2:39.36	2:42.06	2:49.77	2:57.49	3:05.21
6:39.18	6:22.55	6:05.92	5:49.28	5:43.46	5:32.15	400 IM	5:25.51	5:36.73	5:42.44	5:58.74	6:15.05	6:31.36

2023-2024 Male Standards - 13&Under and 14&Under

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
13&U	13&U	13&U	13&U	13&U	14&U		14&U	13&U	13&U	13&U	13&U	13&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
33.23	31.84	30.46	29.07	28.59	26.68	50 Fr	26.15	28.03	28.51	29.87	31.22	32.58
1:12.73	1:09.70	1:06.67	1:03.64	1:02.58	58.12	100 Fr	56.96	1:01.35	1:02.39	1:05.36	1:08.33	1:11.30
2:39.29	2:32.65	2:26.01	2:19.38	2:17.05	2:07.46	200 Fr	2:04.91	2:14.37	2:16.65	2:23.15	2:29.66	2:36.17
5:40.92	5:26.72	5:12.51	4:58.31	4:53.33	4:32.76	400 Fr	4:27.30	4:47.58	4:52.46	5:06.38	5:20.31	5:34.24
11:51.90	11:22.24	10:52.58	10:22.91	10:12.53	9:29.28	800 Fr	9:17.89	10:00.52	10:10.70	10:39.78	11:08.86	11:37.94
22:53.27	21:56.05	20:58.83	20:01.61	19:41.58	18:16.96	1500 Fr	17:55.02	19:18.41	19:38.05	20:34.15	21:30.24	22:26.34
1:22.93	1:19.48	1:16.02	1:12.57	1:11.36	1:06.16	100 Bk	1:04.84	1:09.95	1:11.14	1:14.53	1:17.91	1:21.30
2:59.22	2:51.75	2:44.29	2:36.82	2:34.20	2:24.03	200 Bk	2:21.15	2:31.18	2:33.74	2:41.06	2:48.38	2:55.70
1:35.23	1:31.26	1:27.30	1:23.33	1:21.94	1:14.86	100 Br	1:13.36	1:20.33	1:21.69	1:25.58	1:29.47	1:33.36
3:25.58	3:17.02	3:08.45	2:59.89	2:56.89	2:43.86	200 Br	2:40.58	2:53.42	2:56.36	3:04.76	3:13.15	3:21.55
1:22.91	1:19.45	1:16.00	1:12.54	1:11.34	1:03.75	100 FI	1:02.48	1:09.93	1:11.12	1:14.50	1:17.89	1:21.28
3:07.04	2:59.25	2:51.46	2:43.66	2:40.94	2:25.68	200 FI	2:22.77	2:37.78	2:40.45	2:48.09	2:55.73	3:03.37
3:01.80	2:54.23	2:46.65	2:39.08	2:36.42	2:24.45	200 IM	2:21.56	2:33.36	2:43.28	2:51.05	2:58.82	3:05.24
6:27.00	6:10.87	5:54.75	5:38.63	5:32.98	5:10.41	400 IM	5:04.20	5:26.46	5:31.99	5:47.80	6:03.61	6:19.42

2023-2024 Female Standards - 14 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
34.40	32.97	31.54	30.10	29.60	28.52	50 Fr	27.95	29.02	29.52	30.92	32.33	33.73
1:14.23	1:11.14	1:08.05	1:04.95	1:03.87	1:01.78	100 Fr	1:00.54	1:02.62	1:03.68	1:06.72	1:09.75	1:12.78
2:41.15	2:34.43	2:27.72	2:21.00	2:18.65	2:14.15	200 Fr	2:11.47	2:15.94	2:18.24	2:24.83	2:31.41	2:37.99
5:41.15	5:26.93	5:12.72	4:58.50	4:53.53	4:44.95	400 Fr	4:39.25	4:47.78	4:52.66	5:06.59	5:20.53	5:34.46
11:53.20	11:23.48	10:53.76	10:24.05	10:13.65	9:52.68	800 Fr	9:40.83	10:01.62	10:11.81	10:40.95	11:10.08	11:39.22
22:46.96	21:49.96	20:53.01	19:56.06	19:36.12	18:59.10	1500 Fr	18:36.32	19:13.05	19:32.60	20:28.44	21:24.27	22:20.11
1:24.14	1:20.64	1:17.13	1:13.63	1:12.40	1:09.91	100 Bk	1:08.51	1:10.97	1:12.18	1:15.61	1:19.05	1:22.49
3:00.07	2:52.57	2:45.07	2:37.56	2:34.94	2:31.09	200 Bk	2:28.07	2:31.90	2:34.48	2:41.83	2:49.19	2:56.54
1:36.91	1:32.87	1:28.84	1:24.80	1:23.38	1:19.59	100 Br	1:18.00	1:21.74	1:23.13	1:27.09	1:31.05	1:35.00
3:28.66	3:19.96	3:11.27	3:02.57	2:59.53	2:51.80	200 Br	2:48.36	2:56.01	2:58.99	3:07.52	3:16.04	3:24.56
1:24.05	1:20.55	1:17.04	1:13.54	1:12.32	1:08.06	100 FI	1:06.70	1:10.90	1:12.10	1:15.54	1:18.97	1:22.40
3:10.50	3:02.56	2:54.63	2:46.69	2:43.91	2:34.16	200 FI	2:31.08	2:40.70	2:43.42	2:51.20	2:58.99	3:06.77
3:03.68	2:56.03	2:48.38	2:40.72	2:38.04	2:32.23	200 IM	2:29.19	2:34.94	2:37.56	2:45.07	2:52.57	3:00.07
6:35.78	6:19.29	6:02.80	5:46.31	5:40.54	5:25.04	400 IM	5:18.54	5:33.86	5:39.52	5:55.69	6:11.85	6:28.02

2023-2024 Male Standards - 14 years old

E	D	C	B	OYJ	OSC (14&U)	EVENT	OSC (14&U)	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
32.24	30.90	29.56	28.21	27.74	26.68	50 Fr	26.15	27.20	27.66	28.97	30.29	31.61
1:10.24	1:07.31	1:04.38	1:01.46	1:00.43	58.12	100 Fr	56.96	59.24	1:00.25	1:03.12	1:05.99	1:08.86
2:34.45	2:28.02	2:21.58	2:15.15	2:12.89	2:07.46	200 Fr	2:04.91	2:10.29	2:12.50	2:18.81	2:25.12	2:31.43
5:30.30	5:16.54	5:02.78	4:49.01	4:44.20	4:32.76	400 Fr	4:27.30	4:38.62	4:43.34	4:56.84	5:10.33	5:23.82
11:33.18	11:04.30	10:35.42	10:06.53	9:56.42	9:29.28	800 Fr	9:17.89	9:44.73	9:54.64	10:22.95	10:51.27	11:19.58
22:08.93	21:13.56	20:18.18	19:22.81	19:03.43	18:16.96	1500 Fr	17:55.02	18:41.02	19:00.02	19:54.30	20:48.59	21:42.88
1:20.66	1:17.30	1:13.94	1:10.58	1:09.40	1:06.16	100 Bk	1:04.84	1:08.04	1:09.20	1:12.49	1:15.79	1:19.08
2:54.76	2:47.47	2:40.19	2:32.91	2:30.36	2:24.03	200 Bk	2:21.15	2:27.41	2:29.91	2:37.05	2:44.19	2:51.32
1:31.74	1:27.92	1:24.10	1:20.27	1:18.93	1:14.86	100 Br	1:13.36	1:17.39	1:18.70	1:22.45	1:26.19	1:29.94
3:20.03	3:11.69	3:03.36	2:55.02	2:52.11	2:43.86	200 Br	2:40.58	2:48.73	2:51.59	2:59.76	3:07.93	3:16.10
1:19.45	1:16.14	1:12.83	1:09.52	1:08.36	1:03.75	100 FI	1:02.48	1:07.02	1:08.16	1:11.40	1:14.65	1:17.89
3:03.35	2:55.71	2:48.07	2:40.43	2:37.76	2:25.68	200 FI	2:22.77	2:34.66	2:37.28	2:44.77	2:52.26	2:59.75
2:55.24	2:47.93	2:40.63	2:33.33	2:30.78	2:24.45	200 IM	2:21.56	2:27.82	2:30.33	2:37.49	2:44.65	2:51.80
6:16.78	6:01.08	5:45.38	5:29.68	5:24.18	5:10.41	400 IM	5:04.20	5:17.82	5:23.21	5:38.60	5:53.99	6:09.38

2023-2024 Female Standards - 15 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
33.90	32.49	31.08	29.66	29.17	28.32	50 Fr	27.75	28.60	29.09	30.47	31.86	33.24
1:13.42	1:10.36	1:07.30	1:04.24	1:03.17	1:01.26	100 Fr	1:00.03	1:01.93	1:02.98	1:05.98	1:08.98	1:11.98
2:40.68	2:33.99	2:27.29	2:20.60	2:18.25	2:12.64	200 Fr	2:09.99	2:14.71	2:16.99	2:23.52	2:30.04	2:36.56
5:39.24	5:25.11	5:10.97	4:56.84	4:51.89	4:42.11	400 Fr	4:36.47	4:46.17	4:51.02	5:04.88	5:18.73	5:32.59
11:46.32	11:16.89	10:47.46	10:18.03	10:07.73	9:44.38	800 Fr	9:32.69	9:54.79	10:04.87	10:33.68	11:02.48	11:31.28
22:31.46	21:35.15	20:38.84	19:42.53	19:22.82	18:46.22	1500 Fr	18:23.70	19:00.02	19:19.35	20:14.55	21:09.76	22:04.97
1:22.93	1:19.48	1:16.02	1:12.57	1:11.36	1:08.95	100 Bk	1:07.57	1:09.95	1:11.14	1:14.53	1:17.91	1:21.30
2:58.08	2:50.66	2:43.24	2:35.82	2:33.22	2:28.92	200 Bk	2:25.94	2:30.22	2:32.76	2:40.04	2:47.31	2:54.59
1:36.17	1:32.16	1:28.15	1:24.15	1:22.74	1:19.05	100 Br	1:17.47	1:21.12	1:22.50	1:26.43	1:30.36	1:34.28
3:28.03	3:19.36	3:10.70	3:02.03	2:58.99	2:50.56	200 Br	2:47.15	2:55.48	2:58.46	3:06.96	3:15.45	3:23.95
1:22.76	1:19.32	1:15.87	1:12.42	1:11.21	1:07.17	100 FI	1:05.83	1:09.82	1:11.00	1:14.38	1:17.16	1:21.14
3:09.02	3:01.15	2:53.27	2:45.40	2:42.64	2:32.19	200 FI	2:29.15	2:39.45	2:42.15	2:49.87	2:57.59	3:05.32
3:01.79	2:54.21	2:46.64	2:39.06	2:36.41	2:31.02	200 IM	2:28.00	2:33.35	2:35.95	2:43.37	2:50.80	2:58.22
6:24.77	6:08.74	5:52.70	5:36.67	5:31.06	5:20.51	400 IM	5:14.10	5:24.57	5:30.07	5:45.79	6:01.50	6:17.22

2023-2024 Male Standards - 15 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
31.66	30.34	29.02	27.70	27.24	26.04	50 Fr	25.52	26.70	27.15	28.45	29.74	31.03
1:08.58	1:05.72	1:02.87	1:00.01	59.01	56.57	100 Fr	55.44	57.85	58.83	1:01.63	1:04.43	1:07.24
2:29.44	2:23.21	2:16.98	2:10.76	2:08.58	2:04.02	200 Fr	2:01.54	2:06.06	2:08.19	2:14.30	2:20.40	2:26.51
5:21.26	5:07.88	4:54.49	4:41.11	4:36.42	4:25.55	400 Fr	4:20.24	4:31.00	4:35.59	4:48.72	5:01.84	5:14.96
11:12.78	10:44.75	10:16.72	9:48.68	9:38.87	9:17.16	800 Fr	9:06.02	9:27.52	9:37.14	10:04.63	10:32.11	10:59.59
21:29.83	20:36.09	19:42.35	18:48.60	18:29.79	17:47.10	1500 Fr	17:25.76	18:08.03	18:26.47	19:19.16	20:11.85	21:04.54
1:18.56	1:15.29	1:12.02	1:08.74	1:07.60	1:04.38	100 Bk	1:03.09	1:06.27	1:07.39	1:10.60	1:13.81	1:17.02
2:50.70	2:43.59	2:36.48	2:29.36	2:26.87	2:20.20	200 Bk	2:17.40	2:23.99	2:26.43	2:33.41	2:40.38	2:47.35
1:30.72	1:26.94	1:23.16	1:19.38	1:18.06	1:12.64	100 Br	1:11.19	1:16.52	1:17.82	1:21.52	1:25.23	1:28.93
3:17.18	3:08.97	3:00.75	2:52.54	2:49.66	2:38.86	200 Br	2:35.68	2:46.34	2:49.16	2:57.21	3:05.26	3:13.32
1:16.98	1:13.77	1:10.57	1:07.36	1:06.23	1:01.76	100 FI	1:00.52	1:04.93	1:06.03	1:09.18	1:12.32	1:15.47
2:58.38	2:50.95	2:43.52	2:36.08	2:33.48	2:20.71	200 FI	2:17.90	2:30.48	2:33.03	2:40.31	2:47.60	2:54.89
2:50.78	2:43.67	2:36.55	2:29.44	2:26.95	2:20.81	200 IM	2:17.99	2:24.06	2:26.51	2:33.48	2:40.46	2:47.44
6:10.85	5:55.40	5:39.94	5:24.49	5:19.08	5:01.84	400 IM	4:55.80	5:12.83	5:18.13	5:33.28	5:48.43	6:03.58

2023-2024 Female Standards - 16 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
33.68	32.28	30.88	29.47	28.98	27.81	50 Fr	27.25	28.41	28.90	30.27	31.65	33.02
1:12.97	1:09.93	1:06.89	1:03.85	1:02.79	59.97	100 Fr	58.77	1:01.56	1:02.60	1:05.58	1:08.56	1:11.54
2:37.62	2:31.05	2:24.49	2:17.92	2:15.62	2:09.68	200 Fr	2:07.09	2:12.96	2:15.21	2:21.65	2:28.09	2:34.52
5:34.73	5:20.78	5:06.83	4:52.89	4:48.01	4:35.86	400 Fr	4:30.34	4:42.36	4:47.14	5:00.82	5:14.49	5:28.16
11:31.80	11:02.97	10:34.15	10:05.33	9:55.24	9:30.46	800 Fr	9:19.05	9:43.57	9:53.46	10:21.72	10:49.98	11:18.24
22:05.93	21:10.68	20:15.43	19:20.19	19:00.85	18:24.94	1500 Fr	18:02.84	18:38.48	18:57.43	19:51.60	20:45.76	21:39.92
1:21.67	1:18.27	1:14.87	1:11.46	1:10.27	1:07.52	100 Bk	1:06.17	1:08.90	1:10.07	1:13.40	1:16.74	1:20.08
2:56.59	2:49.23	2:41.88	2:34.52	2:31.94	2:25.70	200 Bk	2:22.79	2:28.96	2:31.48	2:38.70	2:45.91	2:53.12
1:35.64	1:31.66	1:27.67	1:23.69	1:22.29	1:17.04	100 Br	1:15.50	1:20.68	1:22.05	1:25.95	1:29.86	1:33.77
3:26.42	3:17.82	3:09.22	3:00.62	2:57.61	2:45.58	200 Br	2:42.27	2:54.13	2:57.08	3:05.52	3:13.95	3:22.38
1:21.68	1:18.28	1:14.88	1:11.47	1:10.28	1:05.66	100 Fl	1:04.35	1:08.91	1:10.08	1:13.41	1:16.75	1:20.09
3:03.01	2:55.39	2:47.76	2:40.14	2:37.47	2:27.00	200 Fl	2:24.06	2:34.38	2:37.00	2:44.47	2:51.95	2:59.42
2:59.11	2:51.65	2:44.19	2:36.72	2:34.11	2:27.41	200 IM	2:24.46	2:31.09	2:33.65	2:40.96	2:48.28	2:55.60
6:22.30	6:06.37	5:50.44	5:34.51	5:28.93	5:13.74	400 IM	5:07.47	5:22.48	5:27.95	5:43.56	5:59.18	6:14.80

2023-2024 Male Standards - 16 years old

E	D	C	B	OYJ	OSC	EVENT	OSC	OYJ	B	C	D	E
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
30.48	29.21	27.94	26.67	26.23	25.66	50 Fr	25.15	25.71	26.15	27.39	28.64	29.88
1:06.41	1:03.64	1:00.87	58.11	57.14	55.72	100 Fr	54.61	56.01	56.96	59.68	1:02.39	1:05.10
2:25.13	2:19.08	2:13.03	2:06.99	2:04.87	2:01.85	200 Fr	1:59.41	2:02.42	2:04.50	2:10.43	2:16.36	2:22.28
5:13.69	5:00.62	4:47.55	4:34.48	4:29.91	4:20.53	400 Fr	4:15.32	4:24.61	4:29.09	4:41.91	4:54.72	5:07.54
10:54.59	10:27.31	10:00.04	9:32.76	9:23.22	9:08.54	800 Fr	8:57.57	9:12.17	9:21.53	9:48.27	10:15.01	10:41.75
20:54.95	20:02.66	19:10.37	18:18.08	17:59.78	17:25.79	1500 Fr	17:04.87	17:38.60	17:56.54	18:47.81	19:39.07	20:30.34
1:15.17	1:12.04	1:08.90	1:05.77	1:04.68	1:03.26	100 Bk	1:01.99	1:03.41	1:04.48	1:07.55	1:10.62	1:13.69
2:43.43	2:36.62	2:29.81	2:23.00	2:20.62	2:17.72	200 Bk	2:14.97	2:17.86	2:20.20	2:26.87	2:33.55	2:40.22
1:26.89	1:23.08	1:19.46	1:15.85	1:14.59	1:11.30	100 Br	1:09.87	1:13.12	1:14.36	1:17.90	1:21.44	1:24.98
3:08.88	3:01.01	2:53.14	2:45.27	2:42.52	2:36.08	200 Br	2:32.96	2:39.33	2:42.03	2:49.74	2:57.46	3:05.17
1:14.41	1:11.31	1:08.21	1:05.11	1:04.03	1:00.71	100 Fl	59.50	1:02.77	1:03.83	1:06.87	1:09.91	1:12.95
2:47.35	2:40.38	2:33.41	2:26.43	2:23.99	2:17.72	200 Fl	2:14.97	2:21.17	2:23.57	2:30.40	2:37.24	2:44.08
2:45.61	2:38.71	2:31.81	2:24.91	2:22.50	2:18.34	200 IM	2:15.57	2:19.70	2:22.07	2:28.83	2:35.60	2:42.36
6:01.97	5:46.89	5:31.80	5:16.72	5:11.44	4:57.05	400 IM	4:51.11	5:05.34	5:10.52	5:25.30	5:40.09	5:54.88

2023-2024 Female Standards - 17&Over, 17-18

E	D	C	B	OYJ	OSC		EVENT		OSC	OYJ	B	C	D	E
17&O	17&O	17&O	17&O	17-18	17&O				17&O	17-18	17&O	17&O	17&O	17&O
LCM	LCM	LCM	LCM	LCM	LCM				SCM	SCM	SCM	SCM	SCM	SCM
33.26	31.88	30.49	29.11	28.62	27.60		50 Fr		27.05	28.06	28.54	29.90	31.26	32.62
1:11.88	1:08.88	1:05.89	1:02.90	1:01.85	59.32		100 Fr		58.13	1:00.64	1:01.67	1:04.60	1:07.54	1:10.48
2:35.59	2:29.11	2:22.63	2:16.14	2:13.87	2:08.73		200 Fr		2:06.16	2:11.25	2:13.48	2:19.83	2:26.19	2:32.54
5:30.85	5:17.07	5:03.28	4:49.50	4:44.67	4:33.17		400 Fr		4:27.71	4:39.08	4:43.82	4:57.33	5:10.85	5:24.36
11:24.89	10:56.35	10:27.81	9:59.28	9:49.29	9:27.66		800 Fr		9:16.31	9:37.74	9:47.53	10:15.51	10:43.48	11:11.46
21:52.67	20:57.97	20:03.28	19:08.58	18:49.44	18:13.89		1500 Fr		17:52.01	18:27.29	18:46.06	19:39.68	20:33.31	21:26.93
1:20.34	1:16.99	1:13.65	1:10.30	1:09.13	1:07.52		100 Bk		1:06.17	1:07.77	1:08.92	1:12.20	1:15.49	1:18.77
2:53.58	2:46.35	2:39.12	2:31.88	2:29.35	2:25.28		200 Bk		2:22.37	2:26.42	2:28.90	2:35.99	2:43.08	2:50.17
1:34.68	1:30.74	1:26.79	1:22.85	1:21.46	1:16.11		100 Br		1:14.59	1:19.86	1:21.22	1:25.09	1:28.95	1:32.82
3:25.39	3:16.83	3:08.28	2:59.72	2:56.72	2:44.49		200 Br		2:41.20	2:53.25	2:56.19	3:04.58	3:12.97	3:21.36
1:20.86	1:17.49	1:14.12	1:10.75	1:09.57	1:04.81		100 FI		1:03.51	1:08.21	1:09.36	1:12.67	1:15.97	1:19.27
3:00.29	2:52.78	2:45.26	2:37.75	2:35.12	2:24.14		200 FI		2:21.26	2:32.08	2:34.65	2:42.02	2:49.38	2:56.75
2:57.44	2:50.05	2:42.66	2:35.26	2:32.68	2:26.57		200 IM		2:23.64	2:29.68	2:32.22	2:39.47	2:46.72	2:53.96
6:17.71	6:01.97	5:46.24	5:30.50	5:24.99	5:11.38		400 IM		5:05.15	5:18.62	5:24.02	5:39.45	5:54.88	6:10.31

2023-2024 Male Standards - 17 years old, 17&Over and 18&Over

E	D	C	B	OYJ	OSC	OSC	EVENT	OSC	OSC	OYJ	B	C	D	E
17&O	17&O	17&O	17&O	17&O	17	18&O		18&O	17	17&O	17&O	17&O	17&O	17&O
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
30.10	28.84	27.59	26.33	25.90	24.93	24.60	50 Fr	24.11	24.43	25.39	25.82	27.05	28.28	29.51
1:05.41	1:02.69	59.96	57.24	56.28	54.20	53.65	100 Fr	52.58	53.12	55.18	56.11	58.78	1:01.46	1:04.13
2:23.36	2:17.39	2:11.42	2:05.44	2:03.35	1:58.22	1:57.27	200 Fr	1:54.92	1:55.86	2:00.94	2:02.99	2:08.84	2:14.70	2:20.56
5:09.29	4:56.40	4:43.51	4:30.63	4:26.12	4:13.93	4:11.10	400 Fr	4:06.08	4:08.85	4:20.89	4:25.31	4:37.95	4:50.58	5:03.22
10:48.05	10:21.05	9:54.04	9:27.04	9:17.59	9:02.36	8:53.63	800 Fr	8:42.96	8:51.51	9:06.65	9:15.91	9:42.38	10:08.86	10:35.33
20:42.40	19:50.63	18:58.86	18:07.10	17:48.98	17:04.00	16:55.57	1500 Fr	16:35.26	16:43.52	17:28.02	17:45.78	18:36.53	19:27.28	20:18.04
1:14.33	1:11.23	1:08.13	1:05.04	1:03.95	1:01.19	1:00.82	100 Bk	59.61	59.97	1:02.69	1:03.76	1:06.79	1:09.83	1:12.86
2:41.69	2:34.95	2:28.21	2:21.48	2:19.12	2:13.67	2:12.51	200 Bk	2:09.86	2:11.00	2:16.38	2:18.69	2:25.30	2:31.90	2:38.51
1:25.81	1:22.24	1:18.66	1:15.09	1:13.83	1:09.40	1:07.62	100 Br	1:06.26	1:08.01	1:12.39	1:13.62	1:17.12	1:20.63	1:24.13
3:06.97	2:59.18	2:51.39	2:43.60	2:40.87	2:31.30	2:27.51	200 Br	2:24.56	2:28.27	2:37.71	2:40.39	2:48.03	2:55.66	3:03.30
1:13.66	1:10.59	1:07.52	1:04.45	1:03.37	58.90	58.10	100 FI	56.94	57.72	1:02.13	1:03.18	1:06.19	1:09.20	1:12.20
2:45.67	2:38.77	2:31.87	2:24.96	2:22.55	2:12.85	2:10.63	200 FI	2:08.02	2:10.19	2:19.75	2:22.12	2:28.89	2:35.65	2:42.42
2:42.65	2:35.87	2:29.09	2:22.32	2:19.95	2:14.19	2:13.37	200 IM	2:10.70	2:11.51	2:17.20	2:19.52	2:26.17	2:32.81	2:39.46
5:58.36	5:42.42	5:28.49	5:13.56	5:08.34	4:48.90	4:47.46	400 IM	4:41.70	4:43.12	5:02.29	5:07.41	5:22.05	5:36.69	5:51.32