

2022-2023 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
41.59	39.86	38.13	36.39	36.39	50 Fr	35.68	35.68	37.38	39.08	40.78
1:32.23	1:28.39	1:24.55	1:20.70	1:20.70	100 Fr	1:19.12	1:19.12	1:22.89	1:26.65	1:30.42
3:23.18	3:14.72	3:06.25	2:57.79	2:57.79	200 Fr	2:54.30	2:54.30	3:02.60	3:10.90	3:19.20
7:05.59	6:47.86	6:30.13	6:12.39	6:12.39	400 Fr	6:05.10	6:05.10	6:22.48	6:39.87	6:57.25
					800 Fr					
1:45.49	1:41.10	1:36.70	1:32.31	1:32.31	100 Bk	1:30.50	1:30.50	1:34.81	1:39.12	1:43.43
3:47.87	3:38.37	3:28.88	3:19.38	3:19.38	200 Bk	3:15.47	3:15.47	3:24.78	3:34.08	3:43.39
1:59.36	1:54.39	1:49.42	1:44.44	1:44.44	100 Br	1:42.40	1:42.40	1:47.27	1:52.15	1:57.02
					200 Br					
1:51.52	1:46.87	1:42.22	1:37.58	1:37.58	100 FI	1:35.67	1:35.67	1:40.22	1:44.78	1:49.33
					200 FI					
					100 IM	1:34.12	1:34.12	1:38.60	1:43.09	1:47.57
3:51.34	3:41.70	3:32.06	3:22.42	3:22.42	200 IM	3:18.45	3:18.45	3:27.90	3:37.35	3:46.80
					400 IM					

2022-2023 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
42.19	40.43	38.68	36.92	36.92	50 Fr	36.20	36.20	37.93	39.65	41.38
1:34.04	1:30.13	1:26.21	1:22.29	1:22.29	100 Fr	1:20.67	1:20.67	1:24.51	1:28.35	1:32.20
3:29.30	3:20.58	3:11.86	3:03.14	3:03.14	200 Fr	2:59.55	2:59.55	3:08.10	3:16.65	3:25.20
7:16.44	6:58.26	6:40.07	6:21.89	6:21.89	400 Fr	6:14.40	6:14.40	6:32.23	6:50.06	7:07.88
					800 Fr					
1:48.50	1:43.98	1:39.46	1:34.94	1:34.94	100 Bk	1:33.08	1:33.08	1:37.52	1:41.95	1:46.38
3:58.72	3:48.77	3:38.82	3:28.88	3:28.88	200 Bk	3:24.78	3:24.78	3:34.53	3:44.28	3:54.04
2:04.18	1:59.00	1:53.83	1:48.65	1:48.65	100 Br	1:46.53	1:46.53	1:51.61	1:56.68	2:01.75
					200 Br					
1:56.95	1:52.08	1:47.21	1:42.33	1:42.33	100 FI	1:40.33	1:40.33	1:45.11	1:49.88	1:54.66
					200 FI					
					100 IM	1:36.19	1:36.19	1:40.77	1:45.35	1:49.93
3:55.01	3:45.22	3:35.42	1:42.33	1:42.33	200 IM	3:21.60	3:21.60	3:31.20	3:40.80	3:50.40
					400 IM					

updated September 22

2022-2023 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
38.58	36.97	35.37	33.76	33.76	50 Fr	33.10	33.10	34.67	36.25	37.82
1:24.40	1:20.88	1:17.36	1:13.85	1:13.85	100 Fr	1:12.40	1:12.40	1:15.85	1:19.89	1:22.74
3:04.46	2:56.78	2:49.09	2:41.41	2:41.41	200 Fr	2:38.25	2:38.25	2:45.78	2:53.32	3:00.85
6:36.58	6:20.05	6:03.53	5:47.00	5:47.00	400 Fr	5:40.20	5:40.20	5:56.40	6:12.60	6:28.80
13:32.60	12:58.75	12:24.89	11:51.03	11:51.03	800 Fr	11:37.08	11:37.08	12:10.28	12:43.47	13:16.67
1:37.06	1:33.00	1:28.97	1:24.92	1:24.92	100 Bk	1:23.25	1:23.25	1:27.22	1:31.18	1:35.15
3:27.37	3:18.73	3:10.09	3:01.45	3:01.45	200 Bk	2:57.89	2:57.89	3:06.36	3:14.83	3:23.30
1:52.13	1:47.46	1:42.78	1:38.11	1:38.11	100 Br	1:36.19	1:36.19	1:40.77	1:45.35	1:49.93
3:59.93	3:49.93	3:39.93	3:29.94	3:29.94	200 Br	3:25.82	3:25.82	3:35.62	3:45.42	3:55.22
1:40.67	1:36.47	1:32.28	1:28.08	1:28.08	100 FI	1:26.36	1:26.36	1:30.48	1:34.59	1:38.70
3:51.48	3:41.84	3:32.19	3:22.55	3:22.55	200 FI	3:18.58	3:18.58	3:28.03	3:37.49	3:46.94
3:31.75	3:22.93	3:14.11	3:05.28	3:05.28	200 IM	3:01.65	3:01.65	3:10.30	3:18.95	3:27.60
7:26.09	7:07.50	6:48.91	6:30.33	6:30.33	400 IM	6:22.67	6:22.67	6:40.90	6:59.12	7:17.34

2022-2023 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
38.89	37.27	35.65	34.03	34.03	50 Fr	33.36	33.36	34.95	36.54	38.12
1:25.60	1:22.03	1:18.46	1:14.90	1:14.90	100 Fr	1:13.44	1:13.44	1:16.93	1:20.43	1:23.93
3:08.08	3:00.24	2:52.40	2:44.57	2:44.57	200 Fr	2:41.34	2:41.34	2:49.03	2:56.71	3:04.39
6:43.92	6:27.09	6:10.26	5:53.43	5:53.43	400 Fr	5:46.50	5:46.50	6:03.00	6:19.50	6:36.00
14:09.97	13:34.56	12:59.14	12:23.73	12:23.73	800 Fr	12:09.15	12:09.15	12:43.87	13:18.59	13:53.32
1:38.25	1:34.16	1:30.07	1:25.97	1:25.97	100 Bk	1:24.29	1:24.29	1:28.31	1:32.32	1:36.34
3:32.20	3:23.35	3:14.51	3:05.67	3:05.67	200 Bk	3:02.03	3:02.03	3:10.70	3:19.36	3:28.03
1:54.54	1:49.77	1:45.00	1:40.22	1:40.22	100 Br	1:38.25	1:38.25	1:42.94	1:47.62	1:52.30
4:10.78	4:00.33	3:49.88	3:39.43	3:39.43	200 Br	3:35.12	3:35.12	3:45.37	3:55.61	4:05.86
1:43.68	1:39.36	1:35.04	1:30.72	1:30.72	100 FI	1:28.95	1:28.95	1:33.18	1:37.42	1:41.65
4:19.21	4:08.41	3:57.61	3:46.81	3:46.81	200 FI	3:42.37	3:42.37	3:52.96	4:03.55	4:14.14
3:34.20	3:25.28	3:16.35	3:07.43	3:07.43	200 IM	3:03.75	3:03.75	3:12.50	3:21.25	3:30.00
7:56.23	7:36.39	7:16.55	6:56.70	6:56.70	400 IM	6:48.53	6:48.53	7:07.99	7:27.44	7:46.90

2022-2023 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
36.77	35.24	33.70	32.17	30.64	50 Fr	30.04	31.54	33.04	34.55	36.05
1:19.57	1:16.26	1:12.94	1:09.63	1:06.31	100 Fr	1:05.01	1:08.26	1:11.51	1:14.76	1:18.01
2:53.62	2:46.38	2:39.15	2:31.91	2:24.68	200 Fr	2:21.84	2:28.93	2:36.02	2:43.12	2:50.21
6:10.87	5:55.42	5:39.97	5:24.51	5:09.06	400 Fr	5:03.00	5:18.15	5:33.30	5:48.45	6:03.60
12:33.53	12:02.13	11:30.73	10:59.34	10:27.94	800 Fr	10:15.63	10:46.41	11:17.19	11:47.97	12:18.76
1:31.02	1:27.23	1:23.44	1:19.64	1:15.85	100 Bk	1:14.37	1:18.09	1:21.81	1:25.53	1:29.24
3:15.31	3:07.17	2:59.04	2:50.90	2:42.76	200 Bk	2:39.57	2:47.55	2:55.53	3:03.51	3:11.48
1:45.49	1:41.10	1:36.70	1:32.31	1:27.91	100 Br	1:26.19	1:30.50	1:34.81	1:39.12	1:43.43
3:45.46	3:36.06	3:26.67	3:17.27	3:07.88	200 Br	3:04.19	3:13.40	3:22.61	3:31.82	3:41.03
1:33.43	1:29.54	1:25.65	1:21.75	1:17.86	100 Fl	1:16.34	1:20.16	1:23.97	1:27.79	1:31.61
3:32.20	3:23.35	3:14.51	3:05.67	2:56.83	200 Fl	2:53.36	3:02.03	3:10.70	3:19.36	3:28.03
3:19.51	3:11.20	3:02.89	2:54.57	2:46.26	200 IM	2:43.00	2:51.15	2:59.30	3:07.45	3:15.60
6:59.83	6:42.34	6:24.85	6:07.35	5:49.86	400 IM	5:43.00	6:00.15	6:17.30	6:34.45	6:51.60

2022-2023 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
35.93	34.43	32.93	31.44	29.94	50 Fr	29.35	30.82	32.29	33.75	35.22
1:18.97	1:15.68	1:12.39	1:09.10	1:05.81	100 Fr	1:04.52	1:07.75	1:10.97	1:14.20	1:17.42
2:52.40	2:45.22	2:38.04	2:30.85	2:23.67	200 Fr	2:20.86	2:27.90	2:34.95	2:41.99	2:49.03
6:12.10	5:56.59	5:41.09	5:25.58	5:10.08	400 Fr	5:04.00	5:19.20	5:34.40	5:49.60	6:04.80
12:43.18	12:11.38	11:39.58	11:07.78	10:35.98	800 Fr	10:23.51	10:54.69	11:25.86	11:57.04	12:28.21
1:32.23	1:28.39	1:24.55	1:20.70	1:16.86	100 Bk	1:15.35	1:19.12	1:22.89	1:26.65	1:30.42
3:15.91	3:07.75	2:59.59	2:51.42	2:43.26	200 Bk	2:40.06	2:48.06	2:56.07	3:04.07	3:12.07
1:44.89	1:40.52	1:36.15	1:31.78	1:27.41	100 Br	1:25.70	1:29.99	1:34.27	1:38.56	1:42.84
3:45.46	3:36.06	3:26.67	3:17.27	3:07.88	200 Br	3:04.19	3:13.40	3:22.61	3:31.82	3:41.03
1:32.83	1:28.96	1:25.10	1:21.23	1:17.36	100 Fl	1:15.85	1:19.64	1:23.44	1:27.23	1:31.02
3:35.81	3:26.82	3:17.82	3:08.83	2:59.84	200 Fl	2:56.32	3:05.14	3:13.95	3:22.77	3:31.58
3:19.51	3:11.20	3:02.89	2:54.57	2:46.26	200 IM	2:43.00	2:51.15	2:59.30	3:07.45	3:15.60
7:08.40	6:50.55	6:32.70	6:14.85	5:57.00	400 IM	5:50.00	6:07.50	6:25.00	6:42.50	7:00.00

2022-2023 Female Standards - 13 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
36.16	34.65	33.14	31.64	30.13	50 Fr	29.54	31.02	32.49	33.97	35.45
1:18.67	1:15.39	1:12.12	1:08.84	1:05.56	100 Fr	1:04.27	1:07.48	1:10.70	1:13.91	1:17.12
2:50.60	2:43.50	2:36.39	2:29.28	2:22.17	200 Fr	2:19.38	2:26.35	2:33.32	2:40.29	2:47.26
6:07.20	5:51.90	5:36.60	5:21.30	5:06.00	400 Fr	5:00.00	5:15.00	5:30.00	5:45.00	6:00.00
12:27.49	11:56.35	11:25.20	10:54.06	10:22.91	800 Fr	10:10.70	10:41.24	11:11.77	11:42.31	12:12.84
1:29.82	1:26.08	1:22.34	1:18.59	1:14.85	100 Bk	1:13.38	1:17.05	1:20.72	1:24.39	1:28.06
3:14.11	3:06.02	2:57.94	2:49.85	2:41.76	200 Bk	2:38.59	2:46.52	2:54.45	3:02.38	3:10.31
1:42.48	1:38.21	1:33.94	1:29.67	1:25.40	100 Br	1:23.73	1:27.92	1:32.10	1:36.29	1:40.48
3:41.83	3:32.59	3:23.35	3:14.10	3:04.86	200 Br	3:01.24	3:10.30	3:19.36	3:28.43	3:37.49
1:31.02	1:27.23	1:23.44	1:19.64	1:15.85	100 FI	1:14.37	1:18.09	1:21.81	1:25.53	1:29.24
3:27.37	3:18.73	3:10.09	3:01.45	2:52.81	200 FI	2:49.42	2:57.89	3:06.36	3:14.83	3:23.30
3:15.84	3:07.68	2:59.52	2:51.36	2:43.20	200 IM	2:40.00	2:48.00	2:56.00	3:04.00	3:12.00
6:57.38	6:39.99	6:22.60	6:05.21	5:47.82	400 IM	5:41.00	5:58.05	6:15.10	6:32.15	6:49.20

2022-2023 Male Standards - 13 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
34.36	32.92	31.49	30.06	28.63	50 Fr	28.07	29.47	30.88	32.28	33.68
1:15.35	1:12.21	1:09.07	1:05.93	1:02.79	100 Fr	1:01.56	1:04.64	1:07.72	1:10.79	1:13.87
2:45.78	2:38.87	2:31.97	2:25.06	2:18.15	200 Fr	2:15.44	2:22.21	2:28.98	2:35.76	2:42.53
6:01.08	5:46.04	5:30.99	5:15.95	5:00.90	400 Fr	4:55.00	5:09.75	5:24.50	5:39.25	5:54.00
12:19.06	11:48.26	11:17.47	10:46.67	10:15.88	800 Fr	10:03.80	10:33.99	11:04.18	11:34.37	12:04.56
1:26.81	1:23.19	1:19.57	1:15.96	1:12.34	100 Bk	1:10.92	1:14.47	1:18.01	1:21.56	1:25.10
3:09.29	3:01.40	2:53.51	2:45.63	2:37.74	200 Bk	2:34.65	2:42.38	2:50.12	2:57.85	3:05.58
1:40.67	1:36.47	1:32.28	1:28.08	1:23.89	100 Br	1:22.25	1:26.36	1:30.48	1:34.59	1:38.70
3:37.02	3:27.98	3:18.94	3:09.89	3:00.85	200 Br	2:57.30	3:06.17	3:15.03	3:23.90	3:32.76
1:27.41	1:23.77	1:20.12	1:16.48	1:12.84	100 FI	1:11.41	1:14.98	1:18.55	1:22.12	1:25.69
3:24.96	3:16.42	3:07.88	2:59.34	2:50.80	200 FI	2:47.45	2:55.82	3:04.19	3:12.57	3:20.94
3:10.33	3:02.40	2:54.47	2:46.54	2:38.61	200 IM	2:35.50	2:40.83	2:48.49	2:56.15	3:06.60
6:48.82	6:31.78	6:14.75	5:57.71	5:40.68	400 IM	5:34.00	5:50.70	6:07.40	6:24.10	6:40.80

Also see 13&Under & 14&Under Standards

2022-2023 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

2022-2023 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	2:58.24
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

2022-2023 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 Fl	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 Fl	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

2022-2023 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 Fl	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 Fl	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

2022-2023 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

2022-2023 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

2022-2023 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 FI	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 FI	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

2022-2023 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 FI	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 FI	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

2022-2023 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

2022-2023 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