



CHAMPIONSHIP
SERIES ★★★★★

2025 TIME STANDARDS

OPEN WATER NATIONAL CHAMPIONSHIPS

**The Qualifying Period is January 1, 2024 through the entry deadline*

NATIONAL CHAMPIONSHIPS

		10K	10K 19&U*	5K
MEN	800 LCM	8:21.49	8:26.50	8:26.50
	1500 LCM	15:59.99	16:09.59	16:09.59
	1000 SCY	9:15.19	9:20.74	9:20.74
	1650 SCY	15:34.89	15:44.24	15:44.24
WOMEN	800 LCM	8:54.49	9:03.49	9:03.49
	1500 LCM	17:06.69	17:20.49	17:20.49
	1000 SCY	9:58.79	10:03.59	10:03.59
	1650 SCY	16:35.89	16:49.19	16:46.19

**AQUA Birthday*

**AQUA Birthday defined as age as of December 31, 2025*



2025 TIME STANDARDS

OPEN WATER NATIONAL CHAMPIONSHIPS

**The Qualifying Period is January 1, 2024 through the entry deadline*

JUNIOR NATIONAL CHAMPIONSHIPS

		7.5K	5K
MEN	800 LCM	8:40.69	9:00.59
	1500 LCM	16:38.99	17:16.82
	1000 SCY	9:34.29	9:54.65
	1650 SCY	16:05.49	16:44.08
WOMEN	800 LCM	9:19.33	9:30.51
	1500 LCM	17:50.79	18:12.21
	1000 SCY	10:26.69	10:39.02
	1650 SCY	17:24.73	17:45.62

**16-17 Age Group*

**15&U Age Group*

**AQUA Birthday defined as age as of December 31, 2025*