

		2025 Open Water Nationals			2025 Open Water Junior Nationals	
		10K	10K 19 & U*	5K	7.5K	5K
Men	800 LCM	8:21.49	8:26.50	8:26.50	8:40.69	9:00.59
	1500 LCM	15:59.99	16:09.59	16:09.59	16:38.99	17:16.82
	1000 SCY	9:15.19	9:20.74	9:20.74	9:34.29	9:54.65
	1650 SCY	15:34.89	15:44.24	15:44.24	16:05.49	16:44.08
Women	800 LCM	8:54.49	9:03.49	9:03.49	9:19.33	9:30.51
	1500 LCM	17:06.69	17:20.49	17:20.49	17:50.79	18:12.21
	1000 SCY	9:58.79	10:03.59	10:03.59	10:26.69	10:39.02
	1650 SCY	16:35.89	16:46.19	16:46.19	17:24.73	17:45.62

*AQUA Birthday

*16-17 Age Group

*15&U Age Group

AQUA Birthday defined as age as of December 31, 2025

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