

SCM - 2018/19 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - SCM

B		A		FEMALE		8 & U		MALE		A		B	
0:26.22	0:21.78					25 Free				0:22.20	0:26.72		
0:52.44	0:43.57					50 Free				0:44.39	0:53.44		
0:31.57	0:26.25					25 Back				0:27.06	0:32.55		
1:03.14	0:52.51					50 Back				0:54.13	1:05.08		
0:35.02	0:29.10					25 Breast				0:30.25	0:36.40		
1:10.05	0:58.21					50 Breast				1:00.48	1:12.78		
0:30.14	0:25.06					25 Fly				0:26.63	0:32.02		
1:00.30	0:50.12					50 Fly				0:53.27	1:04.06		
B	A	AA	AAA	AG-Z	10 & U	AG-Z	AAA	AA	A	B			
0:47.26	0:43.57	0:39.87	0:36.17	0:31.99	50 Free	0:31.99	0:36.86	0:40.63	0:44.39	0:48.16			
1:46.96	1:38.61	1:30.27	1:21.91	1:10.39	100 Free	1:10.09	1:24.08	1:32.65	1:41.22	1:49.78			
3:53.98	3:35.73	3:17.48	2:59.24	2:33.79	200 Free	2:33.09	3:06.22	3:25.16	3:44.11	4:03.05			
0:56.94	0:52.51	0:48.09	0:43.66	0:38.09	50 Back	0:38.29	0:45.01	0:49.57	0:54.13	0:58.70			
2:05.90	1:56.13	1:46.35	1:36.57	1:22.29	100 Back	1:22.79	1:39.88	1:49.99	2:00.09	2:10.20			
1:03.14	0:58.21	0:53.27	0:48.34	0:42.59	50 Breast	0:43.19	0:50.24	0:55.37	1:00.48	1:05.61			
2:18.31	2:07.52	1:56.73	1:45.93	1:33.09	100 Breast	1:34.19	1:50.57	2:01.82	2:13.09	2:24.36			
0:54.36	0:50.12	0:45.89	0:41.65	0:35.19	50 Fly	0:35.49	0:44.27	0:48.76	0:53.27	0:57.78			
2:14.88	2:04.40	1:53.91	1:43.43	1:21.39	100 Fly	1:21.19	1:44.85	1:55.47	2:06.10	2:16.73			
2:07.14	1:57.24	1:47.34	1:37.44		100 IM		1:39.84	1:49.99	2:00.12	2:10.26			
4:27.97	4:07.11	3:46.25	3:25.39	2:53.69	200 IM	2:54.39	3:32.43	3:53.99	4:15.56	4:37.12			
B	A	AA	AAA	AG-Z	11/12	AG-Z	AAA	AA	A	B			
0:40.98	0:37.77	0:34.55	0:31.34	0:28.59	50 Free	0:28.59	0:31.89	0:35.15	0:38.43	0:41.69			
1:30.70	1:23.61	1:16.50	1:09.40	1:03.09	100 Free	1:02.39	1:10.98	1:18.24	1:25.50	1:32.76			
3:17.70	3:02.25	2:46.79	2:31.34	2:16.79	200 Free	2:15.89	2:36.41	2:52.37	3:08.33	3:24.30			
7:00.45	6:27.62	5:54.78	5:21.95	4:48.59	400 Free	4:47.69	5:32.38	6:06.26	6:40.14	7:14.02			
0:48.77	0:44.98	0:41.18	0:37.38	0:33.69	50 Back	0:33.89	0:38.83	0:42.77	0:46.72	0:50.66			
1:45.91	1:37.66	1:29.42	1:21.19	1:12.39	100 Back	1:12.49	1:24.20	1:32.74	1:41.28	1:49.82			
3:48.59	3:30.83	3:13.06	2:55.29	2:39.69	200 Back	2:37.99	3:04.79	3:23.51	3:42.23	4:00.95			
0:54.15	0:49.89	0:45.65	0:41.41	0:37.29	50 Breast	0:36.89	0:42.65	0:47.02	0:51.38	0:55.76			
1:58.53	1:49.24	1:39.97	1:30.70	1:21.69	100 Breast	1:21.29	1:33.88	1:43.46	1:53.05	2:02.66			
4:17.72	3:57.58	3:37.45	3:17.32	2:59.29	200 Breast	2:58.19	3:27.27	3:48.39	4:09.53	4:30.65			
0:45.17	0:41.64	0:38.10	0:34.57	0:31.39	50 Fly	0:31.19	0:36.19	0:39.88	0:43.57	0:47.25			
1:45.28	1:37.07	1:28.87	1:20.66	1:10.19	100 Fly	1:09.99	1:24.75	1:33.36	1:41.98	1:50.60			
4:02.06	3:43.22	3:24.38	3:05.55	2:43.09	200 Fly	2:42.59	3:11.29	3:30.70	3:50.10	4:09.52			
1:45.11	1:36.89	1:28.69	1:20.49		100 IM		1:23.45	1:31.95	1:40.47	1:48.96			
3:45.22	3:27.65	3:10.08	2:52.51	2:34.99	200 IM	2:33.99	2:59.10	3:17.32	3:35.56	3:53.79			
8:11.34	7:33.06	6:54.76	6:16.48	5:39.09	400 IM	5:33.59	6:40.95	7:21.68	8:02.42	8:43.17			
B	A	AA	AAA	AG-Z	13/14	AG-Z	AAA	AA	A	B			
0:38.64	0:35.61	0:32.58	0:29.54	0:27.89	50 Free	0:25.99	0:28.04	0:30.92	0:33.81	0:36.70			
1:24.28	1:17.67	1:11.06	1:04.46	1:00.49	100 Free	0:56.59	1:01.93	1:08.29	1:14.64	1:20.99			
3:03.68	2:49.31	2:34.93	2:20.56	2:11.29	200 Free	2:03.39	2:17.16	2:31.19	2:45.23	2:59.27			
6:28.45	5:58.07	5:27.70	4:57.33	4:35.39	400 Free	4:23.79	4:52.44	5:22.32	5:52.21	6:22.09			
13:39.19	12:35.19	11:31.19	10:27.19	9:37.49	800 Free	9:16.59	10:11.19	11:13.59	12:15.98	13:18.39			
26:27.98	24:23.99	22:19.99	20:15.99	18:29.19	1500 Free	17:45.39	19:35.99	21:35.99	23:35.99	25:35.98			
1:37.71	1:30.11	1:22.50	1:14.89	1:09.19	100 Back	1:05.59	1:13.85	1:21.35	1:28.86	1:36.37			
3:31.10	3:14.67	2:58.25	2:41.83	2:28.79	200 Back	2:21.49	2:41.13	2:57.48	3:13.84	3:30.19			
1:49.56	1:40.98	1:32.40	1:23.82	1:18.29	100 Breast	1:12.89	1:21.45	1:29.80	1:38.14	1:46.48			
3:58.57	3:39.91	3:21.25	3:02.61	2:49.29	200 Breast	2:39.19	2:58.41	3:16.65	3:34.90	3:53.13			
1:35.34	1:27.89	1:20.45	1:13.00	1:07.19	100 Fly	1:02.59	1:11.31	1:18.58	1:25.85	1:33.12			
3:40.27	3:23.11	3:05.95	2:48.79	2:30.89	200 Fly	2:21.59	2:42.16	2:58.65	3:15.15	3:31.64			
3:29.62	3:13.25	2:56.88	2:40.51	2:29.09	200 IM	2:19.79	2:35.77	2:51.66	3:07.57	3:23.46			
7:25.63	6:50.87	6:16.09	5:41.34	5:17.19	400 IM	4:59.39	5:34.52	6:08.61	6:42.71	7:16.80			
B	A	AA	AAA	SR-Z	15-18	SR-Z	AAA	AA	A	B			
0:38.22	0:35.21	0:32.21	0:29.22		50 Free		0:26.37	0:29.08	0:31.80	0:34.52			
1:23.37	1:16.83	1:10.30	1:03.76		100 Free		0:57.59	1:03.51	1:09.43	1:15.35			
3:03.68	2:49.31	2:34.93	2:20.56		200 Free		2:08.02	2:21.14	2:34.27	2:47.39			
6:27.40	5:57.10	5:26.81	4:56.52		400 Free		4:37.14	5:05.50	5:33.85	6:02.20			
13:26.19	12:23.19	11:20.19	10:17.19		800 Free		9:47.19	10:47.19	11:47.19	12:47.19			
26:01.99	23:59.99	21:57.99	19:55.99		1500 Free		19:05.99	21:02.98	22:59.99	24:56.99			
1:37.14	1:29.57	1:22.01	1:14.44		100 Back		1:08.31	1:15.26	1:22.21	1:29.17			
3:31.10	3:14.67	2:58.25	2:41.83		200 Back		2:32.00	2:47.44	3:02.88	3:18.32			
1:49.56	1:40.98	1:32.40	1:23.82		100 Breast		1:16.55	1:24.40	1:32.26	1:40.11			
3:58.57	3:39.91	3:21.25	3:02.61		200 Breast		2:52.31	3:09.93	3:27.56	3:45.19			
1:34.01	1:26.67	1:19.33	1:11.99		100 Fly		1:05.39	1:12.07	1:18.74	1:25.43			
3:40.27	3:23.11	3:05.95	2:48.79		200 Fly		2:32.53	2:48.07	3:03.59	3:19.15			
3:27.13	3:10.95	2:54.77	2:38.59		200 IM		2:25.67	2:40.55	2:55.44	3:10.32			
7:25.63	6:50.87	6:16.09	5:41.34		400 IM		5:18.38	5:50.86	6:23.34	6:55.82			

Zone times to be added when released by Western Zone

ver. R2 updated 2018-Oct 7