

## 2018-19 Hawaiian Swimming Senior Time Standards

Women			SR-A	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:26.32	0:29.16	0:29.96	<b>50 Free</b>	0:24.09	0:26.78	0:27.58
0:57.06	1:03.69	1:05.29	<b>100 Free</b>	0:52.60	0:59.19	1:00.79
2:05.31	2:20.10	2:23.30	<b>200 Free</b>	1:56.40	2:11.42	2:14.62
5:33.44	4:53.23	4:59.63	<b>400/500 Fr</b>	5:16.07	4:39.76	4:46.16
11:38.05	10:17.19	10:29.99	<b>800/1000 Fr</b>	11:03.76	9:47.19	9:59.99
19:44.09	19:55.99	20:19.99	<b>1500/1650 Fr</b>	18:54.38	18:58.25	19:22.25
1:05.94	1:15.99	1:17.19	<b>100 Back</b>	1:01.70	1:11.06	1:12.26
2:24.01	2:44.08	2:46.48	<b>200 Back</b>	2:13.97	2:32.91	2:35.31
1:14.04	1:24.88	1:26.88	<b>100 Breast</b>	1:08.41	1:18.51	1:20.51
2:42.33	3:04.58	3:08.58	<b>200 Breast</b>	2:32.34	2:52.87	2:56.87
1:04.17	1:12.71	1:14.11	<b>100 Fly</b>	0:59.50	1:06.90	1:08.30
2:27.72	2:44.17	2:46.97	<b>200 Fly</b>	2:13.97	2:31.63	2:34.43
2:21.58	2:39.84	2:43.04	<b>200 IM</b>	2:12.27	2:29.36	2:32.56
5:01.83	5:40.28	5:46.68	<b>400 IM</b>	4:44.78	5:21.17	5:27.57
1:45.28	1:56.64	1:59.84	<b>200 Fr Rly</b>	1:36.36	1:47.12	1:50.32
3:48.24	4:14.76	4:21.16	<b>400 Fr Rly</b>	3:30.40	3:56.76	4:03.16
8:21.24	9:20.40	9:33.20	<b>800 Fr Rly</b>	7:45.60	8:45.68	8:58.48
1:57.54	2:13.77	2:16.56	<b>200 Med Rly</b>	1:48.99	2:04.05	2:06.84
4:21.21	4:57.27	5:03.47	<b>400 Med Rly</b>	4:02.21	4:35.66	4:41.86

Women			SR-B	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:27.64	0:30.62	0:31.46	<b>50 Free</b>	0:25.29	0:28.12	0:28.96
0:59.91	1:06.87	1:08.55	<b>100 Free</b>	0:55.23	1:02.15	1:03.83
2:11.58	2:27.10	2:30.46	<b>200 Free</b>	2:02.22	2:17.99	2:21.35
5:50.11	5:07.89	5:14.61	<b>400/500 Fr</b>	5:31.87	4:53.75	5:00.47
12:12.95	10:48.05	11:01.49	<b>800/1000 Fr</b>	11:36.95	10:16.55	10:29.99
20:43.29	20:55.79	21:20.99	<b>1500/1650 Fr</b>	19:51.10	19:55.16	20:20.36
1:09.24	1:19.79	1:21.05	<b>100 Back</b>	1:04.78	1:14.61	1:15.87
2:31.21	2:52.28	2:54.80	<b>200 Back</b>	2:20.67	2:40.55	2:43.07
1:17.74	1:29.12	1:31.22	<b>100 Breast</b>	1:11.83	1:22.43	1:24.53
2:50.45	3:13.81	3:18.01	<b>200 Breast</b>	2:39.96	3:01.51	3:05.71
1:07.38	1:16.35	1:17.82	<b>100 Fly</b>	1:02.47	1:10.24	1:11.71
2:35.10	2:52.38	2:55.32	<b>200 Fly</b>	2:20.67	2:39.21	2:42.15
2:28.66	2:47.83	2:51.19	<b>200 IM</b>	2:18.88	2:36.83	2:40.19
5:16.92	5:57.29	6:04.01	<b>400 IM</b>	4:59.02	5:37.23	5:43.95

### Legend:

SR-A - Hawaiian Senior 'A' cut

SR-B - Hawaiian Senior 'B' cut

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