

LCM - 2019/20 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

B		A		FEMALE		8 & U	MALE				A	B
0:53.35	0:44.46					50 Free					0:45.41	0:54.49
1:03.75	0:53.13					50 Back					0:55.52	1:06.65
1:11.53	0:59.61					50 Breast					1:03.30	1:15.96
1:02.31	0:51.92					50 Fly					0:54.83	1:05.81
B	A	AA	AAA	AAAA	AG-Z	10 & U	AG-Z	AAAA	AAA	AA	A	B
0:48.16	0:44.46	0:40.76	0:37.05	0:34.70	0:32.79	50 Free	0:32.79	0:35.48	0:37.84	0:41.63	0:45.41	0:49.20
1:49.58	1:41.14	1:32.72	1:24.31	1:18.38	1:11.99	100 Free	1:11.79	1:19.85	1:26.90	1:35.59	1:44.29	1:52.97
4:01.45	3:42.88	3:24.30	3:05.73	2:51.12	2:36.99	200 Free	2:36.39	2:53.26	3:11.86	3:31.05	3:50.23	4:09.42
0:57.57	0:53.13	0:48.70	0:44.27	0:42.29	0:38.79	50 Back	0:38.99	0:43.07	0:46.27	0:50.89	0:55.52	1:00.15
2:07.40	1:57.58	1:47.79	1:37.99	1:31.98	1:23.59	100 Back	1:24.09	1:34.31	1:41.85	1:52.04	2:02.23	2:12.41
1:04.57	0:59.61	0:54.64	0:49.67	0:47.26	0:43.79	50 Breast	0:44.19	0:47.67	0:52.75	0:58.02	1:03.30	1:08.58
2:21.67	2:10.77	1:59.88	1:48.98	1:42.53	1:35.09	100 Breast	1:36.29	1:44.58	1:54.93	2:06.42	2:17.92	2:29.41
0:56.23	0:51.92	0:47.59	0:43.26	0:38.19	0:35.99	50 Fly	0:36.19	0:40.75	0:45.70	0:50.27	0:54.83	0:59.41
2:17.49	2:06.90	1:56.33	1:45.75	1:32.78	1:22.59	100 Fly	1:22.69	1:37.67	1:54.94	2:06.43	2:17.93	2:29.42
4:34.63	4:13.52	3:52.37	3:31.25	3:12.81	2:56.79	200 IM	2:57.69	3:17.96	3:41.08	4:03.19	4:25.29	4:47.42
B	A	AA	AAA	AAAA	AG-Z	11/12	AG-Z	AAAA	AAA	AA	A	B
0:41.90	0:38.67	0:35.45	0:32.24	0:30.88	0:29.39	50 Free	0:29.19	0:31.23	0:32.76	0:36.03	0:39.32	0:42.59
1:32.64	1:25.52	1:18.39	1:11.26	1:07.96	1:04.39	100 Free	1:03.79	1:09.08	1:12.81	1:20.09	1:27.37	1:34.65
3:22.49	3:06.92	2:51.33	2:35.76	2:28.03	2:19.79	200 Free	2:18.89	2:30.72	2:39.80	2:55.78	3:11.76	3:27.74
7:07.94	6:35.02	6:02.09	5:29.18	5:13.93	4:54.69	400 Free	4:54.39	5:25.42	5:41.23	6:15.35	6:49.48	7:23.60
0:49.55	0:45.74	0:41.94	0:38.12	0:36.70	0:34.19	50 Back	0:34.19	0:37.75	0:39.67	0:43.63	0:47.61	0:51.57
1:47.59	1:39.31	1:31.03	1:22.76	1:19.63	1:13.39	100 Back	1:13.29	1:21.89	1:26.00	1:34.60	1:43.20	1:51.80
3:51.43	3:33.62	3:15.82	2:58.02	2:54.08	2:42.09	200 Back	2:39.39	2:58.81	3:08.44	3:27.28	3:46.13	4:04.97
0:55.66	0:51.37	0:47.09	0:42.81	0:40.79	0:38.19	50 Breast	0:37.79	0:40.81	0:44.03	0:48.43	0:52.84	0:57.24
2:02.59	1:53.16	1:43.73	1:34.30	1:29.43	1:23.29	100 Breast	1:23.29	1:29.65	1:36.22	1:45.84	1:55.46	2:05.09
4:25.33	4:04.93	3:44.51	3:24.10	3:16.24	3:02.39	200 Breast	3:01.09	3:19.59	3:32.08	3:53.29	4:14.49	4:35.71
0:45.88	0:42.35	0:38.82	0:35.29	0:33.46	0:31.99	50 Fly	0:31.89	0:34.32	0:37.03	0:40.74	0:44.43	0:48.14
1:46.68	1:38.47	1:30.27	1:22.06	1:16.82	1:11.19	100 Fly	1:11.49	1:20.03	1:27.16	1:35.87	1:44.60	1:53.31
4:19.21	3:59.26	3:39.33	3:19.39	3:01.44	2:45.89	200 Fly	2:44.89	3:23.76	3:14.09	3:33.49	3:52.90	4:12.31
3:50.74	3:32.99	3:15.24	2:57.49	2:48.62	2:37.69	200 IM	2:36.69	2:50.55	3:03.75	3:22.12	3:40.50	3:58.88
8:22.84	7:44.16	7:05.48	6:26.80	6:08.22	5:44.39	400 IM	5:39.69	6:23.62	6:47.35	7:28.09	8:08.82	8:49.57
B	A	AA	AAA	AAAA	AG-Z	13/14	AG-Z	AAAA	AAA	AA	A	B
0:39.44	0:36.41	0:33.38	0:30.34	0:29.16	0:28.59	50 Free	0:26.69	0:27.69	0:28.84	0:31.72	0:34.61	0:37.50
1:25.88	1:19.27	1:12.66	1:06.06	1:03.72	1:01.89	100 Free	0:57.99	1:01.10	1:03.53	1:09.89	1:16.24	1:22.59
3:06.88	2:52.51	2:38.13	2:23.76	2:18.82	2:14.29	200 Free	2:06.19	2:14.67	2:20.36	2:34.39	2:48.43	3:02.47
6:34.85	6:04.47	5:34.10	5:03.73	4:55.15	4:40.99	400 Free	4:29.69	4:46.07	4:58.84	5:28.72	5:58.61	6:28.49
13:51.99	12:47.99	11:43.99	10:39.99	10:18.38	9:51.29	800 Free	9:28.29	10:08.29	10:23.99	11:26.39	12:28.78	13:31.19
26:51.98	24:47.99	22:43.99	20:39.99	19:59.79	18:51.09	1500 Free	18:07.89	19:24.23	19:59.99	21:59.99	23:59.99	25:59.98
1:38.91	1:31.31	1:23.70	1:16.09	1:13.76	1:10.29	100 Back	1:06.49	1:11.21	1:15.05	1:22.55	1:30.06	1:37.57
3:33.50	3:17.07	3:00.65	2:44.23	2:40.14	2:30.89	200 Back	2:23.59	2:35.46	2:43.53	2:59.88	3:16.24	3:32.59
1:51.56	1:42.98	1:34.40	1:25.82	1:24.04	1:20.09	100 Breast	1:14.69	1:19.05	1:23.45	1:31.80	1:40.14	1:48.48
4:02.57	3:43.91	3:25.25	3:06.61	3:00.16	2:52.69	200 Breast	2:42.59	2:53.92	3:02.41	3:20.65	3:38.90	3:57.13
1:36.74	1:29.29	1:21.85	1:14.40	1:10.84	1:08.19	100 Fly	1:03.59	1:08.56	1:12.71	1:19.98	1:27.25	1:34.52
3:43.07	3:25.91	3:08.75	2:51.59	2:43.32	2:32.79	200 Fly	2:24.09	2:37.96	2:44.96	3:01.45	3:17.95	3:34.44
3:32.82	3:16.45	3:00.08	2:43.71	2:38.41	2:32.09	200 IM	2:22.79	2:31.89	2:38.97	2:54.86	3:10.77	3:26.66
7:32.03	6:57.27	6:22.49	5:47.74	5:41.95	5:22.99	400 IM	5:04.99	5:29.46	5:40.92	6:15.01	6:49.11	7:23.20
B	A	AA	AAA	AAAA	SR-Z	15-18	SR-Z	AAAA	AAA	AA	A	B
0:38.90	0:35.91	0:32.91	0:29.92	0:28.18		50 Free	0:25.34	0:26.97	0:29.67	0:32.37	0:35.07	
1:24.55	1:18.05	1:11.54	1:05.04	1:00.69		100 Free	0:55.65	0:58.79	1:04.67	1:10.55	1:16.43	
3:05.50	2:51.23	2:36.96	2:22.69	2:12.49		200 Free	2:01.90	2:10.91	2:23.99	2:37.08	2:50.17	
6:33.80	6:03.50	5:33.21	5:02.92	4:41.91		400 Free	4:22.67	4:41.76	5:09.94	5:38.11	6:06.29	
13:38.99	12:35.99	11:32.99	10:29.99	9:51.86		800 Free	9:12.87	9:59.99	10:59.99	11:59.99	12:59.99	
26:25.99	24:23.99	22:21.99	20:19.99	19:03.72		1500 Free	17:45.80	19:29.99	21:26.98	23:23.99	25:20.99	
1:38.04	1:30.49	1:22.95	1:15.41	1:11.21		100 Back	1:04.80	1:09.08	1:15.99	1:22.90	1:29.80	
3:33.50	3:17.07	3:00.65	2:44.23	2:33.10		200 Back	2:22.27	2:33.65	2:49.01	3:04.38	3:19.75	
1:51.56	1:42.98	1:34.40	1:25.82	1:19.49		100 Breast	1:09.95	1:18.20	1:26.02	1:33.84	1:41.66	
4:02.57	3:43.91	3:25.25	3:06.61	2:51.54		200 Breast	2:35.30	2:54.61	3:12.07	3:29.53	3:46.99	
1:34.90	1:27.60	1:20.30	1:13.01	1:07.76		100 Fly	1:00.66	1:06.65	1:13.32	1:19.98	1:26.65	
3:43.07	3:25.91	3:08.75	2:51.59	2:31.62		200 Fly	2:20.06	2:35.33	2:50.85	3:06.38	3:21.91	
3:30.33	3:14.15	2:57.97	2:41.79	2:32.01		200 IM	2:18.18	2:27.92	2:42.71	2:57.50	3:12.30	
7:32.03	6:57.27	6:22.49	5:47.74	5:27.01		400 IM	5:00.32	5:21.10	5:53.19	6:25.30	6:57.40	

Zone times to be added when released by Western Zone

ver. R2 updated 2019-Sep-15