

SCM - 2010/11 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - SCM

HI-C+ HI-B HI-A			GIRLS			8 & U			BOYS			HI-A HI-B HI-C+		
0:27.45	0:27.44	0:22.80				25 Free			0:23.42	0:28.21	0:28.22			
0:54.89	0:54.88	0:45.60				50 Free			0:46.85	0:56.38	0:56.39			
0:33.01	0:33.00	0:27.45				25 Back			0:28.42	0:34.17	0:34.18			
1:06.01	1:06.00	0:54.90				50 Back			0:56.83	1:08.32	1:08.33			
0:36.45	0:36.44	0:30.28				25 Breast			0:31.89	0:38.37	0:38.38			
1:12.88	1:12.87	1:00.56				50 Breast			1:03.79	1:16.75	1:16.76			
0:30.86	0:30.85	0:25.65				25 Fly			0:27.02	0:32.50	0:32.51			
1:01.70	1:01.69	0:51.30				50 Fly			0:54.05	1:04.99	1:05.00			
HI-C+	HI-B	HI-A	HI-AA	QUAL	*ZONE	10 & U	*ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+		
0:49.48	0:49.47	0:45.60	0:41.74	0:37.87	-	50 Free	-	0:38.91	0:42.88	0:46.85	0:50.83	0:50.84		
1:48.20	1:48.19	1:39.74	1:31.30	1:22.86	-	100 Free	-	1:25.63	1:34.35	1:43.07	1:51.80	1:51.81		
4:00.25	4:00.24	3:41.51	3:22.79	3:04.06	-	200 Free	-	3:06.75	3:25.75	3:44.74	4:03.73	4:03.74		
0:59.54	0:59.53	0:54.90	0:50.28	0:45.65	-	50 Back	-	0:47.26	0:52.05	0:56.83	1:01.62	1:01.63		
2:08.34	2:08.33	1:58.36	1:48.39	1:38.43	-	100 Back	-	1:40.67	1:50.86	2:01.05	2:11.24	2:11.25		
1:05.70	1:05.69	1:00.56	0:55.43	0:50.31	-	50 Breast	-	0:52.99	0:58.39	1:03.79	1:09.19	1:09.20		
2:23.46	2:23.45	2:12.26	2:01.07	1:49.88	-	100 Breast	-	1:55.35	2:07.08	2:18.82	2:30.56	2:30.57		
0:55.64	0:55.63	0:51.30	0:46.96	0:42.64	-	50 Fly	-	0:44.92	0:49.48	0:54.05	0:58.61	0:58.62		
2:09.95	2:09.94	1:59.84	1:49.73	1:39.63	-	100 Fly	-	1:44.85	1:55.47	2:06.10	2:16.73	2:16.74		
2:07.48	2:07.47	1:57.55	1:47.63	1:37.70	-	100 IM	-	1:41.62	1:51.94	2:02.26	2:12.58	2:12.59		
4:29.54	4:29.53	4:08.55	3:47.57	3:26.59	-	200 IM	-	3:32.43	3:53.99	4:15.56	4:37.12	4:37.13		
HI-C+	HI-B	HI-A	HI-AA	QUAL	*ZONE	11/12	*ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+		
0:42.77	0:42.76	0:39.42	0:36.05	0:32.70	-	50 Free	-	0:33.93	0:37.41	0:40.88	0:44.36	0:44.37		
1:34.43	1:34.42	1:27.04	1:19.64	1:12.26	-	100 Free	-	1:14.26	1:21.85	1:29.43	1:37.03	1:37.04		
3:25.46	3:25.45	3:09.40	2:53.35	2:37.30	-	200 Free	-	2:41.99	2:58.51	3:15.03	3:31.54	3:31.55		
7:13.31	7:13.30	6:39.47	6:05.65	5:31.82	-	400 Free	-	5:42.87	6:17.80	6:52.72	7:27.66	7:27.67		
0:50.83	0:50.82	0:46.85	0:42.90	0:38.95	-	50 Back	-	0:40.69	0:44.82	0:48.95	0:53.08	0:53.09		
1:49.36	1:49.35	1:40.84	1:32.34	1:23.83	-	100 Back	-	1:27.40	1:36.27	1:45.13	1:53.99	1:54.00		
0:56.70	0:56.69	0:52.26	0:47.82	0:43.38	-	50 Breast	-	0:44.18	0:48.70	0:53.21	0:57.74	0:57.75		
2:03.58	2:03.57	1:53.91	1:44.25	1:34.58	-	100 Breast	-	1:37.58	1:47.54	1:57.49	2:07.45	2:07.46		
0:47.61	0:47.60	0:43.88	0:40.17	0:36.45	-	50 Fly	-	0:37.64	0:41.47	0:45.31	0:49.14	0:49.15		
1:47.44	1:47.43	1:39.05	1:30.68	1:22.31	-	100 Fly	-	1:24.86	1:33.48	1:42.12	1:50.76	1:50.77		
1:48.70	1:48.69	1:40.21	1:31.73	1:23.25	-	100 IM	-	1:26.04	1:34.78	1:43.54	1:52.30	1:52.31		
3:52.58	3:52.57	3:34.43	3:16.30	2:58.17	-	200 IM	-	3:04.05	3:22.77	3:41.50	4:00.23	4:00.24		

*note: 2011 Zone and Sectional standards not yet released

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HI-B	HI-A	HI-AA	QUAL	*ZONE	*SECT	13/14	*SECT	*ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.66	0:37.46	0:34.28	0:31.09	-	-	50 Free	-	-	0:29.77	0:32.82	0:35.88	0:38.94
1:28.05	1:21.15	1:14.26	1:07.35	-	-	100 Free	-	-	1:04.47	1:11.07	1:17.68	1:24.29
3:10.12	2:55.25	2:40.38	2:25.51	-	-	200 Free	-	-	2:20.83	2:35.22	2:49.63	3:04.03
6:39.85	6:08.60	5:37.35	5:06.10	-	-	400 Free	-	-	5:00.02	5:30.66	6:01.30	6:31.95
13:55.75	12:50.48	11:45.20	10:39.93	-	-	800 Free	-	-	10:25.14	11:28.94	12:32.73	13:36.52
26:43.62	24:38.41	22:33.21	20:28.01	-	-	1500 Free	-	-	19:54.78	21:56.65	23:58.53	26:00.41
1:43.91	1:35.83	1:27.73	1:19.65	-	-	100 Back	-	-	1:16.53	1:24.32	1:32.09	1:39.86
3:37.66	3:20.73	3:03.80	2:46.88	-	-	200 Back	-	-	2:41.67	2:58.08	3:14.48	3:30.89
1:55.77	1:46.72	1:37.66	1:28.60	-	-	100 Breast	-	-	1:24.97	1:33.67	1:42.36	1:51.07
4:05.23	3:46.06	3:26.89	3:07.72	-	-	200 Breast	-	-	3:01.80	3:20.38	3:38.96	3:57.54
1:40.36	1:32.53	1:24.70	1:16.88	-	-	100 Fly	-	-	1:13.15	1:20.60	1:28.06	1:35.52
3:40.27	3:23.11	3:05.95	2:48.79	-	-	200 Fly	-	-	2:42.16	2:58.67	3:15.16	3:31.67
3:37.15	3:20.20	3:03.25	2:46.30	-	-	200 IM	-	-	2:39.30	2:55.55	3:11.80	3:28.05
7:41.92	7:05.88	6:29.87	5:53.83	-	-	400 IM	-	-	5:41.13	6:15.88	6:50.63	7:25.39
HI-B	HI-A	HI-AA	QUAL	*ZONE	*SECT	15/16	*SECT	*ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.04	0:36.90	0:33.76	0:30.61	-	-	50 Free	-	-	0:27.59	0:30.44	0:33.27	0:36.11
1:27.40	1:20.55	1:13.70	1:06.87	-	-	100 Free	-	-	1:00.48	1:06.70	1:12.90	1:19.12
3:08.29	2:53.56	2:38.83	2:24.10	-	-	200 Free	-	-	2:12.55	2:26.12	2:39.70	2:53.27
6:37.80	6:06.70	5:35.61	5:04.52	-	-	400 Free	-	-	4:43.03	5:11.97	5:40.92	6:09.86
13:40.04	12:35.98	11:31.91	10:27.84	-	-	800 Free	-	-	9:52.32	10:52.82	11:53.34	12:53.85
26:26.80	24:22.89	22:18.98	20:15.07	-	-	1500 Free	-	-	19:14.38	21:12.22	23:10.05	25:07.89
1:40.30	1:32.49	1:24.68	1:16.88	-	-	100 Back	-	-	1:10.72	1:17.91	1:25.10	1:32.30
3:35.91	3:19.11	3:02.32	2:45.53	-	-	200 Back	-	-	2:33.76	2:49.37	3:04.99	3:20.60
1:52.20	1:43.42	1:34.64	1:25.85	-	-	100 Breast	-	-	1:20.18	1:28.40	1:36.61	1:44.83
4:04.21	3:45.12	3:26.03	3:06.94	-	-	200 Breast	-	-	2:53.10	3:10.82	3:28.54	3:46.24
1:37.15	1:29.57	1:21.98	1:14.40	-	-	100 Fly	-	-	1:07.28	1:14.15	1:21.01	1:27.88
3:38.88	3:21.82	3:04.77	2:47.72	-	-	200 Fly	-	-	2:32.92	2:48.50	3:04.07	3:19.66
3:35.67	3:18.83	3:02.00	2:45.16	-	-	200 IM	-	-	2:30.90	2:46.31	3:01.73	3:17.14
7:34.96	6:59.46	6:23.96	5:48.47	-	-	400 IM	-	-	5:24.06	5:57.12	6:30.18	7:03.21
HI-B	HI-A	HI-AA	QUAL	*ZONE	*SECT	17/18	*SECT	*ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.28	0:37.02	0:34.41	0:31.80	-	-	50 Free	-	-	0:27.92	0:30.21	0:32.51	0:35.39
1:27.92	1:20.82	1:15.14	1:09.45	-	-	100 Free	-	-	1:01.57	1:06.62	1:11.67	1:17.99
3:13.15	2:57.57	2:45.10	2:32.64	-	-	200 Free	-	-	2:16.54	2:27.72	2:38.90	2:52.87
6:42.65	6:10.18	5:44.21	5:18.24	-	-	400 Free	-	-	4:51.67	5:15.51	5:39.36	6:09.17
14:13.61	13:04.84	12:09.83	11:14.82	-	-	800 Free	-	-	10:19.31	11:09.89	12:00.45	13:03.66
27:09.49	24:58.27	23:13.28	21:28.30	-	-	1500 Free	-	-	19:56.06	21:33.67	23:11.28	25:13.29
1:43.97	1:35.63	1:28.96	1:22.27	-	-	100 Back	-	-	1:13.96	1:19.96	1:25.98	1:33.50
3:44.71	3:26.68	3:12.26	2:57.84	-	-	200 Back	-	-	2:40.99	2:54.07	3:07.13	3:23.49
1:56.92	1:47.48	1:39.93	1:32.39	-	-	100 Breast	-	-	1:22.34	1:29.09	1:35.83	1:44.26
4:14.96	3:54.40	3:37.96	3:21.51	-	-	200 Breast	-	-	3:02.62	3:17.55	3:32.48	3:51.14
1:40.51	1:32.42	1:25.95	1:19.48	-	-	100 Fly	-	-	1:09.01	1:14.64	1:20.28	1:27.31
3:52.60	3:33.92	3:18.98	3:04.03	-	-	200 Fly	-	-	2:42.86	2:56.11	3:09.37	3:25.94
3:37.12	3:19.61	3:05.63	2:51.64	-	-	200 IM	-	-	2:35.33	2:48.02	3:00.70	3:16.55
7:57.49	7:19.08	6:48.36	6:17.63	-	-	400 IM	-	-	5:44.27	6:12.32	6:40.38	7:15.44

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