LCM - 2015/16 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

B	A	FEMALE				8 & U	MALE				A	B
0:52.86	0:44.06					**50 Free**					0:45.19	0:54.24
1:03.47	0:52.89					**50 Back**					0:54.73	1:05.68
1:10.59	0:58.81					**50 Breast**					1:01.57	1:13.88
1:00.46	0:50.38					**50 Fly**					0:54.24	1:05.09
B	**A**	**AA**	**AAA**	**AAAA**	**AG-Z**	**10 & U**	**AG-Z**	**AAAA**	**AAA**	**AA**	**A**	**B**
0:47.72	0:44.06	0:40.38	0:36.71	0:33.51		**50 Free**		0:34.57	0:37.66	0:41.43	0:45.19	0:48.96
1:48.04	1:39.74	1:31.42	1:23.11	1:14.19		**100 Free**		1:16.59	1:26.16	1:34.77	1:43.39	1:52.01
3:56.48	3:38.30	3:20.10	3:01.91	2:41.02		**200 Free**		2:47.90	3:09.95	3:28.95	3:47.94	4:06.93
0:57.30	0:52.89	0:48.49	0:44.08	0:40.16		**50 Back**		0:41.78	0:45.61	0:50.17	0:54.73	0:59.30
2:06.60	1:56.85	1:47.12	1:37.38	1:28.60		**100 Back**		1:31.37	1:41.08	1:51.19	2:01.29	2:11.40
1:03.72	0:58.81	0:53.91	0:49.01	0:44.69		**50 Breast**		0:46.69	0:51.31	0:56.44	1:01.57	1:06.70
2:19.92	2:09.15	1:58.39	1:47.63	1:36.89		**100 Breast**		1:41.46	1:52.57	2:03.82	2:15.09	2:26.36
0:54.59	0:50.38	0:46.19	0:41.99	0:36.63		**50 Fly**		0:39.08	0:45.20	0:49.72	0:54.24	0:58.78
2:11.34	2:01.24	1:51.13	1:41.03	1:25.56		**100 Fly**		1:34.65	1:46.25	1:56.87	2:07.50	2:18.13
4:27.76	4:07.17	3:46.57	3:25.97	3:03.51		**200 IM**		3:13.05	3:35.63	3:57.19	4:18.76	4:40.32
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	0:30.44		**50 Free**		0:30.22	0:32.87	0:36.15	0:39.44	0:42.74
1:32.30	1:25.21	1:18.10	1:11.00	1:06.42		**100 Free**		1:06.48	1:13.21	1:20.53	1:27.85	1:35.17
3:22.05	3:06.49	2:50.95	2:35.41	2:25.94		**200 Free**		2:26.84	2:41.47	2:57.61	3:13.76	3:29.92
7:10.06	6:36.98	6:03.91	5:30.82	5:10.41		**400 Free**		5:15.43	5:44.99	6:19.49	6:53.99	7:28.49
0:49.70	0:45.87	0:42.05	0:38.22	0:36.15		**50 Back**		0:36.40	0:39.71	0:43.67	0:47.64	0:51.62
1:47.82	1:39.51	1:31.22	1:22.93	1:18.01		**100 Back**		1:17.90	1:26.55	1:35.21	1:43.86	1:52.51
4:03.23	3:44.50	3:25.80	3:07.09	2:52.58		**200 Back**		2:56.74	3:15.14	3:34.65	3:54.17	4:13.68
0:55.15	0:50.89	0:46.65	0:42.41	0:39.77		**50 Breast**		0:40.44	0:44.22	0:48.64	0:53.06	0:57.49
2:00.53	1:51.24	1:41.97	1:32.70	1:27.18		**100 Breast**		1:28.47	1:36.44	1:46.08	1:55.73	2:05.38
4:31.68	4:10.78	3:49.87	3:28.98	3:13.61		**200 Breast**		3:19.79	3:38.32	4:00.15	4:21.99	4:43.81
0:46.49	0:42.91	0:39.34	0:35.76	0:33.12		**50 Fly**		0:33.38	0:37.30	0:41.03	0:44.76	0:48.49
1:47.99	1:39.68	1:31.38	1:23.07	1:15.62		**100 Fly**		1:17.14	1:26.26	1:34.88	1:43.51	1:52.13
4:04.85	3:46.02	3:27.18	3:08.35	3:08.34		**200 Fly**		3:14.08	3:14.09	3:33.49	3:52.90	4:12.31
3:48.41	3:30.84	3:13.27	2:55.71	2:45.00		**200 IM**		2:47.79	3:03.86	3:22.25	3:40.63	3:59.02
8:22.50	7:43.85	7:05.19	6:26.54	6:13.54		**400 IM**		6:40.98	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**
0:39.81	0:36.74	0:33.68	0:30.61	0:29.31		**50 Free**		0:27.51	0:29.12	0:32.04	0:34.94	0:37.85
1:26.65	1:19.98	1:13.32	1:06.65	1:03.48		**100 Free**		1:00.42	1:04.33	1:10.74	1:17.17	1:23.61
3:09.08	2:54.54	2:40.00	2:25.45	2:17.88		**200 Free**		2:12.58	2:21.49	2:35.64	2:49.79	3:03.94
6:40.78	6:09.95	5:39.12	5:08.29	4:53.20		**400 Free**		4:44.13	5:03.85	5:34.23	6:04.62	6:35.00
13:51.99	12:47.99	11:43.99	10:39.99	10:09.34		**800 Free**		10:15.93	10:23.99	11:26.39	12:28.78	13:31.19
26:51.98	24:47.99	22:43.99	20:39.99	19:39.79		**1500 Free**		19:17.50	19:59.99	21:59.99	23:59.99	25:59.98
1:39.71	1:32.04	1:24.37	1:16.70	1:14.61		**100 Back**		1:10.76	1:16.51	1:24.16	1:31.81	1:39.47
3:36.19	3:19.55	3:02.92	2:46.29	2:39.58		**200 Back**		2:33.25	2:44.07	3:00.48	3:16.88	3:33.29
1:53.79	1:45.04	1:36.28	1:27.53	1:24.47		**100 Breast**		1:18.24	1:24.58	1:33.04	1:41.50	1:49.96
4:06.09	3:47.17	3:28.23	3:09.30	3:01.11		**200 Breast**		2:50.87	3:05.65	3:24.21	3:42.78	4:01.34
1:38.96	1:31.34	1:23.73	1:16.13	1:10.92		**100 Fly**		1:07.31	1:13.93	1:21.32	1:28.71	1:36.11
3:43.07	3:25.91	3:08.75	2:51.59	2:42.09		**200 Fly**		2:36.35	2:44.96	3:01.45	3:17.95	3:34.44
3:34.67	3:18.16	3:01.64	2:45.13	2:36.66		**200 IM**		2:28.97	2:40.59	2:56.65	3:12.71	3:28.77
7:42.47	7:06.89	6:31.31	5:55.74	5:35.92		**400 IM**		5:31.73	5:46.99	6:21.69	6:56.39	7:31.09
B	**A**	**AA**	**AAA**	**AAAA**	**SR-Z**	**15/16**	**SR-Z**	**AAAA**	**AAA**	**AA**	**A**	**B**
0:39.12	0:36.11	0:33.10	0:30.09	0:28.97		**50 Free**		0:26.13	0:27.27	0:29.99	0:32.72	0:35.47
1:24.95	1:18.42	1:11.89	1:05.35	1:02.75		**100 Free**		0:57.43	0:59.85	1:05.84	1:11.82	1:17.80
3:06.94	2:52.56	2:38.18	2:23.80	2:16.46		**200 Free**		2:06.36	2:11.88	2:25.07	2:38.26	2:51.44
6:35.41	6:04.99	5:34.58	5:04.16	4:48.90		**400 Free**		4:36.57	4:46.16	5:14.77	5:43.40	6:12.01
13:38.99	12:35.99	11:32.99	10:29.99	10:11.22		**800 Free**		9:59.98	9:59.99	10:59.99	11:59.99	12:59.99
26:25.99	24:23.99	22:21.99	20:19.99	19:37.18		**1500 Free**		18:41.75	19:29.99	21:26.98	23:23.99	25:20.99
1:38.13	1:30.57	1:23.02	1:15.47	1:12.49		**100 Back**		1:06.74	1:09.71	1:16.68	1:23.65	1:30.62
3:33.80	3:17.35	3:00.91	2:44.46	2:38.56		**200 Back**		2:27.74	2:34.80	2:50.28	3:05.76	3:21.25
1:51.76	1:43.17	1:34.56	1:25.97	1:22.82		**100 Breast**		1:14.83	1:19.07	1:26.98	1:34.88	1:42.79
4:03.46	3:44.73	3:26.01	3:07.28	2:59.90		**200 Breast**		2:47.03	2:56.86	3:14.54	3:32.24	3:49.92
1:36.04	1:28.66	1:21.26	1:13.88	1:09.55		**100 Fly**		1:03.44	1:07.32	1:14.05	1:20.79	1:27.51
3:41.68	3:24.62	3:07.57	2:50.52	2:37.71		**200 Fly**		2:27.05	2:35.72	2:51.29	3:06.86	3:22.43
3:29.82	3:13.66	2:57.53	2:41.39	2:35.28		**200 IM**		2:23.10	2:30.24	2:45.26	3:00.29	3:15.31
7:36.21	7:01.12	6:26.02	5:50.93	5:34.24		**400 IM**		5:16.04	5:27.99	6:00.79	6:33.59	7:06.39
B	**A**	**AA**	**AAA**	**AAAA**	**SR-Z**	**17/18**	**SR-Z**	**AAAA**	**AAA**	**AA**	**A**	**B**
0:39.61	0:36.56	0:33.51	0:30.47	0:29.54		**50 Free**		0:25.68	0:26.65	0:29.32	0:31.98	0:34.66
1:26.59	1:19.93	1:13.27	1:06.61	1:04.81		**100 Free**		0:56.27	0:58.28	1:04.10	1:09.93	1:15.76
3:11.96	2:57.18	2:42.42	2:27.66	2:22.31		**200 Free**		2:04.33	2:08.85	2:21.74	2:34.62	2:47.50
6:35.41	6:04.99	5:34.58	5:04.16	5:04.15		**400 Free**		4:34.77	4:43.46	5:11.81	5:40.15	6:08.50
13:38.99	12:35.99	11:32.99	10:29.99	10:29.98		**800 Free**		9:51.06	9:59.99	10:59.99	11:59.99	12:59.99
26:25.99	24:23.99	22:21.99	20:19.99	20:19.98		**1500 Free**		18:59.32	19:29.99	21:26.98	23:23.99	25:21.00
1:40.32	1:32.61	1:24.88	1:17.17	1:17.16		**100 Back**		1:06.58	1:08.54	1:15.39	1:22.25	1:29.10
3:44.29	3:27.04	3:09.78	2:52.53	2:46.11		**200 Back**		2:26.95	2:34.80	2:50.28	3:05.76	3:21.25
1:54.92	1:46.08	1:37.24	1:28.40	1:26.69		**100 Breast**		1:13.15	1:18.00	1:25.82	1:33.60	1:41.40
4:19.22	3:59.28	3:39.34	3:19.40	3:10.50		**200 Breast**		2:47.60	2:56.86	3:14.54	3:32.24	3:49.92
1:40.32	1:32.61	1:24.88	1:17.17	1:12.56		**100 Fly**		1:02.39	1:05.64	1:12.21	1:18.77	1:25.33
4:02.88	3:44.20	3:25.51	3:06.83	3:04.78		**200 Fly**		2:24.91	2:35.72	2:51.29	3:06.86	3:22.43
3:35.50	3:18.93	3:02.34	2:45.77	2:41.04		**200 IM**		2:22.21	2:27.91	2:42.70	2:57.49	3:12.29
7:36.21	7:01.12	6:26.02	5:50.93	5:50.92		**400 IM**		5:18.48	5:27.99	6:00.79	6:33.59	7:06.39

Zone times to be added when released by USA-S

ver. R1 approved AUG-30-2015