

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

B		A		FEMALE				S & U		MALE			
0:26.03	0:21.62	0:52.06	0:43.26					25 Free			0:22.20	0:26.72	
0:31.44	0:26.15	1:02.87	0:52.29					50 Free			0:44.39	0:53.44	
0:34.79	0:28.90	1:09.59	0:57.81					25 Back			0:27.06	0:32.55	
0:29.88	0:24.84	0:59.76	0:49.68					50 Back			0:54.13	1:05.08	
								25 Breast			0:30.28	0:36.44	
								50 Breast			1:00.57	1:12.88	
								25 Fly			0:26.77	0:32.19	
								50 Fly			0:53.54	1:04.39	
B	A	AA	AAA	AG-Z				10 & U	AG-Z	AAA	AA	A	B
0:46.92	0:43.26	0:39.58	0:35.91					50 Free		0:36.86	0:40.63	0:44.39	0:48.16
1:46.44	1:38.14	1:29.82	1:21.51					100 Free		1:24.56	1:33.17	1:41.79	1:50.41
3:53.28	3:35.10	3:16.90	2:58.71					200 Free		3:06.75	3:25.75	3:44.74	4:03.73
0:56.70	0:52.29	0:47.89	0:43.48					50 Back		0:45.01	0:49.57	0:54.13	0:58.70
2:05.40	1:55.65	1:45.92	1:36.18					100 Back		1:39.88	1:49.99	2:00.09	2:10.20
1:02.72	0:57.81	0:52.91	0:48.01					50 Breast		0:50.31	0:55.44	1:00.57	1:05.70
2:17.92	2:07.15	1:56.39	1:45.63					100 Breast		1:50.57	2:01.82	2:13.09	2:24.36
0:53.89	0:49.68	0:45.49	0:41.29					50 Fly		0:44.50	0:49.02	0:53.54	0:58.08
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
2:04.92	1:55.20	1:45.46	1:35.74					100 IM		1:39.97	1:50.11	2:00.27	2:10.43
4:24.56	4:03.97	3:43.37	3:22.77					200 IM		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
0:41.10	0:37.87	0:34.65	0:31.44					50 Free		0:32.07	0:35.35	0:38.64	0:41.94
1:30.70	1:23.61	1:16.50	1:09.40					100 Free		1:11.61	1:18.93	1:26.25	1:33.57
3:18.85	3:03.29	2:47.75	2:32.21					200 Free		2:38.27	2:54.41	3:10.56	3:26.72
7:03.66	6:30.58	5:57.51	5:24.42					400 Free		5:38.59	6:13.09	6:47.59	7:22.09
0:49.10	0:45.27	0:41.45	0:37.62					50 Back		0:39.11	0:43.07	0:47.04	0:51.02
1:46.62	1:38.31	1:30.02	1:21.73					100 Back		1:25.35	1:34.01	1:42.66	1:51.31
4:00.83	3:42.10	3:23.40	3:04.69					200 Back		3:12.74	3:32.25	3:51.77	4:11.28
0:54.15	0:49.89	0:45.65	0:41.41					50 Breast		0:43.22	0:47.64	0:52.06	0:56.49
1:58.53	1:49.24	1:39.97	1:30.70					100 Breast		1:34.44	1:44.08	1:53.73	2:03.38
4:27.68	4:06.78	3:45.87	3:24.98					200 Breast		3:34.32	3:56.15	4:17.99	4:39.81
0:45.79	0:42.21	0:38.64	0:35.06					50 Fly		0:36.60	0:40.33	0:44.06	0:47.79
1:46.59	1:38.28	1:29.98	1:21.67					100 Fly		1:24.86	1:33.48	1:42.11	1:50.73
4:02.05	3:43.22	3:24.38	3:05.55					200 Fly		3:11.29	3:30.69	3:50.10	4:09.51
1:45.61	1:37.36	1:29.12	1:20.87					100 IM		1:24.06	1:32.63	1:41.19	1:49.75
3:45.21	3:27.64	3:10.07	2:52.51					200 IM		3:00.66	3:19.05	3:37.43	3:55.82
8:16.10	7:37.45	6:58.79	6:20.14					400 IM		6:40.95	7:21.69	8:02.42	8:43.17
B	A	AA	AAA	AG-Z				13/14	AG-Z	AAA	AA	A	B
0:39.01	0:35.94	0:32.88	0:29.81					50 Free		0:28.32	0:31.24	0:34.14	0:37.05
1:25.05	1:18.38	1:11.72	1:05.05					100 Free		1:02.73	1:09.14	1:15.57	1:22.01
3:05.88	2:51.34	2:36.80	2:22.25					200 Free		2:18.29	2:32.44	2:46.59	3:00.74
6:34.38	6:03.55	5:32.72	5:01.89					400 Free		4:57.45	5:27.83	5:58.22	6:28.60
13:39.19	12:35.19	11:31.19	10:27.19					800 Free		10:11.19	11:13.59	12:15.98	13:18.39
26:27.98	24:23.99	22:19.99	20:15.99					1500 Free		19:35.99	21:35.99	23:35.99	25:35.99
1:38.51	1:30.84	1:23.17	1:15.50					100 Back		1:15.31	1:22.96	1:30.61	1:38.27
3:33.79	3:17.15	3:00.52	2:43.89					200 Back		2:41.67	2:58.08	3:14.48	3:30.89
1:51.79	1:43.04	1:34.28	1:25.53					100 Breast		1:22.58	1:31.04	1:39.50	1:47.96
4:02.09	3:43.17	3:24.23	3:05.30					200 Breast		3:01.65	3:20.21	3:38.78	3:57.34
1:37.56	1:29.94	1:22.33	1:14.73					100 Fly		1:12.53	1:19.92	1:27.31	1:34.71
3:40.27	3:23.11	3:05.95	2:48.79					200 Fly		2:42.16	2:58.65	3:15.15	3:31.64
3:31.47	3:14.96	2:58.44	2:41.93					200 IM		2:37.39	2:53.45	3:09.51	3:25.57
7:36.07	7:00.49	6:24.91	5:49.34					400 IM		5:40.59	6:15.29	6:49.99	7:24.69
B	A	AA	AAA	SR-Z				15/16	SR-Z	AAA	AA	A	B
0:38.32	0:35.31	0:32.30	0:29.29					50 Free		0:26.47	0:29.19	0:31.92	0:34.67
1:23.35	1:16.82	1:10.29	1:03.75					100 Free		0:58.25	1:04.24	1:10.22	1:16.20
3:03.74	2:49.36	2:34.98	2:20.60					200 Free		2:08.68	2:21.87	2:35.06	2:48.24
6:29.01	5:58.59	5:28.18	4:57.76					400 Free		4:39.76	5:08.37	5:37.00	6:05.61
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
1:36.93	1:29.37	1:21.82	1:14.27					100 Back		1:08.51	1:15.48	1:22.45	1:29.42
3:31.40	3:14.95	2:58.51	2:42.06					200 Back		2:32.40	2:47.88	3:03.36	3:18.85
1:49.76	1:41.17	1:32.56	1:23.97					100 Breast		1:17.07	1:24.98	1:32.88	1:40.79
3:59.46	3:40.73	3:22.01	3:03.28					200 Breast		2:52.86	3:10.54	3:28.24	3:45.92
1:34.64	1:27.26	1:19.86	1:12.48					100 Fly		1:05.92	1:12.65	1:19.39	1:26.11
3:38.88	3:21.82	3:04.77	2:47.72					200 Fly		2:32.92	2:48.49	3:04.06	3:19.63
3:26.62	3:10.46	2:54.33	2:38.19					200 IM		2:27.04	2:42.06	2:57.09	3:12.11
7:29.81	6:54.72	6:19.62	5:44.53					400 IM		5:21.59	5:54.39	6:27.19	6:59.99
B	A	AA	AAA	SR-Z				17/18	SR-Z	AAA	AA	A	B
0:38.81	0:35.76	0:32.71	0:29.67					50 Free		0:25.85	0:28.52	0:31.18	0:33.86
1:24.99	1:18.33	1:11.67	1:05.01					100 Free		0:56.68	1:02.50	1:08.33	1:14.16
3:08.76	2:53.98	2:39.22	2:24.46					200 Free		2:05.65	2:18.54	2:31.42	2:44.30
6:29.01	5:58.59	5:28.18	4:57.76					400 Free		4:37.06	5:05.41	5:33.75	6:02.10
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	24:57.00
1:39.12	1:31.41	1:23.68	1:15.97					100 Back		1:07.34	1:14.19	1:21.05	1:27.90
3:41.89	3:24.64	3:07.38	2:50.13					200 Back		2:32.40	2:47.88	3:03.36	3:18.85
1:52.92	1:44.08	1:35.24	1:26.40					100 Breast		1:16.00	1:23.82	1:31.60	1:39.40
4:15.22	3:55.28	3:35.34	3:15.40					200 Breast		2:52.86	3:10.54	3:28.24	3:45.92
1:38.92	1:31.21	1:23.48	1:15.77					100 Fly		1:04.24	1:10.81	1:17.37	1:23.93
4:00.08	3:41.40	3:22.71	3:04.03					200 Fly		2:32.92	2:48.49	3:04.06	3:19.63
3:32.30	3:15.73	2:59.14	2:42.57					200 IM		2:24.71	2:39.50	2:54.29	3:09.09
7:29.81	6:54.72	6:19.62	5:44.53					400 IM		5:21.59	5:54.39	6:27.19	6:59.99

Zone times to be added when released by USA-S

ver. R1 approved AUG-30-2015