

**SCY - 2015/16 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - SCY**

FEMALE						MALE						
B	A					8 & U					A	B
0:23.45	0:19.48					25 Free					0:20.00	0:24.07
0:46.90	0:38.97					50 Free					0:39.99	0:48.14
0:28.32	0:23.56					25 Back					0:24.38	0:29.32
0:56.64	0:47.11					50 Back					0:48.77	0:58.63
0:31.34	0:26.04					25 Breast					0:27.28	0:32.83
1:02.69	0:52.08					50 Breast					0:54.57	1:05.66
0:26.92	0:22.38					25 Fly					0:24.12	0:29.00
0:53.84	0:44.76					50 Fly					0:48.23	0:58.01
B	A	AA	AAA	AAAA	AG-Z	10 & U	AG-Z	AAAA	AAA	AA	A	B
0:42.27	0:38.97	0:35.66	0:32.35	0:30.16		50 Free		0:30.83	0:33.21	0:36.60	0:39.99	0:43.39
1:35.89	1:28.41	1:20.92	1:13.43	1:06.63		100 Free		1:08.15	1:16.18	1:23.94	1:31.70	1:39.47
3:30.16	3:13.78	2:57.39	2:41.00	2:24.86		200 Free		2:27.87	2:48.24	3:05.36	3:22.47	3:39.58
0:51.08	0:47.11	0:43.14	0:39.17	0:35.32		50 Back		0:36.53	0:40.55	0:44.66	0:48.77	0:52.88
1:52.97	1:44.19	1:35.42	1:26.65	1:16.69		100 Back		1:19.39	1:29.98	1:39.09	1:48.19	1:57.30
0:56.50	0:52.08	0:47.67	0:43.25	0:39.20		50 Breast		0:40.92	0:45.32	0:49.95	0:54.57	0:59.19
2:04.25	1:54.55	1:44.86	1:35.16	1:25.66		100 Breast		1:29.21	1:39.61	1:49.75	1:59.90	2:10.05
0:48.55	0:44.76	0:40.98	0:37.20	0:33.13		50 Fly		0:34.69	0:40.09	0:44.16	0:48.23	0:52.32
1:57.06	1:47.96	1:38.86	1:29.76	1:17.25		100 Fly		1:22.11	1:34.46	1:44.03	1:53.60	2:03.18
1:52.54	1:43.78	1:35.01	1:26.25	1:15.66		100 IM		1:18.02	1:30.06	1:39.20	1:48.35	1:57.50
3:58.34	3:39.79	3:21.23	3:02.68	2:45.47		200 IM		2:50.00	3:11.38	3:30.80	3:50.23	4:09.66
B	A	AA	AAA	AAAA	AG-Z	11/12	AG-Z	AAAA	AAA	AA	A	B
0:37.03	0:34.12	0:31.22	0:28.32	0:26.80		50 Free		0:26.94	0:28.89	0:31.85	0:34.81	0:37.78
1:21.71	1:15.32	1:08.92	1:02.52	0:58.51		100 Free		0:59.29	1:04.51	1:11.11	1:17.70	1:24.30
2:59.14	2:45.13	2:31.13	2:17.13	2:07.63		200 Free		2:10.34	2:22.59	2:37.13	2:51.68	3:06.23
8:00.53	7:22.72	6:44.93	6:07.11	5:44.20		500 Free		5:50.36	6:23.30	7:02.73	7:42.16	8:21.59
0:44.23	0:40.78	0:37.34	0:33.89	0:31.21		50 Back		0:31.97	0:35.23	0:38.80	0:42.38	0:45.96
1:36.05	1:28.57	1:21.10	1:13.63	1:07.21		100 Back		1:08.58	1:16.89	1:24.69	1:32.49	1:40.28
3:36.96	3:20.09	3:03.24	2:46.39	2:29.77		200 Back		2:36.40	2:53.64	3:11.22	3:28.80	3:46.38
0:48.78	0:44.95	0:41.13	0:37.31	0:34.85		50 Breast		0:35.19	0:38.94	0:42.92	0:46.90	0:50.89
1:46.78	1:38.41	1:30.06	1:21.71	1:16.10		100 Breast		1:16.41	1:25.08	1:33.77	1:42.46	1:51.15
4:01.15	3:42.32	3:23.49	3:04.67	2:50.91		200 Breast		2:52.94	3:13.08	3:32.75	3:52.42	4:12.08
0:41.25	0:38.03	0:34.81	0:31.59	0:29.33		50 Fly		0:29.90	0:32.97	0:36.33	0:39.69	0:43.05
1:36.03	1:28.54	1:21.06	1:13.58	1:06.21		100 Fly		1:08.38	1:16.45	1:24.22	1:31.99	1:39.76
3:38.06	3:21.10	3:04.13	2:47.16	2:46.72		200 Fly		2:52.32	2:52.33	3:09.81	3:27.30	3:44.78
1:35.14	1:27.71	1:20.29	1:12.86	1:07.18		100 IM		1:08.14	1:15.73	1:23.45	1:31.16	1:38.87
3:22.89	3:07.06	2:51.23	2:35.41	2:26.33		200 IM		2:28.61	2:42.76	2:59.32	3:15.88	3:32.45
7:26.94	6:52.12	6:17.29	5:42.47	5:23.35		400 IM		5:56.89	6:01.22	6:37.92	7:14.61	7:51.32
B	A	AA	AAA	AAAA	AG-Z	13/14	AG-Z	AAAA	AAA	AA	A	B
0:35.14	0:32.38	0:29.62	0:26.86	0:25.60		50 Free		0:24.21	0:25.51	0:28.14	0:30.76	0:33.38
1:16.62	1:10.61	1:04.61	0:58.60	0:55.63		100 Free		0:52.55	0:56.51	1:02.29	1:08.08	1:13.88
2:47.46	2:34.36	2:21.26	2:08.15	2:00.04		200 Free		1:55.64	2:04.59	2:17.33	2:30.08	2:42.83
7:27.06	6:51.83	6:16.59	5:41.36	5:24.32		500 Free		5:13.49	5:36.29	6:11.01	6:45.74	7:20.46
15:28.90	14:15.76	13:02.62	11:49.47	11:16.80		1000 Free		11:08.20	11:31.19	12:42.50	13:53.81	15:05.13
26:13.74	24:10.49	22:07.23	20:03.97	18:48.82		1650 Free		18:28.32	19:24.20	21:23.49	23:22.77	25:22.05
1:28.75	1:21.84	1:14.93	1:08.02	1:03.84		100 Back		1:00.75	1:07.85	1:14.74	1:21.63	1:28.53
3:12.60	2:57.61	2:42.63	2:27.65	2:18.03		200 Back		2:12.40	2:25.65	2:40.43	2:55.21	3:09.99
1:40.71	1:32.83	1:24.94	1:17.05	1:12.03		100 Breast		1:07.70	1:14.40	1:22.02	1:29.64	1:37.26
3:38.10	3:21.05	3:03.99	2:46.94	2:36.11		200 Breast		2:28.11	2:43.65	3:00.37	3:17.10	3:33.82
1:27.89	1:21.03	1:14.17	1:07.32	1:02.16		100 Fly		0:58.59	1:05.34	1:12.00	1:18.66	1:25.32
3:18.44	3:02.98	2:47.52	2:32.06	2:19.40		200 Fly		2:13.69	2:26.09	2:40.95	2:55.81	3:10.67
3:10.51	2:55.64	2:40.76	2:25.88	2:16.73		200 IM		2:09.45	2:21.79	2:36.26	2:50.73	3:05.20
6:50.87	6:18.82	5:46.77	5:14.72	4:49.14		400 IM		4:43.34	5:06.84	5:38.10	6:09.36	6:40.62
B	A	AA	AAA	AAAA	SR-Z	15/16	SR-Z	AAAA	AAA	AA	A	B
0:34.52	0:31.81	0:29.10	0:26.39	0:25.25		50 Free		0:22.63	0:23.85	0:26.30	0:28.76	0:31.23
1:15.09	1:09.21	1:03.32	0:57.43	0:54.45		100 Free		0:49.77	0:52.48	0:57.87	1:03.26	1:08.65
2:45.53	2:32.58	2:19.62	2:06.67	1:58.26		200 Free		1:49.40	1:55.93	2:07.81	2:19.69	2:31.57
7:20.93	6:46.16	6:11.41	5:36.64	5:21.07		500 Free		5:01.73	5:16.07	5:48.77	6:21.49	6:54.18
15:14.05	14:02.05	12:50.05	11:38.05	11:11.06		1000 Free		10:51.05	11:03.76	12:12.33	13:20.90	14:29.47
25:47.90	23:46.63	21:45.36	19:44.09	18:43.26		1650 Free		17:59.35	18:54.38	20:50.68	22:46.99	24:43.29
1:27.32	1:20.51	1:13.71	1:06.91	1:02.11		100 Back		0:56.57	1:01.72	1:08.00	1:14.28	1:20.56
3:10.45	2:55.63	2:40.82	2:26.00	2:14.89		200 Back		2:05.20	2:17.30	2:31.24	2:45.19	2:59.14
1:38.88	1:31.14	1:23.39	1:15.65	1:09.84		100 Breast		1:02.23	1:09.43	1:16.56	1:23.68	1:30.80
3:35.73	3:18.86	3:01.99	2:45.12	2:32.60		200 Breast		2:19.29	2:35.73	2:51.66	3:07.60	3:23.53
1:25.26	1:18.61	1:11.95	1:05.30	1:00.82		100 Fly		0:54.43	0:59.39	1:05.45	1:11.52	1:17.58
3:17.19	3:01.82	2:46.46	2:31.10	2:17.09		200 Fly		2:05.50	2:17.77	2:31.79	2:45.82	2:59.85
3:06.14	2:51.59	2:37.05	2:22.51	2:14.86		200 IM		2:02.89	2:12.47	2:26.00	2:39.54	2:53.07
6:45.23	6:13.62	5:42.00	5:10.39	4:47.14		400 IM		4:30.79	4:49.72	5:19.27	5:48.82	6:18.37
B	A	AA	AAA	AAAA	SR-Z	17/18	SR-Z	AAAA	AAA	AA	A	B
0:34.96	0:32.22	0:29.47	0:26.73	0:25.51		50 Free		0:22.32	0:23.29	0:25.69	0:28.09	0:30.50
1:16.57	1:10.57	1:04.57	0:58.57	0:54.95		100 Free		0:48.38	0:51.06	0:56.31	1:01.56	1:06.81
2:50.05	2:36.74	2:23.44	2:10.14	2:01.53		200 Free		1:47.86	1:53.20	2:04.81	2:16.41	2:28.02
7:20.93	6:46.16	6:11.41	5:36.64	5:31.34		500 Free		4:59.49	5:12.98	5:45.38	6:17.77	6:50.17
15:14.05	14:02.05	12:50.05	11:38.05	11:38.04		1000 Free		11:03.75	11:03.76	12:12.33	13:20.90	14:29.47
25:47.90	23:46.63	21:45.36	19:44.09	19:44.08		1650 Free		18:54.37	18:54.38	20:50.68	22:46.99	24:43.30
1:29.30	1:22.35	1:15.39	1:08.44	1:04.10		100 Back		0:56.41	1:00.67	1:06.84	1:13.02	1:19.19
3:19.90	3:04.36	2:48.81	2:33.27	2:21.67		200 Back		2:06.08	2:17.30	2:31.24	2:45.19	2:59.14
1:41.73	1:33.77	1:25.80	1:17.84	1:13.53		100 Breast		1:01.57	1:08.47	1:15.51	1:22.52	1:29.55
3:49.93	3:31.96	3:14.00	2:56.04	2:42.33		200 Breast		2:24.45	2:35.73	2:51.66	3:07.60	3:23.53
1:29.12	1:22.17	1:15.21	1:08.26	1:01.91		100 Fly		0:54.06	0:57.87	1:03.79	1:09.70	1:15.61
3:36.29	3:19.46	3:02.62	2:45.79	2:29.58		200 Fly		2:06.30	2:17.77	2:31.79	2:45.82	2:59.85
3:11.26	2:56.33	2:41.39	2:26.46	2:17.82		200 IM		2:01.62	2:10.37	2:23.69	2:37.02	2:50.35
6:45.23	6:13.62	5:42.00	5:10.39	5:10.38		400 IM		4:35.27	4:49.72	5:19.27	5:48.82	6:18.37

Zone times to be added when released by USA-S

ver. R1 approved AUG-30-2015