

LCM - 2016/17 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

FEMALE						8 & U	MALE						
B	A							A				B	
0:52.80	0:44.00						50 Free					0:45.19	0:54.24
1:03.25	0:52.70						50 Back					0:54.73	1:05.68
1:10.59	0:58.81						50 Breast					1:01.48	1:13.78
1:00.03	0:50.03						50 Fly					0:53.97	1:04.76
B	A	AA	AAA	AAAA	AG-Z		10 & U	AG-Z	AAAA	AAA	AA	A	B
0:47.68	0:44.00	0:40.34	0:36.68	0:33.51	0:32.99		50 Free	0:32.89	0:34.42	0:37.66	0:41.43	0:45.19	0:48.96
1:48.03	1:39.72	1:31.41	1:23.10	1:13.90	1:12.29		100 Free	1:11.79	1:16.59	1:25.68	1:34.25	1:42.82	1:51.38
3:56.00	3:37.85	3:19.69	3:01.54	2:41.45	2:37.89		200 Free	2:36.39	2:47.14	3:09.42	3:28.37	3:47.32	4:06.26
0:57.10	0:52.70	0:48.31	0:43.92	0:40.02	0:38.89		50 Back	0:38.99	0:41.52	0:45.61	0:50.17	0:54.73	0:59.30
2:05.12	1:55.50	1:45.87	1:36.25	1:28.17	1:23.89		100 Back	1:24.09	1:30.72	1:41.08	1:51.19	2:01.29	2:11.40
1:03.72	0:58.81	0:53.91	0:49.01	0:44.46	0:44.19		50 Breast	0:44.39	0:46.60	0:51.24	0:56.37	1:01.48	1:06.61
2:19.65	2:08.91	1:58.16	1:47.42	1:36.93	1:35.79		100 Breast	1:36.59	1:40.90	1:52.57	2:03.82	2:15.09	2:26.36
0:54.20	0:50.03	0:45.85	0:41.69	0:36.27	0:36.19		50 Fly	0:36.39	0:39.07	0:44.97	0:49.46	0:53.97	0:58.48
2:11.34	2:01.24	1:51.13	1:41.03	1:24.67	1:22.79		100 Fly	1:22.89	1:34.28	1:46.25	1:56.87	2:07.50	2:18.13
4:25.98	4:05.52	3:45.06	3:24.60	3:04.05	2:57.49		200 IM	2:57.09	3:11.57	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
0:41.77	0:38.55	0:35.34	0:32.14	0:30.23	0:29.49		50 Free	0:29.39	0:30.15	0:32.69	0:35.95	0:39.23	0:42.49
1:32.30	1:25.21	1:18.10	1:11.00	1:06.43	1:04.79		100 Free	1:03.99	1:06.11	1:12.91	1:20.20	1:27.49	1:34.80
3:21.71	3:06.19	2:50.68	2:35.16	2:26.34	2:20.09		200 Free	2:19.19	2:25.95	2:40.10	2:56.10	3:12.12	3:28.13
7:09.05	6:36.04	6:03.05	5:30.04	5:08.23	4:54.89		400 Free	4:55.69	5:12.89	5:42.17	6:16.39	6:50.60	7:24.83
0:49.40	0:45.59	0:41.79	0:37.98	0:35.73	0:34.49		50 Back	0:34.49	0:36.16	0:39.43	0:43.37	0:47.32	0:51.26
1:47.54	1:39.27	1:30.99	1:22.72	1:17.49	1:13.99		100 Back	1:13.99	1:17.44	1:25.40	1:33.94	1:42.48	1:51.02
3:52.29	3:34.43	3:16.56	2:58.69	2:50.06	2:43.79		200 Back	2:41.89	2:52.13	3:07.93	3:26.71	3:45.50	4:04.29
0:55.15	0:50.89	0:46.65	0:42.41	0:39.38	0:38.39		50 Breast	0:37.99	0:39.69	0:44.01	0:48.41	0:52.81	0:57.21
2:00.53	1:51.24	1:41.97	1:32.70	1:26.13	1:23.89		100 Breast	1:23.79	1:27.42	1:36.03	1:45.63	1:55.23	2:04.84
4:21.72	4:01.58	3:41.45	3:21.32	3:08.41	3:05.99		200 Breast	3:02.59	3:12.95	3:32.21	3:53.43	4:14.65	4:35.87
0:46.17	0:42.61	0:39.06	0:35.51	0:32.74	0:32.29		50 Fly	0:32.09	0:32.92	0:36.89	0:40.58	0:44.27	0:47.95
1:47.15	1:38.90	1:30.67	1:22.42	1:14.92	1:12.09		100 Fly	1:11.79	1:15.98	1:26.26	1:34.88	1:43.51	1:52.13
4:04.85	3:46.02	3:27.18	3:08.35	3:02.82	2:47.59		200 Fly	2:45.69	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	2:38.69		200 IM	2:37.39	2:45.70	3:02.30	3:20.52	3:38.76	3:56.99
8:19.20	7:40.80	7:02.39	6:24.00	6:01.56	5:49.19		400 IM	5:44.09	6:04.15	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
0:39.61	0:36.56	0:33.51	0:30.47	0:29.21	0:28.79		50 Free	0:26.99	0:27.44	0:29.07	0:31.98	0:34.89	0:37.80
1:26.15	1:19.52	1:12.90	1:06.27	1:03.08	1:02.29		100 Free	0:58.59	1:00.23	1:03.92	1:10.30	1:16.69	1:23.09
3:07.84	2:53.39	2:38.94	2:24.49	2:16.61	2:15.09		200 Free	2:07.39	2:11.42	2:20.97	2:35.07	2:49.17	3:03.28
6:37.05	6:06.50	5:35.97	5:05.42	4:51.56	4:40.19		400 Free	4:31.89	4:43.05	5:03.26	5:33.59	6:03.91	6:34.24
13:51.99	12:47.99	11:43.99	10:39.99	10:06.82	9:50.69		800 Free	9:28.69	10:02.97	10:23.99	11:26.39	12:28.78	13:31.19
26:51.98	24:47.99	22:43.99	20:39.99	19:41.21	18:52.49		1500 Free	18:12.09	19:04.15	19:59.99	21:59.99	23:59.99	25:59.98
1:39.59	1:31.93	1:24.27	1:16.61	1:13.88	1:10.79		100 Back	1:07.39	1:10.51	1:16.09	1:23.70	1:31.31	1:38.91
3:34.80	3:18.27	3:01.75	2:45.23	2:39.49	2:31.89		200 Back	2:24.99	2:32.94	2:44.07	3:00.48	3:16.88	3:33.29
1:52.21	1:43.59	1:34.95	1:26.32	1:22.77	1:20.89		100 Breast	1:15.29	1:17.20	1:24.57	1:33.03	1:41.49	1:49.94
4:03.93	3:45.17	3:26.41	3:07.64	2:58.64	2:53.89		200 Breast	2:44.29	2:49.21	3:04.35	3:22.79	3:41.22	3:59.65
1:37.83	1:30.29	1:22.76	1:15.24	1:10.78	1:08.89		100 Fly	1:04.49	1:07.41	1:13.81	1:21.19	1:28.57	1:35.95
3:43.07	3:25.91	3:08.75	2:51.59	2:39.68	2:34.59		200 Fly	2:25.89	2:35.48	2:44.96	3:01.45	3:17.95	3:34.44
3:33.66	3:17.21	3:00.78	2:44.34	2:36.52	2:32.99		200 IM	2:24.09	2:28.95	2:40.49	2:56.54	3:12.59	3:28.64
7:37.12	7:01.95	6:26.80	5:51.63	5:35.02	5:24.69		400 IM	5:06.99	5:24.46	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
0:39.31	0:36.28	0:33.26	0:30.23	0:29.00			50 Free	0:26.11	0:27.17	0:29.88	0:32.60	0:35.32	
1:26.06	1:19.44	1:12.82	1:06.20	1:02.68			100 Free	0:57.44	0:59.65	1:05.61	1:11.59	1:17.55	
3:06.94	2:52.56	2:38.18	2:23.80	2:16.27			200 Free	2:06.45	2:11.48	2:24.63	2:37.78	2:50.92	
6:35.41	6:04.99	5:34.58	5:04.16	4:48.88			400 Free	4:34.16	4:45.36	5:13.90	5:42.43	6:10.97	
13:38.99	12:35.99	11:32.99	10:29.99	10:06.46			800 Free	9:46.69	9:59.99	10:59.99	11:59.99	12:59.99	
26:25.99	24:23.99	22:21.99	20:19.99	19:46.32			1500 Free	18:37.31	19:29.99	21:26.98	23:23.99	25:20.99	
1:38.95	1:31.33	1:23.72	1:16.11	1:12.37			100 Back	1:06.80	1:09.51	1:16.46	1:23.41	1:30.37	
3:34.80	3:18.27	3:01.75	2:45.23	2:37.65			200 Back	2:28.01	2:34.40	2:49.84	3:05.28	3:20.72	
1:52.21	1:43.59	1:34.95	1:26.32	1:23.27			100 Breast	1:14.83	1:18.78	1:26.66	1:34.54	1:42.41	
4:03.93	3:45.17	3:26.41	3:07.64	3:00.47			200 Breast	2:47.67	2:56.46	3:14.11	3:31.75	3:49.40	
1:36.52	1:29.09	1:21.66	1:14.24	1:09.55			100 Fly	1:03.06	1:06.91	1:13.61	1:20.29	1:26.98	
3:43.07	3:25.91	3:08.75	2:51.59	2:37.50			200 Fly	2:27.05	2:35.33	2:50.85	3:06.38	3:21.91	
3:33.02	3:16.63	3:00.26	2:43.86	2:35.25			200 IM	2:22.81	2:29.84	2:44.83	2:59.81	3:14.80	
7:36.21	7:01.12	6:26.02	5:50.93	5:32.88			400 IM	5:17.38	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
0:39.31	0:36.28	0:33.26	0:30.23	0:29.20			50 Free	0:25.71	0:27.17	0:29.88	0:32.60	0:35.32	
1:26.06	1:19.44	1:12.82	1:06.20	1:03.90			100 Free	0:56.61	0:59.65	1:05.61	1:11.59	1:17.55	
3:06.94	2:52.56	2:38.18	2:23.80	2:21.62			200 Free	2:04.96	2:11.48	2:24.63	2:37.78	2:50.92	
6:35.41	6:04.99	5:34.58	5:04.16	5:04.15			400 Free	4:35.49	4:45.36	5:13.90	5:42.43	6:10.97	
13:38.99	12:35.99	11:32.99	10:29.99	10:29.98			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	20:19.98			1500 Free	19:29.98	19:29.99	21:26.98	23:23.99	25:21.00	
1:38.95	1:31.33	1:23.72	1:16.11	1:16.00			100 Back	1:06.85	1:09.51	1:16.46	1:23.41	1:30.37	
3:34.80	3:18.27	3:01.75	2:45.23	2:44.48			200 Back	2:26.98	2:34.40	2:49.84	3:05.28	3:20.72	
1:52.21	1:43.59	1:34.95	1:26.32	1:24.63			100 Breast	1:12.80	1:18.78	1:26.66	1:34.54	1:42.41	
4:03.93	3:45.17	3:26.41	3:07.64	3:06.69			200 Breast	2:47.52	2:56.46	3:14.11	3:31.75	3:49.40	
1:36.52	1:29.09	1:21.66	1:14.24	1:10.89			100 Fly						