

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

FEMALE					8 & U	MALE					
B	A									A	B
0:26.01	0:21.60				25 Free					0:22.20	0:26.72
0:52.00	0:43.20				50 Free					0:44.39	0:53.44
0:31.34	0:26.05				25 Back					0:27.06	0:32.55
1:02.65	0:52.10				50 Back					0:54.13	1:05.08
0:34.79	0:28.90				25 Breast					0:30.25	0:36.40
1:09.59	0:57.81				50 Breast					1:00.48	1:12.78
0:29.67	0:24.66				25 Fly					0:26.63	0:32.02
0:59.33	0:49.33				50 Fly					0:53.27	1:04.06
B	A	AA	AAA	AG-Z	10 & U	AG-Z	AAA	AA	A	B	
0:46.88	0:43.20	0:39.54	0:35.88	0:32.19	50 Free	0:32.09	0:36.86	0:40.63	0:44.39	0:48.16	
1:46.43	1:38.12	1:29.81	1:21.50	1:10.69	100 Free	1:10.19	1:24.08	1:32.65	1:41.22	1:49.78	
3:52.80	3:34.65	3:16.49	2:58.34	2:34.69	200 Free	2:33.19	3:06.22	3:25.17	3:44.12	4:03.06	
0:56.50	0:52.10	0:47.71	0:43.32	0:38.29	50 Back	0:38.39	0:45.01	0:49.57	0:54.13	0:58.70	
2:03.92	1:54.30	1:44.67	1:35.05	1:22.69	100 Back	1:22.89	1:39.88	1:49.99	2:00.09	2:10.20	
1:02.72	0:57.81	0:52.91	0:48.01	0:43.19	50 Breast	0:43.39	0:50.24	0:55.37	1:00.48	1:05.61	
2:17.65	2:06.91	1:56.16	1:45.42	1:33.79	100 Breast	1:34.59	1:50.57	2:01.82	2:13.09	2:24.36	
0:53.50	0:49.33	0:45.15	0:40.99	0:35.49	50 Fly	0:35.69	0:44.27	0:48.76	0:53.27	0:57.78	
2:09.94	1:59.84	1:49.73	1:39.63	1:21.39	100 Fly	1:21.49	1:44.85	1:55.47	2:06.10	2:16.73	
2:04.49	1:54.79	1:45.09	1:35.40		100 IM		1:39.84	1:49.99	2:00.12	2:10.26	
4:22.78	4:02.32	3:41.86	3:21.40	2:54.29	200 IM	2:53.89	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	
0:40.97	0:37.75	0:34.54	0:31.34	0:28.69	50 Free	0:28.59	0:31.89	0:35.15	0:38.43	0:41.69	
1:30.70	1:23.61	1:16.50	1:09.40	1:03.19	100 Free	1:02.39	1:11.31	1:18.60	1:25.89	1:33.20	
3:18.51	3:02.99	2:47.48	2:31.96	2:16.89	200 Free	2:15.99	2:36.90	2:52.90	3:08.92	3:24.93	
7:02.65	6:29.64	5:56.65	5:23.64	4:48.49	400 Free	4:49.29	5:35.77	6:09.99	6:44.20	7:18.43	
0:48.80	0:44.99	0:41.19	0:37.38	0:33.89	50 Back	0:33.89	0:38.83	0:42.77	0:46.72	0:50.66	
1:46.34	1:38.07	1:29.79	1:21.52	1:12.79	100 Back	1:12.79	1:24.20	1:32.74	1:41.28	1:49.82	
3:49.89	3:32.03	3:14.16	2:56.29	2:41.39	200 Back	2:39.49	3:05.53	3:24.31	3:43.10	4:01.89	
0:54.15	0:49.89	0:45.65	0:41.41	0:37.39	50 Breast	0:36.99	0:43.01	0:47.41	0:51.81	0:56.21	
1:58.53	1:49.24	1:39.97	1:30.70	1:21.89	100 Breast	1:21.79	1:34.03	1:43.63	1:53.23	2:02.84	
4:17.72	3:57.58	3:37.45	3:17.32	3:01.99	200 Breast	2:58.59	3:28.21	3:49.43	4:10.65	4:31.87	
0:45.47	0:41.91	0:38.36	0:34.81	0:31.59	50 Fly	0:31.39	0:36.19	0:39.88	0:43.57	0:47.25	
1:45.75	1:37.50	1:29.27	1:21.02	1:10.69	100 Fly	1:10.39	1:24.86	1:33.48	1:42.11	1:50.73	
4:02.05	3:43.22	3:24.38	3:05.55	2:44.79	200 Fly	2:42.89	3:11.29	3:30.69	3:50.10	4:09.51	
1:45.33	1:37.10	1:28.88	1:20.66		100 IM		1:23.61	1:32.12	1:40.63	1:49.15	
3:45.21	3:27.64	3:10.07	2:52.51	2:35.49	200 IM	2:34.19	2:59.10	3:17.32	3:35.56	3:53.79	
8:12.80	7:34.40	6:55.99	6:17.60	5:42.79	400 IM	5:37.69	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	
0:38.81	0:35.76	0:32.71	0:29.67	0:27.99	50 Free	0:26.19	0:28.27	0:31.18	0:34.09	0:37.00	
1:24.55	1:17.92	1:11.30	1:04.67	1:00.69	100 Free	0:56.99	1:02.32	1:08.70	1:15.09	1:21.49	
3:04.64	2:50.19	2:35.74	2:21.29	2:11.89	200 Free	2:04.19	2:17.77	2:31.87	2:45.97	3:00.08	
6:30.65	6:00.10	5:29.57	4:59.02	4:33.79	400 Free	4:25.49	4:56.86	5:27.19	5:57.51	6:27.84	
13:39.19	12:35.19	11:31.19	10:27.19	9:37.89	800 Free	9:15.89	10:11.19	11:13.59	12:15.98	13:18.39	
26:27.98	24:23.99	22:19.99	20:15.99	18:28.49	1500 Free	17:48.09	19:35.99	21:35.99	23:35.99	25:35.98	
1:38.39	1:30.73	1:23.07	1:15.41	1:09.59	100 Back	1:06.19	1:14.89	1:22.50	1:30.11	1:37.71	
3:32.40	3:15.87	2:59.35	2:42.83	2:29.49	200 Back	2:22.59	2:41.67	2:58.08	3:14.48	3:30.89	
1:50.21	1:41.59	1:32.95	1:24.32	1:18.89	100 Breast	1:13.29	1:22.57	1:31.03	1:39.49	1:47.94	
3:59.93	3:41.17	3:22.41	3:03.64	2:49.89	200 Breast	2:40.29	3:00.35	3:18.79	3:37.22	3:55.65	
1:36.43	1:28.89	1:21.36	1:13.84	1:07.49	100 Fly	1:03.09	1:12.41	1:19.79	1:27.17	1:34.55	
3:40.27	3:23.11	3:05.95	2:48.79	2:31.79	200 Fly	2:23.09	2:42.16	2:58.65	3:15.15	3:31.64	
3:30.46	3:14.01	2:57.58	2:41.14	2:29.79	200 IM	2:20.89	2:37.29	2:53.34	3:09.39	3:25.44	
7:30.72	6:55.55	6:20.40	5:45.23	5:18.29	400 IM	5:00.59	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	
0:38.51	0:35.48	0:32.46	0:29.43		50 Free		0:26.37	0:29.08	0:31.80	0:34.52	
1:24.46	1:17.84	1:11.22	1:04.60		100 Free		0:58.05	1:04.01	1:09.99	1:15.95	
3:03.74	2:49.36	2:34.98	2:20.60		200 Free		2:08.28	2:21.43	2:34.58	2:47.72	
6:29.01	5:58.59	5:28.18	4:57.76		400 Free		4:38.96	5:07.50	5:36.03	6:04.57	
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	
1:37.75	1:30.13	1:22.52	1:14.91		100 Back		1:08.31	1:15.26	1:22.21	1:29.17	
3:32.40	3:15.87	2:59.35	2:42.83		200 Back		2:32.00	2:47.44	3:02.88	3:18.32	
1:50.21	1:41.59	1:32.95	1:24.32		100 Breast		1:16.78	1:24.66	1:32.54	1:40.41	
3:59.93	3:41.17	3:22.41	3:03.64		200 Breast		2:52.46	3:10.11	3:27.75	3:45.40	
1:35.12	1:27.69	1:20.26	1:12.84		100 Fly		1:05.51	1:12.21	1:18.89	1:25.58	
3:40.27	3:23.11	3:05.95	2:48.79		200 Fly		2:32.53	2:48.05	3:03.58	3:19.11	
3:29.82	3:13.43	2:57.06	2:40.66		200 IM		2:26.64	2:41.63	2:56.61	3:11.60	
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	
0:38.51	0:35.48	0:32.46	0:29.43		50 Free		0:26.37	0:29.08	0:31.80	0:34.52	
1:24.46	1:17.84	1:11.22	1:04.60		100 Free		0:58.05	1:04.01	1:09.99	1:15.95	
3:03.74	2:49.36	2:34.98	2:20.60		200 Free		2:08.28	2:21.43	2:34.58	2:47.72	
6:29.01	5:58.59	5:28.18	4:57.76		400 Free		4:38.96	5:07.50	5:36.03	6:04.57	
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	
1:37.75	1:30.13	1:22.52	1:14.91		100 Back		1:08.31	1:15.26	1:22.21	1:29.17	
3:32.40	3:15.87	2:59.35	2:42.83		200 Back		2:32.00	2:47.44	3:02.88	3:18.32	
1:50.21	1:41.59	1:32.95	1:24.32		100 Breast		1:16.78	1:24.66	1:32.54	1:40.41	
3:59.93	3:41.17	3:22.41	3:03.64		200 Breast		2:52.46	3:10.11	3:27.75	3:45.40	
1:35.12	1:27.69	1:20.26	1:12.84		100 Fly		1:05.51	1:12.21	1:18.89	1:25.58	
3:40.27	3:23.11	3:05.95	2:48.79		200 Fly		2:32.53	2:48.05	3:03.58	3:19.11	
3:29.82	3:13.43	2:57.06	2:40.66		200 IM		2:26.64	2:41.63	2:56.61	3:11.60	
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. R2 updated NOV-11-2016