

2009/10 Hawaiian Swimming Senior Time Standards

Women			SR-A	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:27.82	0:30.90	0:31.78	50 Free	0:24.74	0:27.49	0:28.37
1:00.16	1:06.87	1:08.52	100 Free	0:54.00	0:59.94	1:02.25
2:09.13	2:23.43	2:27.17	200 Free	1:58.46	2:11.55	2:15.07
5:43.41	4:59.52	5:07.66	400/500 Fr	5:20.86	4:39.39	4:49.07
11:57.30	10:26.11	10:40.41	800/1000 Fr	11:16.16	9:49.48	10:08.07
20:14.39	20:12.30	20:37.05	1500/1650 Fr	19:10.70	19:07.40	19:22.25
0:31.30	0:34.78	0:36.57	50 Back	0:28.69	0:31.86	0:33.60
1:07.31	1:14.79	1:18.64	100 Back	1:01.70	1:08.52	1:12.26
2:25.30	2:41.36	2:47.63	200 Back	2:13.97	2:28.71	2:35.31
0:35.65	0:39.58	0:41.07	50 Breast	0:31.81	0:35.34	0:37.44
1:16.66	1:25.13	1:28.32	100 Breast	1:08.41	1:16.00	1:20.51
2:46.20	3:04.57	3:10.84	200 Breast	2:32.34	2:49.17	2:56.87
0:30.84	0:34.27	0:35.19	50 Fly	0:27.67	0:30.74	0:31.76
1:06.32	1:13.69	1:15.67	100 Fly	0:59.50	1:06.10	1:08.30
2:27.72	2:44.00	2:46.97	200 Fly	2:13.97	2:28.71	2:34.43
1:07.61	1:15.12	-	100 IM	1:00.90	1:07.64	-
2:25.85	2:41.91	2:46.20	200 IM	2:12.76	2:27.39	2:32.56
5:11.07	5:45.39	5:52.54	400 IM	4:44.78	5:16.13	5:27.57

Women			SR-B	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:29.21	0:32.44	0:33.37	50 Free	0:25.98	0:28.86	0:29.79
1:03.17	1:10.21	1:11.94	100 Free	0:56.70	1:02.94	1:05.36
2:15.59	2:30.60	2:34.53	200 Free	2:04.38	2:18.13	2:21.82
6:00.58	5:14.49	5:23.04	400/500 Fr	5:36.90	4:53.36	5:03.52
12:33.16	10:57.41	11:12.43	800/1000 Fr	11:49.97	10:18.95	10:38.47
21:15.11	21:12.91	21:38.90	1500/1650 Fr	20:08.23	20:04.77	20:20.36
0:32.86	0:36.52	0:38.40	50 Back	0:30.12	0:33.45	0:35.28
1:10.67	1:18.53	1:22.57	100 Back	1:04.78	1:11.94	1:15.87
2:32.56	2:49.43	2:56.01	200 Back	2:20.67	2:36.14	2:43.07
0:37.43	0:41.56	0:43.12	50 Breast	0:33.40	0:37.11	0:39.31
1:20.49	1:29.39	1:32.73	100 Breast	1:11.83	1:19.80	1:24.53
2:54.51	3:13.80	3:20.38	200 Breast	2:39.96	2:57.63	3:05.71
0:32.38	0:35.98	0:36.95	50 Fly	0:29.05	0:32.27	0:33.35
1:09.63	1:17.37	1:19.45	100 Fly	1:02.47	1:09.40	1:11.71
2:35.10	2:52.20	2:55.32	200 Fly	2:20.67	2:36.14	2:42.15
1:10.99	1:18.87	-	100 IM	1:03.95	1:11.02	-
2:33.14	2:50.00	2:54.51	200 IM	2:19.40	2:34.76	2:40.19
5:26.62	6:02.66	6:10.17	400 IM	4:59.02	5:31.94	5:43.95

Legend:

SR-A - Hawaiian Senior 'A' cut
SR-B - Hawaiian Senior 'B' cut

Updated: August 15, 2009