

2009/10 Hawaiian Swimming Senior Time Standards - SCM

WOMEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:25.59	0:25.99	0:26.29	0:27.82	0:30.90	0:32.44
100 Free	0:55.39	0:57.29	0:56.99	0:59.47	1:06.87	1:10.21
200 Free	1:59.89	2:04.39	2:02.99	2:08.61	2:23.43	2:30.60
400 Free	4:12.99	4:21.59	4:18.29	4:29.17	4:59.52	5:14.49
800 Free	8:44.09	8:56.19	8:50.69	9:22.55	10:26.11	10:57.41
1500 Free	17:04.09	17:10.99	16:58.49	17:58.11	20:12.30	21:12.91
50 Back	-	-	-	-	0:34.78	0:36.52
100 Back	1:02.69	1:02.69	1:04.49	1:06.31	1:14.79	1:18.53
200 Back	2:15.09	2:14.69	2:18.59	2:23.98	2:41.36	2:49.43
50 Breast	-	-	-	-	0:39.58	0:41.56
100 Breast	1:10.29	1:10.79	1:12.29	1:17.57	1:25.13	1:29.39
200 Breast	2:31.99	2:32.09	2:34.99	2:48.32	3:04.57	3:13.80
50 Fly	-	-	-	-	0:34.27	0:35.98
100 Fly	1:00.19	1:01.49	1:02.19	1:05.19	1:13.69	1:17.37
200 Fly	2:13.89	2:15.39	2:16.89	2:25.48	2:44.00	2:52.20
100 IM	-	-	-	-	1:15.12	1:18.87
200 IM	2:16.39	2:19.69	2:19.89	2:25.76	2:41.91	2:50.00
400 IM	4:49.49	4:53.09	4:55.69	5:07.29	5:45.39	6:02.66
MEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:22.49	0:22.99	0:23.49	0:25.11	0:27.49	0:28.86
100 Free	0:49.29	0:50.69	0:51.89	0:53.92	0:59.94	1:02.94
200 Free	1:49.69	1:51.69	1:53.39	1:58.54	2:11.55	2:18.13
400 Free	3:53.59	3:57.29	4:00.79	4:12.49	4:39.39	4:53.36
800 Free	8:14.03	8:17.99	8:19.49	8:57.79	9:49.48	10:18.95
1500 Free	15:29.59	15:44.49	15:51.49	16:52.78	19:07.40	20:04.77
50 Back	-	-	-	-	0:31.86	0:33.45
100 Back	0:56.49	0:55.09	0:55.99	1:01.28	1:08.52	1:11.94
200 Back	2:02.59	1:59.99	2:01.99	2:15.25	2:28.71	2:36.14
50 Breast	-	-	-	-	0:35.34	0:37.11
100 Breast	1:02.69	1:03.09	1:05.09	1:09.06	1:16.00	1:19.80
200 Breast	2:16.79	2:16.39	2:18.09	2:35.26	2:49.17	2:57.63
50 Fly	-	-	-	-	0:30.74	0:32.27
100 Fly	0:53.59	0:54.69	0:55.99	0:59.37	1:06.10	1:09.40
200 Fly	2:01.09	2:01.39	2:05.59	2:13.25	2:28.71	2:36.14
100 IM	-	-	-	-	1:07.64	1:11.02
200 IM	2:03.99	2:03.99	2:08.19	2:13.35	2:27.39	2:34.76
400 IM	4:24.09	4:24.59	4:32.59	4:46.49	5:16.13	5:31.94

Legend:

Updated: March 15, 2010

- TRLS - 2009 World Trials**
- NATS - Summer Nationals**
- JRS - Summer Junior Nationals**
- SECT - Western Sectionals**
- SR-A - Hawaiian Senior 'A' cut**
- SR-B - Hawaiian Senior 'B' cut**