

2009/10 Hawaiian Swimming Senior Time Standards - SCY

WOMEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:22.89	0:22.99	0:23.39	0:25.01	0:27.82	0:29.21
100 Free	0:49.69	0:50.19	0:51.09	0:54.04	1:00.16	1:03.17
200 Free	1:47.19	1:48.29	1:50.09	1:56.74	2:09.13	2:15.59
500 Free	4:45.49	4:47.79	4:52.99	5:11.76	5:43.41	6:00.58
1000 Free	9:59.39	9:58.89	10:05.99	10:46.09	11:57.30	12:33.16
1650 Free	16:28.79	16:30.59	16:48.49	18:09.88	20:14.39	21:15.11
50 Back	-	-	-	-	0:31.30	0:32.86
100 Back	0:54.79	0:55.79	0:56.19	1:00.41	1:07.31	1:10.67
200 Back	1:58.29	2:00.09	2:01.19	2:09.93	2:25.30	2:32.56
50 Breast	-	-	-	-	0:35.65	0:37.43
100 Breast	1:02.39	1:03.19	1:04.29	1:09.51	1:16.66	1:20.49
200 Breast	2:14.99	2:16.69	2:17.99	2:30.51	2:46.20	2:54.51
50 Fly	-	-	-	-	0:30.84	0:32.38
100 Fly	21:36.00	0:54.99	0:55.59	0:59.34	1:06.32	1:09.63
200 Fly	1:59.29	2:00.69	2:02.49	2:12.40	2:27.72	2:35.10
100 IM	-	-	-	-	1:07.61	1:10.99
200 IM	2:00.29	2:01.79	2:03.49	2:12.16	2:25.85	2:33.14
400 IM	4:16.29	4:19.79	4:20.79	4:38.70	5:11.07	5:26.62
MEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:19.99	0:20.29	0:20.89	0:22.49	0:24.74	0:25.98
100 Free	0:43.89	0:44.49	0:45.89	0:48.89	0:54.00	0:56.70
200 Free	1:36.49	1:38.09	1:40.69	1:47.08	1:58.46	2:04.38
500 Free	4:22.69	4:25.29	4:33.69	4:51.69	5:20.86	5:36.90
1000 Free	9:17.29	9:16.89	9:26.09	10:14.69	11:16.16	11:49.97
1650 Free	15:24.49	15:30.69	15:51.49	17:11.26	19:10.70	20:08.23
50 Back	-	-	-	-	0:28.69	0:30.12
100 Back	0:48.59	0:49.59	0:51.39	0:55.83	1:01.70	1:04.78
200 Back	1:45.89	1:47.89	1:51.39	2:01.79	2:13.97	2:20.67
50 Breast	-	-	-	-	0:31.81	0:33.40
100 Breast	0:54.86	0:55.89	0:57.89	1:02.19	1:08.41	1:11.83
200 Breast	1:59.89	2:01.69	2:06.29	2:18.49	2:32.34	2:39.96
50 Fly	-	-	-	-	0:27.67	0:29.05
100 Fly	0:47.89	0:48.59	0:50.29	0:54.04	0:59.50	1:02.47
200 Fly	1:46.79	1:48.59	1:51.99	2:01.79	2:13.97	2:20.67
100 IM	-	-	-	-	1:00.90	1:03.95
200 IM	1:47.59	1:49.69	1:52.79	2:00.69	2:12.76	2:19.40
400 IM	3:53.29	3:58.29	3:59.89	4:18.89	4:44.78	4:59.02

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