

2014/15 Hawaiian Swimming Senior Time Standards

Women			SR-A	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:26.60	0:29.59	0:30.39	50 Free	0:24.13	0:26.82	0:27.62
0:57.84	1:04.81	1:06.41	100 Free	0:52.77	0:59.35	1:00.95
2:06.74	2:22.52	2:25.72	200 Free	1:56.88	2:11.63	2:14.83
5:36.63	4:57.76	5:04.16	400/500 Fr	5:16.07	4:39.76	4:46.16
11:38.05	10:17.19	10:29.99	800/1000 Fr	11:03.76	9:47.19	9:59.99
19:44.09	19:55.99	20:19.99	1500/1650 Fr	18:54.38	18:58.25	19:22.25
1:06.84	1:17.44	1:18.64	100 Back	1:01.70	1:11.06	1:12.26
2:25.30	2:45.23	2:47.63	200 Back	2:13.97	2:32.91	2:35.31
1:15.64	1:26.32	1:28.32	100 Breast	1:08.41	1:18.51	1:20.51
2:46.20	3:06.84	3:10.84	200 Breast	2:32.34	2:52.87	2:56.87
1:05.74	1:14.27	1:15.67	100 Fly	0:59.50	1:06.90	1:08.30
2:27.72	2:44.17	2:46.97	200 Fly	2:13.97	2:31.63	2:34.43
2:23.86	2:42.23	2:45.43	200 IM	2:12.76	2:29.36	2:32.56
5:08.73	5:44.53	5:50.93	400 IM	4:44.78	5:21.17	5:27.57
1:46.40	1:58.36	2:01.56	200 Fr Rly	1:36.52	1:47.28	1:50.48
3:51.36	4:19.24	4:25.64	400 Fr Rly	3:31.08	3:57.40	4:03.80
8:26.96	9:30.08	9:42.88	800 Fr Rly	7:47.52	8:46.52	8:59.32
1:59.73	2:16.28	2:19.07	200 Med Rly	1:49.07	2:04.12	2:06.91
4:26.06	5:02.84	5:09.04	400 Med Rly	4:02.38	4:35.82	4:42.02

Women			SR-B	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:27.93	0:31.07	0:31.91	50 Free	0:25.34	0:28.16	0:29.00
1:00.73	1:08.05	1:09.73	100 Free	0:55.41	1:02.32	1:04.00
2:13.08	2:29.65	2:33.01	200 Free	2:02.72	2:18.21	2:21.57
5:53.46	5:12.65	5:19.37	400/500 Fr	5:31.87	4:53.75	5:00.47
12:12.95	10:48.05	11:01.49	800/1000 Fr	11:36.95	10:16.55	10:29.99
20:43.29	20:55.79	21:20.99	1500/1650 Fr	19:51.10	19:55.16	20:20.36
1:10.18	1:21.31	1:22.57	100 Back	1:04.78	1:14.61	1:15.87
2:32.56	2:53.49	2:56.01	200 Back	2:20.67	2:40.55	2:43.07
1:19.42	1:30.63	1:32.73	100 Breast	1:11.83	1:22.43	1:24.53
2:54.51	3:16.18	3:20.38	200 Breast	2:39.96	3:01.51	3:05.71
1:09.03	1:17.98	1:19.45	100 Fly	1:02.47	1:10.24	1:11.71
2:35.10	2:52.38	2:55.32	200 Fly	2:20.67	2:39.21	2:42.15
2:31.05	2:50.34	2:53.70	200 IM	2:19.40	2:36.83	2:40.19
5:24.17	6:01.76	6:08.48	400 IM	4:59.02	5:37.23	5:43.95

Legend:

SR-A - Hawaiian Senior 'A' cut

SR-B - Hawaiian Senior 'B' cut

Updated: October 15, 2014