

2015/16 Hawaiian Swimming Senior Time Standards

Women			SR-A	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:26.53	0:29.50	0:30.30	50 Free	0:24.09	0:26.78	0:27.58
0:57.70	1:04.75	1:06.35	100 Free	0:52.60	0:59.19	1:00.79
2:06.69	2:21.85	2:25.05	200 Free	1:56.40	2:11.42	2:14.62
5:35.83	4:57.38	5:03.78	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
1:06.46	1:16.97	1:18.17	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
1:15.17	1:26.14	1:28.14	100 Breast	1:08.41	1:18.51	1:20.51
2:45.39	3:06.84	3:10.84	200 Breast	2:32.34	2:52.87	2:56.87
1:05.27	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
2:23.28	2:41.49	2:44.69	200 IM	2:12.76	2:29.36	2:32.56
5:07.90	5:44.53	5:50.93	400 IM	4:44.78	5:21.17	5:27.57
1:46.12	1:58.00	2:01.20	200 Fr Rly	1:36.36	1:47.12	1:50.32
3:50.80	4:19.00	4:25.40	400 Fr Rly	3:30.40	3:56.76	4:03.16
8:26.76	9:27.40	9:40.20	800 Fr Rly	7:45.60	8:45.68	8:58.48
1:59.07	2:15.96	2:18.75	200 Med Rly	1:48.99	2:04.05	2:06.84
4:24.60	5:02.13	5:08.33	400 Med Rly	4:02.21	4:35.66	4:41.86

Women			SR-B	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:27.86	0:30.97	0:31.82	50 Free	0:25.29	0:28.12	0:28.96
1:00.59	1:07.99	1:09.67	100 Free	0:55.23	1:02.15	1:03.83
2:13.02	2:28.94	2:32.30	200 Free	2:02.22	2:17.99	2:21.35
5:52.62	5:12.25	5:18.97	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
1:09.78	1:20.82	1:22.08	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
1:18.93	1:30.45	1:32.55	100 Breast	1:11.83	1:22.43	1:24.53
2:53.66	3:16.18	3:20.38	200 Breast	2:39.96	3:01.51	3:05.71
1:08.53	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
2:30.44	2:49.56	2:52.92	200 IM	2:19.40	2:36.83	2:40.19
5:23.30	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

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