

2008/09 Hawaiian Swimming Senior Time Standards - LCM

| WOMEN | TRLS | NATS | JRS | SECT | SR-A | SR-B |
|-------------------|-------------|-------------|------------|-------------|-------------|-------------|
| 50 Free | 0:26.39 | 0:27.29 | 0:27.59 | 0:28.59 | 0:31.78 | 0:33.37 |
| 100 Free | 0:56.99 | 0:58.89 | 0:59.29 | 1:01.48 | 1:08.52 | 1:11.94 |
| 200 Free | 2:03.09 | 2:06.99 | 2:07.59 | 2:12.88 | 2:27.17 | 2:34.53 |
| 400 Free | 4:19.39 | 4:25.59 | 4:26.59 | 4:38.86 | 5:07.66 | 5:23.04 |
| 800 Free | 8:50.49 | 9:04.09 | 9:09.89 | 9:39.45 | 10:40.41 | 11:12.43 |
| 1500 Free | 17:13.99 | 17:21.39 | 17:38.69 | 18:44.59 | 20:37.05 | 21:38.90 |
| 50 Back | - | - | - | - | 0:36.57 | 0:38.40 |
| 100 Back | 1:03.89 | 1:06.69 | 1:06.89 | 1:10.55 | 1:18.64 | 1:22.57 |
| 200 Back | 2:17.49 | 2:22.29 | 2:23.59 | 2:30.64 | 2:47.63 | 2:56.01 |
| 50 Breast | - | - | - | - | 0:41.07 | 0:43.12 |
| 100 Breast | 1:12.29 | 1:14.99 | 1:15.29 | 1:19.93 | 1:28.32 | 1:32.73 |
| 200 Breast | 2:35.99 | 2:41.59 | 2:42.19 | 2:53.49 | 3:10.84 | 3:20.38 |
| 50 Fly | - | - | - | - | 0:35.19 | 0:36.95 |
| 100 Fly | 1:01.59 | 1:04.39 | 1:04.79 | 1:07.08 | 1:15.67 | 1:19.45 |
| 200 Fly | 2:16.69 | 2:20.29 | 2:21.99 | 2:30.83 | 2:46.97 | 2:55.32 |
| 200 IM | 2:19.59 | 2:24.29 | 2:24.49 | 2:31.09 | 2:46.20 | 2:54.51 |
| 400 IM | 4:55.89 | 5:03.39 | 5:05.29 | 5:18.10 | 5:52.54 | 6:10.17 |
| MEN | TRLS | NATS | JRS | SECT | SR-A | SR-B |
| 50 Free | 0:23.29 | 0:24.19 | 0:24.79 | 0:25.79 | 0:28.37 | 0:29.79 |
| 100 Free | 0:50.89 | 0:52.99 | 0:53.99 | 0:56.13 | 1:02.25 | 1:05.36 |
| 200 Free | 1:52.89 | 1:55.69 | 1:58.09 | 2:02.37 | 2:15.07 | 2:21.82 |
| 400 Free | 3:59.99 | 4:05.89 | 4:09.79 | 4:22.50 | 4:49.07 | 5:03.52 |
| 800 Free | 8:19.29 | 8:29.79 | 8:40.19 | 9:12.79 | 10:08.07 | 10:38.47 |
| 1500 Free | 15:53.59 | 16:18.59 | 16:37.59 | 17:36.59 | 19:22.25 | 20:20.36 |
| 50 Back | - | - | - | - | 0:33.60 | 0:35.28 |
| 100 Back | 0:57.69 | 0:59.79 | 1:00.99 | 1:05.30 | 1:12.26 | 1:15.87 |
| 200 Back | 2:04.99 | 2:09.09 | 2:12.29 | 2:21.19 | 2:35.31 | 2:43.07 |
| 50 Breast | - | - | - | - | 0:37.44 | 0:39.31 |
| 100 Breast | 1:04.69 | 1:06.79 | 1:08.79 | 1:13.19 | 1:20.51 | 1:24.53 |
| 200 Breast | 2:20.79 | 2:25.29 | 2:29.39 | 2:40.79 | 2:56.87 | 3:05.71 |
| 50 Fly | - | - | - | - | 0:31.76 | 0:33.35 |
| 100 Fly | 0:54.99 | 0:57.19 | 0:58.59 | 1:01.21 | 1:08.30 | 1:11.71 |
| 200 Fly | 2:03.89 | 2:06.99 | 2:10.59 | 2:20.39 | 2:34.43 | 2:42.15 |
| 200 IM | 2:07.19 | 2:10.59 | 2:13.19 | 2:18.69 | 2:32.56 | 2:40.19 |
| 400 IM | 4:30.49 | 4:37.39 | 4:43.19 | 4:57.79 | 5:27.57 | 5:43.95 |

Legend:

Updated: October 21, 2008

TRLS - Summer World Trials

NATS - December Nationals

JRS - December Junior Nationals

SECT - Spring Western Sectional

SR-A - Hawaiian Senior 'A' cut

SR-B - Hawaiian Senior 'B' cut