

## 2008/09 Hawaiian Swimming Senior Time Standards - SCM

| <b>WOMEN</b>      | <b>TRLS</b> | <b>NATS</b> | <b>JRS</b> | <b>SECT</b> | <b>SR-A</b> | <b>SR-B</b> |
|-------------------|-------------|-------------|------------|-------------|-------------|-------------|
| <b>50 Free</b>    | 0:25.59     | 0:26.59     | 0:26.79    | 0:28.01     | 0:30.90     | 0:32.44     |
| <b>100 Free</b>   | 0:55.39     | 0:57.09     | 0:57.39    | 1:00.52     | 1:06.87     | 1:10.21     |
| <b>200 Free</b>   | 1:59.89     | 2:03.09     | 2:03.39    | 2:10.40     | 2:23.43     | 2:30.60     |
| <b>400 Free</b>   | 4:12.99     | 4:15.49     | 4:16.49    | 4:33.13     | 4:59.52     | 5:14.49     |
| <b>800 Free</b>   | 8:44.09     | 8:49.39     | 8:54.89    | 9:25.26     | 10:26.11    | 10:57.41    |
| <b>1500 Free</b>  | 17:04.09    | 16:47.39    | 16:54.49   | 18:06.22    | 20:12.30    | 21:12.91    |
| <b>50 Back</b>    | -           | -           | -          | -           | 0:34.78     | 0:36.52     |
| <b>100 Back</b>   | 1:02.69     | 1:03.39     | 1:03.39    | 1:06.53     | 1:14.79     | 1:18.53     |
| <b>200 Back</b>   | 2:15.09     | 2:16.99     | 2:17.49    | 2:28.18     | 2:41.36     | 2:49.43     |
| <b>50 Breast</b>  | -           | -           | -          | -           | 0:39.58     | 0:41.56     |
| <b>100 Breast</b> | 1:10.29     | 1:12.79     | 1:12.59    | 1:17.78     | 1:25.13     | 1:29.39     |
| <b>200 Breast</b> | 2:31.99     | 2:37.29     | 2:37.09    | 2:47.98     | 3:04.57     | 3:13.80     |
| <b>50 Fly</b>     | -           | -           | -          | -           | 0:34.27     | 0:35.98     |
| <b>100 Fly</b>    | 1:00.19     | 1:02.79     | 1:02.49    | 1:06.53     | 1:13.69     | 1:17.37     |
| <b>200 Fly</b>    | 2:13.89     | 2:17.49     | 2:17.49    | 2:28.18     | 2:44.00     | 2:52.20     |
| <b>100 IM</b>     | -           | -           | -          | -           | 1:15.12     | 1:18.87     |
| <b>200 IM</b>     | 2:16.39     | 2:19.19     | 2:19.19    | 2:27.66     | 2:41.91     | 2:50.00     |
| <b>400 IM</b>     | 4:49.49     | 4:55.29     | 4:55.29    | 5:11.73     | 5:45.39     | 6:02.66     |
| <b>MEN</b>        | <b>TRLS</b> | <b>NATS</b> | <b>JRS</b> | <b>SECT</b> | <b>SR-A</b> | <b>SR-B</b> |
| <b>50 Free</b>    | 0:22.49     | 0:23.29     | 0:23.89    | 0:25.11     | 0:27.49     | 0:28.86     |
| <b>100 Free</b>   | 0:49.29     | 0:50.79     | 0:51.69    | 0:54.74     | 0:59.94     | 1:02.94     |
| <b>200 Free</b>   | 1:49.69     | 1:51.49     | 1:53.29    | 1:59.64     | 2:11.55     | 2:18.13     |
| <b>400 Free</b>   | 3:53.59     | 3:55.69     | 3:59.39    | 4:15.20     | 4:39.39     | 4:53.36     |
| <b>800 Free</b>   | 8:14.03     | 8:16.49     | 8:23.99    | 8:57.79     | 9:49.48     | 10:18.95    |
| <b>1500 Free</b>  | 15:29.59    | 15:30.39    | 16:02.39   | 17:12.02    | 19:07.40    | 20:04.77    |
| <b>50 Back</b>    | -           | -           | -          | -           | 0:31.86     | 0:33.45     |
| <b>100 Back</b>   | 0:56.49     | 0:57.09     | 0:57.99    | 1:02.60     | 1:08.52     | 1:11.94     |
| <b>200 Back</b>   | 2:02.59     | 2:03.29     | 2:05.39    | 2:15.93     | 2:28.71     | 2:36.14     |
| <b>50 Breast</b>  | -           | -           | -          | -           | 0:35.34     | 0:37.11     |
| <b>100 Breast</b> | 1:02.69     | 1:03.99     | 1:05.09    | 1:09.41     | 1:16.00     | 1:19.80     |
| <b>200 Breast</b> | 2:16.79     | 2:20.19     | 2:23.29    | 2:34.56     | 2:49.17     | 2:57.63     |
| <b>50 Fly</b>     | -           | -           | -          | -           | 0:30.74     | 0:32.27     |
| <b>100 Fly</b>    | 0:53.59     | 0:55.29     | 0:56.09    | 1:00.37     | 1:06.10     | 1:09.40     |
| <b>200 Fly</b>    | 2:01.09     | 2:02.29     | 2:04.59    | 2:15.93     | 2:28.71     | 2:36.14     |
| <b>100 IM</b>     | -           | -           | -          | -           | 1:07.64     | 1:11.02     |
| <b>200 IM</b>     | 2:03.99     | 2:04.79     | 2:06.49    | 2:14.70     | 2:27.39     | 2:34.76     |
| <b>400 IM</b>     | 4:24.09     | 4:26.79     | 4:29.89    | 4:48.94     | 5:16.13     | 5:31.94     |

**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**