

2008/09 Hawaiian Swimming Senior Time Standards - SCY

WOMEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:22.89	0:23.89	0:24.09	0:25.10	0:27.82	0:29.21
100 Free	0:49.69	0:51.89	0:52.19	0:54.23	1:00.16	1:03.17
200 Free	1:47.19	1:51.69	1:52.09	1:56.84	2:09.13	2:15.59
500 Free	4:45.49	4:55.89	4:57.09	5:12.19	5:43.41	6:00.58
1000 Free	9:59.39	10:07.99	10:14.39	10:46.09	11:57.30	12:33.16
1650 Free	16:28.79	16:58.29	17:00.99	18:09.88	20:14.39	21:15.11
50 Back	-	-	-	-	0:31.30	0:32.86
100 Back	0:54.79	0:57.69	0:57.79	1:00.90	1:07.31	1:10.67
200 Back	1:58.29	2:03.59	2:04.19	2:11.05	2:25.30	2:32.56
50 Breast	-	-	-	-	0:35.65	0:37.43
100 Breast	1:02.39	1:05.19	1:05.29	1:09.69	1:16.66	1:20.49
200 Breast	2:14.99	2:20.69	2:21.39	2:30.51	2:46.20	2:54.51
50 Fly	-	-	-	-	0:30.84	0:32.38
100 Fly	0:53.89	0:57.09	0:57.29	0:59.61	1:06.32	1:09.63
200 Fly	1:59.29	2:05.09	2:05.69	2:12.77	2:27.72	2:35.10
100 IM	-	-	-	-	1:07.61	1:10.99
200 IM	2:00.29	2:06.09	2:06.89	2:12.30	2:25.85	2:33.14
400 IM	4:16.29	4:27.79	4:28.49	4:39.31	5:11.07	5:26.62
MEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:19.99	0:20.99	0:21.59	0:22.49	0:24.74	0:25.98
100 Free	0:43.89	0:45.99	0:46.89	0:49.05	0:54.00	0:56.70
200 Free	1:36.49	1:40.69	1:42.49	1:47.20	1:58.46	2:04.38
500 Free	4:22.69	4:32.29	4:36.59	4:51.69	5:20.86	5:36.90
1000 Free	9:17.29	9:27.39	9:36.29	10:14.69	11:16.16	11:49.97
1650 Free	15:24.49	15:47.79	16:03.49	17:15.12	19:10.70	20:08.23
50 Back	-	-	-	-	0:28.69	0:30.12
100 Back	0:48.59	0:51.29	0:52.19	0:56.09	1:01.70	1:04.78
200 Back	1:45.89	1:50.99	1:53.09	2:01.79	2:13.97	2:20.67
50 Breast	-	-	-	-	0:31.81	0:33.40
100 Breast	0:54.86	0:57.59	0:58.69	1:02.19	1:08.41	1:11.83
200 Breast	1:59.89	2:04.99	2:07.99	2:18.49	2:32.34	2:39.96
50 Fly	-	-	-	-	0:27.67	0:29.05
100 Fly	0:47.89	0:50.49	0:51.19	0:54.09	0:59.50	1:02.47
200 Fly	1:46.79	1:51.79	1:53.99	2:01.79	2:13.97	2:20.67
100 IM	-	-	-	-	1:00.90	1:03.95
200 IM	1:47.59	1:52.99	1:54.59	2:00.69	2:12.76	2:19.40
400 IM	3:53.29	4:00.99	4:04.09	4:18.89	4:44.78	4:59.02

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**