LCM - 2008/09 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

HI-C+	HI-B	HI-A	GIRLS	8 & U	BOYS	HI-A	HI-B	HI-C+
0:55.88	0:55.87	0:50.78		**50 Free**		0:51.62	0:56.78	0:56.79
1:06.81	1:06.80	1:00.73		**50 Back**		1:02.23	1:08.47	1:08.48
1:14.13	1:14.12	1:07.37		**50 Breast**		1:10.19	1:17.20	1:17.21
1:02.59	1:02.58	0:56.90		**50 Fly**		0:59.31	1:05.24	1:05.25

HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE	10 & U	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+
0:50.79	0:50.78	0:46.88	0:42.97	0:39.06	0:33.29	**50 Free**	0:33.09	0:39.71	0:43.68	0:47.65	0:51.62	0:51.63
1:50.90	1:50.89	1:42.37	1:33.83	1:25.31	1:12.29	**100 Free**	1:12.79	1:27.23	1:35.95	1:44.67	1:53.40	1:53.41
4:05.90	4:05.89	3:46.98	3:28.06	3:09.15	2:39.09	**200 Free**	2:38.09	3:09.95	3:28.94	3:47.94	4:06.93	4:06.94
1:00.74	1:00.73	0:56.06	0:51.38	0:46.72	0:39.39	**50 Back**	0:39.49	0:47.86	0:52.66	0:57.44	1:02.23	1:02.24
2:10.85	2:10.84	2:00.77	1:50.70	1:40.64	1:24.89	**100 Back**	1:25.09	1:41.87	1:52.06	2:02.25	2:12.44	2:12.45
1:07.38	1:07.37	1:02.18	0:57.00	0:51.82	0:44.29	**50 Breast**	0:44.99	0:53.99	0:59.39	1:04.78	1:10.19	1:10.20
2:26.92	2:26.91	2:15.61	2:04.31	1:53.01	1:36.69	**100 Breast**	1:37.89	1:57.35	2:09.08	2:20.82	2:32.55	2:32.56
0:56.91	0:56.90	0:52.51	0:48.14	0:43.77	0:36.79	**50 Fly**	0:36.79	0:45.62	0:50.18	0:54.75	0:59.31	0:59.32
2:12.69	2:12.68	2:02.47	1:52.27	1:42.05	1:25.09	**100 Fly**	1:24.49	1:46.25	1:56.88	2:07.51	2:18.13	2:18.14
4:35.52	4:35.51	4:14.30	3:53.10	3:31.91	2:58.59	**200 IM**	2:59.59	3:35.63	3:57.19	4:18.76	4:40.31	4:40.32

HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE	11/12	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+
0:43.57	0:43.56	0:40.22	0:36.85	0:33.50	0:29.39	**50 Free**	0:29.59	0:34.73	0:38.21	0:41.68	0:45.16	0:45.17
1:36.03	1:36.02	1:28.64	1:21.24	1:13.86	1:04.69	**100 Free**	1:04.29	1:15.86	1:23.45	1:31.03	1:38.63	1:38.64
3:28.66	3:28.65	3:12.60	2:56.55	2:40.50	2:20.59	**200 Free**	2:19.79	2:45.19	3:01.71	3:18.23	3:34.74	3:34.75
7:19.71	7:19.70	6:45.87	6:12.05	5:38.22	4:56.49	**400 Free**	4:55.59	5:49.27	6:24.20	6:59.12	7:34.06	7:34.07
0:51.43	0:51.42	0:47.45	0:43.50	0:39.55	0:34.59	**50 Back**	0:34.89	0:41.29	0:45.42	0:49.55	0:53.68	0:53.69
1:50.56	1:50.55	1:42.04	1:33.54	1:25.03	1:14.19	**100 Back**	1:15.09	1:28.60	1:37.47	1:46.33	1:55.19	1:55.20
0:57.70	0:57.69	0:53.26	0:48.82	0:44.38	0:38.59	**50 Breast**	0:38.29	0:45.18	0:49.70	0:54.21	0:58.74	0:58.75
2:05.58	2:05.57	1:55.91	1:46.25	1:36.58	1:24.09	**100 Breast**	1:24.49	1:39.58	1:49.54	1:59.49	2:09.45	2:09.46
0:48.31	0:48.30	0:44.58	0:40.87	0:37.15	0:32.39	**50 Fly**	0:32.49	0:38.34	0:42.17	0:46.01	0:49.84	0:49.85
1:48.84	1:48.83	1:40.45	1:32.08	1:23.71	1:12.49	**100 Fly**	1:12.89	1:26.26	1:34.88	1:43.52	1:52.16	1:52.17
3:55.78	3:55.77	3:37.63	3:19.50	3:01.37	2:38.79	**200 IM**	2:38.99	3:07.25	3:25.97	3:44.70	4:03.43	4:03.44

HI-B	HI-A	HI-AA	QUAL	ZONE	SECT	13/14	SECT	ZONE	QUAL	HI-AA	HI-A	HI-B
0:41.46	0:38.26	0:35.08	0:31.89	0:28.89	0:28.59	**50 Free**	0:25.79	0:27.29	0:30.57	0:33.62	0:36.68	0:39.74
1:29.65	1:22.75	1:15.86	1:08.95	1:02.69	1:01.48	**100 Free**	0:56.13	0:58.99	1:06.07	1:12.67	1:19.28	1:25.89
3:13.32	2:58.45	2:43.58	2:28.71	2:15.09	2:12.88	**200 Free**	2:02.37	2:08.09	2:24.03	2:38.42	2:52.83	3:07.23
6:46.25	6:15.00	5:43.75	5:12.50	4:43.99	4:38.86	**400 Free**	4:22.50	4:31.99	5:06.42	5:37.06	6:07.70	6:38.35
14:08.55	13:03.28	11:58.00	10:52.73	9:51.69	9:39.45	**800 Free**	9:12.79	9:28.49	10:37.94	11:41.74	12:45.53	13:49.32
27:07.62	25:02.41	22:57.21	20:52.01	18:55.69	18:44.59	**1500 Free**	17:36.59	18:06.09	20:18.78	22:20.65	24:22.53	26:24.41
1:45.11	1:37.03	1:28.93	1:20.85	1:11.59	1:10.55	**100 Back**	1:05.30	1:08.09	1:17.73	1:25.52	1:33.29	1:41.06
3:40.06	3:23.13	3:06.20	2:49.28	2:33.29	2:30.64	**200 Back**	2:21.19	2:25.89	2:44.07	3:00.48	3:16.88	3:33.29
1:57.77	1:48.72	1:39.66	1:30.60	1:20.89	1:19.93	**100 Breast**	1:13.19	1:15.99	1:26.97	1:35.67	1:44.36	1:53.07
4:09.23	3:50.06	3:30.89	3:11.72	2:54.09	2:53.49	**200 Breast**	2:40.79	2:45.39	3:05.80	3:24.38	3:42.96	4:01.54
1:41.76	1:33.93	1:26.10	1:18.28	1:09.59	1:07.08	**100 Fly**	1:01.21	1:05.19	1:14.55	1:22.00	1:29.46	1:36.92
3:43.07	3:25.91	3:08.75	2:51.59	2:35.49	2:30.83	**200 Fly**	2:20.39	2:26.99	2:44.96	3:01.47	3:17.96	3:34.47
3:40.35	3:23.40	3:06.45	2:49.50	2:33.99	2:31.09	**200 IM**	2:18.69	2:25.09	2:42.50	2:58.75	3:15.00	3:31.25
7:48.32	7:12.28	6:36.27	6:00.23	5:25.79	5:18.10	**400 IM**	4:57.79	5:08.59	5:47.53	6:22.28	6:57.03	7:31.79

HI-B	HI-A	HI-AA	QUAL	ZONE	SECT	15/16	SECT	ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.84	0:37.70	0:34.56	0:31.41	0:28.99	0:28.59	**50 Free**	0:25.79	0:26.29	0:28.39	0:31.24	0:34.07	0:36.91
1:29.00	1:22.15	1:15.30	1:08.47	1:02.89	1:01.48	**100 Free**	0:56.13	0:57.49	1:02.08	1:08.30	1:14.50	1:20.72
3:11.49	2:56.76	2:42.03	2:27.30	2:15.59	2:12.88	**200 Free**	2:02.37	2:05.79	2:15.75	2:29.32	2:42.90	2:56.47
6:44.20	6:13.10	5:42.01	5:10.92	4:44.69	4:38.86	**400 Free**	4:22.50	4:26.79	4:49.43	5:18.37	5:47.32	6:16.26
13:52.84	12:48.78	11:44.71	10:40.64	9:53.69	9:39.45	**800 Free**	9:12.79	9:20.89	10:05.12	11:05.62	12:06.14	13:06.65
26:50.80	24:46.89	22:42.98	20:39.07	19:01.49	18:44.59	**1500 Free**	17:36.59	18:03.69	19:38.38	21:36.22	23:34.05	25:31.89
1:41.50	1:33.69	1:25.88	1:18.08	1:11.89	1:10.55	**100 Back**	1:05.30	1:06.19	1:11.92	1:19.11	1:26.30	1:33.50
3:38.31	3:21.51	3:04.72	2:47.93	2:34.69	2:30.64	**200 Back**	2:21.19	2:23.79	2:36.16	2:51.77	3:07.39	3:23.00
1:54.20	1:45.42	1:36.64	1:27.85	1:19.59	1:19.93	**100 Breast**	1:13.19	1:14.39	1:22.18	1:30.40	1:38.61	1:46.83
4:08.21	3:49.12	3:30.03	3:10.94	2:55.99	2:53.49	**200 Breast**	2:40.79	2:43.09	2:57.10	3:14.82	3:32.54	3:50.24
1:38.55	1:30.97	1:23.38	1:15.80	1:09.89	1:07.08	**100 Fly**	1:01.21	1:03.39	1:08.68	1:15.55	1:22.41	1:29.28
3:41.68	3:24.62	3:07.57	2:50.52	2:37.09	2:30.83	**200 Fly**	2:20.39	2:23.89	2:35.72	2:51.30	3:06.87	3:22.46
3:38.87	3:22.03	3:05.20	2:48.36	2:34.99	2:31.09	**200 IM**	2:18.69	2:22.39	2:34.10	2:49.51	3:04.93	3:20.34
7:41.36	7:05.86	6:30.36	5:54.87	5:27.39	5:18.10	**400 IM**	4:57.79	5:04.59	5:30.46	6:03.52	6:36.58	7:09.61

HI-B	HI-A	HI-AA	QUAL	ZONE	SECT	17/18	SECT	ZONE	QUAL	HI-AA	HI-A	HI-B
0:41.08	0:37.82	0:35.21	0:32.60	0:29.89	0:28.59	**50 Free**	0:25.79	0:26.59	0:28.72	0:31.01	0:33.31	0:36.19
1:29.52	1:22.42	1:16.74	1:11.05	1:05.09	1:01.48	**100 Free**	0:56.13	0:58.39	1:03.17	1:08.22	1:13.27	1:19.59
3:16.35	3:00.77	2:48.30	2:35.84	2:21.19	2:12.88	**200 Free**	2:02.37	2:07.99	2:19.74	2:30.92	2:42.10	2:56.07
6:49.05	6:16.58	5:50.61	5:24.64	5:00.19	4:38.86	**400 Free**	4:22.50	4:35.49	4:58.07	5:21.91	5:45.76	6:15.57
14:26.41	13:17.64	12:22.63	11:27.62	10:26.09	9:39.45	**800 Free**	9:12.79	9:38.69	10:32.11	11:22.69	12:13.25	13:16.46
27:33.49	25:22.27	23:37.28	21:52.30	20:18.79	18:44.59	**1500 Free**	17:36.59	18:38.59	20:20.06	21:57.67	23:35.28	25:37.29
1:45.17	1:36.83	1:30.16	1:23.47	1:16.69	1:10.55	**100 Back**	1:05.30	1:09.19	1:15.16	1:21.16	1:27.18	1:34.70
3:47.11	3:29.08	3:14.66	3:00.24	2:44.79	2:30.64	**200 Back**	2:21.19	2:31.29	2:43.39	2:56.47	3:09.53	3:25.89
1:58.92	1:49.48	1:41.93	1:34.39	1:25.99	1:19.93	**100 Breast**	1:13.19	1:17.39	1:24.34	1:31.09	1:37.83	1:46.26
4:18.96	3:58.40	3:41.96	3:25.51	3:07.79	2:53.49	**200 Breast**	2:40.79	2:51.09	3:06.62	3:21.55	3:36.48	3:55.14
1:41.91	1:33.82	1:27.35	1:20.88	1:13.69	1:07.08	**100 Fly**	1:01.21	1:04.99	1:10.41	1:16.04	1:21.68	1:28.71
3:55.40	3:36.72	3:21.78	3:06.83	2:51.59	2:30.83	**200 Fly**	2:20.39	2:33.69	2:45.66	2:58.91	3:12.17	3:28.74
3:40.32	3:22.81	3:08.83	2:54.84	2:40.69	2:31.09	**200 IM**	2:18.69	2:26.49	2:38.53	2:51.22	3:03.90	3:19.75
8:03.89	7:25.48	6:54.76	6:24.03	5:52.39	5:18.10	**400 IM**	4:57.79	5:22.09	5:50.67	6:18.72	6:46.78	7:21.84

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