

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

HI-C+ HI-B HI-A			GIRLS			8 & U			BOYS			HI-A HI-B HI-C+		
0:27.54	0:27.53	0:25.00				25 Free						0:25.41	0:28.01	0:28.02
0:55.08	0:55.07	0:49.98				50 Free						0:50.82	0:55.98	0:55.99
0:33.11	0:33.10	0:30.07				25 Back						0:30.81	0:33.92	0:33.93
1:06.21	1:06.20	1:00.13				50 Back						1:01.63	1:07.87	1:07.88
0:36.56	0:36.55	0:33.18				25 Breast						0:34.59	0:38.11	0:38.12
1:13.13	1:13.12	1:06.37				50 Breast						1:09.19	1:16.20	1:16.21
0:30.96	0:30.95	0:28.09				25 Fly						0:29.30	0:32.27	0:32.28
1:01.89	1:01.88	0:56.20				50 Fly						0:58.61	1:04.54	1:04.55
HI-C+ HI-B HI-A HI-AA QUAL ZONE				10 & U						HI-A HI-B HI-C+				
0:49.99	0:49.98	0:46.08	0:42.17	0:38.26	0:32.49	50 Free	0:32.29	0:38.91	0:42.88	0:46.85	0:50.82	0:50.83		
1:49.30	1:49.29	1:40.77	1:32.23	1:23.71	1:10.69	100 Free	1:11.19	1:25.63	1:34.35	1:43.07	1:51.80	1:51.81		
4:02.70	4:02.69	3:43.78	3:24.86	3:05.95	2:35.89	200 Free	2:34.89	3:06.75	3:25.74	3:44.74	4:03.73	4:03.74		
1:00.14	1:00.13	0:55.46	0:50.78	0:46.12	0:38.79	50 Back	0:38.89	0:47.26	0:52.06	0:56.84	1:01.63	1:01.64		
2:09.65	2:09.64	1:59.57	1:49.50	1:39.44	1:23.69	100 Back	1:23.89	1:40.67	1:50.86	2:01.05	2:11.24	2:11.25		
1:06.38	1:06.37	1:01.18	0:56.00	0:50.82	0:43.29	50 Breast	0:43.99	0:52.99	0:58.39	1:03.78	1:09.19	1:09.20		
2:24.92	2:24.91	2:13.61	2:02.31	1:51.01	1:34.69	100 Breast	1:35.89	1:55.35	2:07.08	2:18.82	2:30.55	2:30.56		
0:56.21	0:56.20	0:51.81	0:47.44	0:43.07	0:36.09	50 Fly	0:36.09	0:44.92	0:49.48	0:54.05	0:58.61	0:58.62		
2:11.29	2:11.28	2:01.07	1:50.87	1:40.65	1:23.69	100 Fly	1:23.09	1:44.85	1:55.48	2:06.11	2:16.73	2:16.74		
2:09.13	2:09.12	1:59.05	1:49.00	1:38.95		100 IM		1:41.62	1:51.94	2:02.26	2:12.58	2:12.59		
4:32.32	4:32.31	4:11.10	3:49.90	3:28.71	2:55.39	200 IM	2:56.39	3:32.43	3:53.99	4:15.56	4:37.11	4:37.12		
HI-C+ HI-B HI-A HI-AA QUAL ZONE				11/12						HI-A HI-B HI-C+				
0:42.77	0:42.76	0:39.42	0:36.05	0:32.70	0:28.59	50 Free	0:28.79	0:33.93	0:37.41	0:40.88	0:44.36	0:44.37		
1:34.43	1:34.42	1:27.04	1:19.64	1:12.26	1:03.09	100 Free	1:02.69	1:14.26	1:21.85	1:29.43	1:37.03	1:37.04		
3:25.46	3:25.45	3:09.40	2:53.35	2:37.30	2:17.39	200 Free	2:16.59	2:41.99	2:58.51	3:15.03	3:31.54	3:31.55		
7:13.31	7:13.30	6:39.47	6:05.65	5:31.82	4:50.09	400 Free	4:49.19	5:42.87	6:17.80	6:52.72	7:27.66	7:27.67		
0:50.83	0:50.82	0:46.85	0:42.90	0:38.95	0:33.99	50 Back	0:34.29	0:40.69	0:44.82	0:48.95	0:53.08	0:53.09		
1:49.36	1:49.35	1:40.84	1:32.34	1:23.83	1:12.99	100 Back	1:13.89	1:27.40	1:36.27	1:45.13	1:53.99	1:54.00		
0:56.70	0:56.69	0:52.26	0:47.82	0:43.38	0:37.59	50 Breast	0:37.29	0:44.18	0:48.70	0:53.21	0:57.74	0:57.75		
2:03.58	2:03.57	1:53.91	1:44.25	1:34.58	1:22.09	100 Breast	1:22.49	1:37.58	1:47.54	1:57.49	2:07.45	2:07.46		
0:47.61	0:47.60	0:43.88	0:40.17	0:36.45	0:31.69	50 Fly	0:31.79	0:37.64	0:41.47	0:45.31	0:49.14	0:49.15		
1:47.44	1:47.43	1:39.05	1:30.68	1:22.31	1:11.09	100 Fly	1:11.49	1:24.86	1:33.48	1:42.12	1:50.76	1:50.77		
1:48.18	1:48.17	1:39.73	1:31.29	1:22.85		100 IM		1:25.85	1:34.59	1:43.33	1:52.07	1:52.08		
3:52.58	3:52.57	3:34.43	3:16.30	2:58.17	2:35.59	200 IM	2:35.79	3:04.05	3:22.77	3:41.50	4:00.23	4:00.24		

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HI-B	HI-A	HI-AA	QUAL	ZONE	SECT	13/14	SECT	ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.66	0:37.46	0:34.28	0:31.09	0:28.09	0:28.01	50 Free	0:25.11	0:26.49	0:29.77	0:32.82	0:35.88	0:38.94
1:28.05	1:21.15	1:14.26	1:07.35	1:01.09	1:00.52	100 Free	0:54.74	0:57.39	1:04.47	1:11.07	1:17.68	1:24.29
3:10.12	2:55.25	2:40.38	2:25.51	2:11.89	2:10.40	200 Free	1:59.64	2:04.89	2:20.83	2:35.22	2:49.63	3:04.03
6:39.85	6:08.60	5:37.35	5:06.10	4:37.59	4:33.13	400 Free	4:15.20	4:25.59	5:00.02	5:30.66	6:01.30	6:31.95
13:55.75	12:50.48	11:45.20	10:39.93	9:38.89	9:25.26	800 Free	8:57.79	9:15.69	10:25.14	11:28.94	12:32.73	13:36.52
26:43.62	24:38.41	22:33.21	20:28.01	18:31.69	18:06.22	1500 Free	17:12.02	17:42.09	19:54.78	21:56.65	23:58.53	26:00.41
1:43.91	1:35.83	1:27.73	1:19.65	1:10.39	1:06.53	100 Back	1:02.60	1:06.89	1:16.53	1:24.32	1:32.09	1:39.86
3:37.66	3:20.73	3:03.80	2:46.88	2:30.89	2:28.18	200 Back	2:15.93	2:23.49	2:41.67	2:58.08	3:14.48	3:30.89
1:55.77	1:46.72	1:37.66	1:28.60	1:18.89	1:17.78	100 Breast	1:09.41	1:13.99	1:24.97	1:33.67	1:42.36	1:51.07
4:05.23	3:46.06	3:26.89	3:07.72	2:50.09	2:47.98	200 Breast	2:34.56	2:41.39	3:01.80	3:20.38	3:38.96	3:57.54
1:40.36	1:32.53	1:24.70	1:16.88	1:08.19	1:06.53	100 Fly	1:00.37	1:03.79	1:13.15	1:20.60	1:28.06	1:35.52
3:40.27	3:23.11	3:05.95	2:48.79	2:32.69	2:28.18	200 Fly	2:15.93	2:24.19	2:42.16	2:58.67	3:15.16	3:31.67
3:37.15	3:20.20	3:03.25	2:46.30	2:30.79	2:27.66	200 IM	2:14.70	2:21.89	2:39.30	2:55.55	3:11.80	3:28.05
7:41.92	7:05.88	6:29.87	5:53.83	5:19.39	5:11.73	400 IM	4:48.94	5:02.19	5:41.13	6:15.88	6:50.63	7:25.39

HI-B	HI-A	HI-AA	QUAL	ZONE	SECT	15/16	SECT	ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.04	0:36.90	0:33.76	0:30.61	0:28.19	0:28.01	50 Free	0:25.11	0:25.49	0:27.59	0:30.44	0:33.27	0:36.11
1:27.40	1:20.55	1:13.70	1:06.87	1:01.29	1:00.52	100 Free	0:54.74	0:55.89	1:00.48	1:06.70	1:12.90	1:19.12
3:08.29	2:53.56	2:38.83	2:24.10	2:12.39	2:10.40	200 Free	1:59.64	2:02.59	2:12.55	2:26.12	2:39.70	2:53.27
6:37.80	6:06.70	5:35.61	5:04.52	4:38.29	4:33.13	400 Free	4:15.20	4:20.39	4:43.03	5:11.97	5:40.92	6:09.86
13:40.04	12:35.98	11:31.91	10:27.84	9:40.89	9:25.26	800 Free	8:57.79	9:08.09	9:52.32	10:52.82	11:53.34	12:53.85
26:26.80	24:22.89	22:18.98	20:15.07	18:37.49	18:06.22	1500 Free	17:12.02	17:39.69	19:14.38	21:12.22	23:10.05	25:07.89
1:40.30	1:32.49	1:24.68	1:16.88	1:10.69	1:06.53	100 Back	1:02.60	1:04.99	1:10.72	1:17.91	1:25.10	1:32.30
3:35.91	3:19.11	3:02.32	2:45.53	2:32.29	2:28.18	200 Back	2:15.93	2:21.39	2:33.76	2:49.37	3:04.99	3:20.60
1:52.20	1:43.42	1:34.64	1:25.85	1:17.59	1:17.78	100 Breast	1:09.41	1:12.39	1:20.18	1:28.40	1:36.61	1:44.83
4:04.21	3:45.12	3:26.03	3:06.94	2:51.99	2:47.98	200 Breast	2:34.56	2:39.09	2:53.10	3:10.82	3:28.54	3:46.24
1:37.15	1:29.57	1:21.98	1:14.40	1:08.49	1:06.53	100 Fly	1:00.37	1:01.99	1:07.28	1:14.15	1:21.01	1:27.88
3:38.88	3:21.82	3:04.77	2:47.72	2:34.29	2:28.18	200 Fly	2:15.93	2:21.09	2:32.92	2:48.50	3:04.07	3:19.66
3:35.67	3:18.83	3:02.00	2:45.16	2:31.79	2:27.66	200 IM	2:14.70	2:19.19	2:30.90	2:46.31	3:01.73	3:17.14
7:34.96	6:59.46	6:23.96	5:48.47	5:20.99	5:11.73	400 IM	4:48.94	4:58.19	5:24.06	5:57.12	6:30.18	7:03.21

HI-B	HI-A	HI-AA	QUAL	ZONE	SECT	17/18	SECT	ZONE	QUAL	HI-AA	HI-A	HI-B
0:40.28	0:37.02	0:34.41	0:31.80	0:29.09	0:28.01	50 Free	0:25.11	0:25.79	0:27.92	0:30.21	0:32.51	0:35.39
1:27.92	1:20.82	1:15.14	1:09.45	1:03.49	1:00.52	100 Free	0:54.74	0:56.79	1:01.57	1:06.62	1:11.67	1:17.99
3:13.15	2:57.57	2:45.10	2:32.64	2:17.99	2:10.40	200 Free	1:59.64	2:04.79	2:16.54	2:27.72	2:38.90	2:52.87
6:42.65	6:10.18	5:44.21	5:18.24	4:53.79	4:33.13	400 Free	4:15.20	4:29.09	4:51.67	5:15.51	5:39.36	6:09.17
14:13.61	13:04.84	12:09.83	11:14.82	10:13.29	9:25.26	800 Free	8:57.79	9:25.89	10:19.31	11:09.89	12:00.45	13:03.66
27:09.49	24:58.27	23:13.28	21:28.30	19:54.79	18:06.22	1500 Free	17:12.02	18:14.59	19:56.06	21:33.67	23:11.28	25:13.29
1:43.97	1:35.63	1:28.96	1:22.27	1:15.49	1:06.53	100 Back	1:02.60	1:07.99	1:13.96	1:19.96	1:25.98	1:33.50
3:44.71	3:26.68	3:12.26	2:57.84	2:42.39	2:28.18	200 Back	2:15.93	2:28.89	2:40.99	2:54.07	3:07.13	3:23.49
1:56.92	1:47.48	1:39.93	1:32.39	1:23.99	1:17.78	100 Breast	1:09.41	1:15.39	1:22.34	1:29.09	1:35.83	1:44.26
4:14.96	3:54.40	3:37.96	3:21.51	3:03.79	2:47.98	200 Breast	2:34.56	2:47.09	3:02.62	3:17.55	3:32.48	3:51.14
1:40.51	1:32.42	1:25.95	1:19.48	1:12.29	1:06.53	100 Fly	1:00.37	1:03.59	1:09.01	1:14.64	1:20.28	1:27.31
3:52.60	3:33.92	3:18.98	3:04.03	2:48.79	2:28.18	200 Fly	2:15.93	2:30.89	2:42.86	2:56.11	3:09.37	3:25.94
3:37.12	3:19.61	3:05.63	2:51.64	2:37.49	2:27.66	200 IM	2:14.70	2:23.29	2:35.33	2:48.02	3:00.70	3:16.55
7:57.49	7:19.08	6:48.36	6:17.63	5:45.99	5:11.73	400 IM	4:48.94	5:15.69	5:44.27	6:12.32	6:40.38	7:15.44