

LCM - 2009/10 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	0:46.88	0:55.87	0:55.87	0:46.88	0:46.88	0:46.88	0:46.88				50 Free	0:33.09	0:33.29				0:47.65	0:56.78	0:56.79	0:56.78	0:56.78	0:56.79	0:56.79	0:56.79	0:56.79
1:06.81	1:06.80	0:56.06	1:06.80	1:06.80	0:56.06	0:56.06	0:56.06	0:56.06				50 Back	1:12.79	1:12.29				0:57.44	1:08.47	1:08.48	1:08.47	1:08.47	1:08.48	1:08.48	1:08.48	1:08.48
1:14.13	1:14.12	1:02.18	1:14.12	1:14.12	1:02.18	1:02.18	1:02.18	1:02.18				50 Breast	0:39.49	0:39.39				1:04.78	1:17.20	1:17.21	1:17.20	1:17.20	1:17.21	1:17.21	1:17.21	1:17.21
1:02.59	1:02.58	0:52.51	1:02.58	1:02.58	0:52.51	0:52.51	0:52.51	0:52.51				50 Fly	1:25.09	1:24.89				0:54.75	1:05.24	1:05.25	1:05.24	1:05.24	1:05.25	1:05.25	1:05.25	1:05.25
<b>HI-C+</b>	<b>HI-B</b>	<b>HI-A</b>	<b>HI-AA</b>	<b>QUAL</b>	<b>ZONE</b>	<b>10 &amp; U</b>	<b>ZONE</b>	<b>QUAL</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>		
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	0:51.62	0:51.63	0:51.62	0:51.62	0:51.63	0:51.62	0:51.62	0:51.63	0:51.62	0:51.62	0:51.63	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	1:53.40	1:53.41	1:53.40	1:53.40	1:53.41	1:53.40	1:53.40	1:53.41	1:53.40	1:53.40	1:53.41	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	4:06.93	4:06.94	4:06.93	4:06.93	4:06.94	4:06.93	4:06.93	4:06.94	4:06.93	4:06.93	4:06.94	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	1:02.23	1:02.24	1:02.23	1:02.23	1:02.24	1:02.23	1:02.23	1:02.24	1:02.23	1:02.23	1:02.24	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	2:12.44	2:12.45	2:12.44	2:12.44	2:12.45	2:12.44	2:12.44	2:12.45	2:12.44	2:12.44	2:12.45	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	1:10.19	1:10.20	1:10.19	1:10.19	1:10.20	1:10.19	1:10.19	1:10.20	1:10.19	1:10.19	1:10.20	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	2:32.55	2:32.56	2:32.55	2:32.55	2:32.56	2:32.55	2:32.55	2:32.56	2:32.55	2:32.55	2:32.56	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	0:59.31	0:59.32	0:59.31	0:59.31	0:59.32	0:59.31	0:59.31	0:59.32	0:59.31	0:59.31	0:59.32	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	2:18.13	2:18.14	2:18.13	2:18.13	2:18.14	2:18.13	2:18.13	2:18.14	2:18.13	2:18.13	2:18.14	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	4:40.31	4:40.32	4:40.31	4:40.31	4:40.32	4:40.31	4:40.31	4:40.32	4:40.31	4:40.31	4:40.32	4:40.31	4:40.32	
<b>HI-C+</b>	<b>HI-B</b>	<b>HI-A</b>	<b>HI-AA</b>	<b>QUAL</b>	<b>ZONE</b>	<b>11/12</b>	<b>ZONE</b>	<b>QUAL</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-C+</b>		
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	0:45.16	0:45.17	0:45.16	0:45.16	0:45.17	0:45.16	0:45.16	0:45.17	0:45.16	0:45.16	0:45.17	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	1:38.63	1:38.64	1:38.63	1:38.63	1:38.64	1:38.63	1:38.63	1:38.64	1:38.63	1:38.63	1:38.64	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	3:34.74	3:34.75	3:34.74	3:34.74	3:34.75	3:34.74	3:34.74	3:34.75	3:34.74	3:34.74	3:34.75	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	7:34.06	7:34.07	7:34.06	7:34.06	7:34.07	7:34.06	7:34.06	7:34.07	7:34.06	7:34.06	7:34.07	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	0:53.68	0:53.69	0:53.68	0:53.68	0:53.69	0:53.68	0:53.68	0:53.69	0:53.68	0:53.68	0:53.69	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	1:55.19	1:55.20	1:55.19	1:55.19	1:55.20	1:55.19	1:55.19	1:55.20	1:55.19	1:55.19	1:55.20	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	0:58.74	0:58.75	0:58.74	0:58.74	0:58.75	0:58.74	0:58.74	0:58.75	0:58.74	0:58.74	0:58.75	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	2:09.45	2:09.46	2:09.45	2:09.45	2:09.46	2:09.45	2:09.45	2:09.46	2:09.45	2:09.45	2:09.46	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	0:49.84	0:49.85	0:49.84	0:49.84	0:49.85	0:49.84	0:49.84	0:49.85	0:49.84	0:49.84	0:49.85	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	1:52.16	1:52.17	1:52.16	1:52.16	1:52.17	1:52.16	1:52.16	1:52.17	1:52.16	1:52.16	1:52.17	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	4:03.43	4:03.44	4:03.43	4:03.43	4:03.44	4:03.43	4:03.43	4:03.44	4:03.43	4:03.43	4:03.44	4:03.43	4:03.44	
<b>HI-B</b>	<b>HI-A</b>	<b>HI-AA</b>	<b>QUAL</b>	<b>ZONE</b>	<b>SECT</b>	<b>13/14</b>	<b>SECT</b>	<b>ZONE</b>	<b>QUAL</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>	<b>HI-AA</b>	<b>HI-A</b>	<b>HI-B</b>		
0:41.46	0:38.26	0:35.08	0:31.89	0:28.89	0:28.49	50 Free	0:25.79	0:27.29	0:30.57	0:33.62	0:36.68	0:36.69	0:36.68	0:36.69	0:36.68	0:36.68	0:36.69	0:36.68	0:36.68	0:36.69	0:36.68	0:36.68	0:36.69	0:36.68	0:36.69	
1:29.65	1:22.75	1:15.86	1:08.95	1:02.69	1:01.34	100 Free	0:56.02	0:58.99	1:06.07	1:12.67	1:19.28	1:19.29	1:19.28	1:19.29	1:19.28	1:19.28	1:19.29	1:19.28	1:19.28	1:19.29	1:19.28	1:19.28	1:19.29	1:19.28	1:19.29	
3:13.32	2:58.45	2:43.58	2:28.71	2:15.09	2:12.69	200 Free	2:02.79	2:08.09	2:24.03	2:38.42	2:52.83	2:52.84	2:52.83	2:52.84	2:52.83	2:52.83	2:52.84	2:52.83	2:52.83	2:52.84	2:52.83	2:52.83	2:52.84	2:52.83	2:52.84	
6:46.25	6:15.00	5:43.75	5:12.50	4:43.99	4:39.69	400 Free	4:22.79	4:31.99	5:06.42	5:37.06	6:07.70	6:07.71	6:07.70	6:07.71	6:07.70	6:07.70	6:07.71	6:07.70	6:07.70	6:07.71	6:07.70	6:07.70	6:07.71	6:07.70	6:07.71	
14:08.55	13:03.28	11:58.00	10:52.73	9:51.69	9:42.19	800 Free	9:12.79	9:28.49	10:37.94	11:41.74	12:45.53	12:45.54	12:45.53	12:45.54	12:45.53	12:45.53	12:45.54	12:45.53	12:45.53	12:45.54	12:45.53	12:45.53	12:45.54	12:45.53	12:45.54	
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	24:22.54	24:22.53	24:22.54	24:22.53	24:22.53	24:22.54	24:22.53	24:22.53	24:22.54	24:22.53	24:22.53	24:22.54	24:22.53	24:22.54	
1:45.11	1:37.03	1:28.93	1:20.85	1:11.59	1:10.61	100 Back	1:05.69	1:08.09	1:17.73	1:25.52	1:33.29	1:33.30	1:33.29	1:33.30	1:33.29	1:33.29	1:33.30	1:33.29	1:33.29	1:33.30	1:33.29	1:33.29	1:33.30	1:33.29	1:33.30	
3:40.06	3:23.13	3:06.20	2:49.28	2:33.29	2:30.55	200 Back	2:21.19	2:25.89	2:44.07	3:00.48	3:16.88	3:16.89	3:16.88	3:16.89	3:16.88	3:16.88	3:16.89	3:16.88	3:16.88	3:16.89	3:16.88	3:16.88	3:16.89	3:16.88	3:16.89	
1:57.77	1:48.72	1:39.66	1:30.60	1:20.89	1:20.29	100 Breast	1:13.19	1:15.99	1:26.97	1:35.67	1:44.36	1:44.37	1:44.36	1:44.37	1:44.36	1:44.36	1:44.37	1:44.36	1:44.36	1:44.37	1:44.36	1:44.36	1:44.37	1:44.36	1:44.37	
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	3:42.97	3:42.96	3:42.97	3:42.96	3:42.96	3:42.97	3:42.96	3:42.96	3:42.97	3:42.96	3:42.96	3:42.97	3:42.96	3:42.97	
1:41.76	1:33.93	1:																								