

2009/10 Hawaiian Swimming Senior Time Standards - LCM

WOMEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:26.39	0:26.59	0:26.99	0:28.49	0:31.78	0:33.37
100 Free	0:56.99	0:57.29	0:58.59	1:01.34	1:08.52	1:11.94
200 Free	2:03.09	2:03.69	2:06.19	2:12.69	2:27.17	2:34.53
400 Free	4:19.39	4:19.49	4:24.69	4:39.69	5:07.66	5:23.04
800 Free	8:50.49	8:55.19	9:03.49	9:42.19	10:40.41	11:12.43
1500 Free	17:13.99	17:06.69	17:20.49	18:44.59	20:37.05	21:38.90
50 Back	-	-	-	-	0:36.57	0:38.40
100 Back	1:03.89	1:04.69	1:05.69	1:10.61	1:18.64	1:22.57
200 Back	2:17.49	2:19.09	2:20.99	2:30.55	2:47.63	2:56.01
50 Breast	-	-	-	-	0:41.07	0:43.12
100 Breast	1:12.29	1:12.79	1:14.29	1:20.29	1:28.32	1:32.73
200 Breast	2:35.99	2:37.19	2:39.99	2:53.49	3:10.84	3:20.38
50 Fly	-	-	-	-	0:35.19	0:36.95
100 Fly	1:01.59	1:02.49	1:03.59	1:06.95	1:15.67	1:19.45
200 Fly	2:16.69	2:16.89	2:19.69	2:31.16	2:46.97	2:55.32
200 IM	2:19.59	2:20.69	2:23.09	2:31.09	2:46.20	2:54.51
400 IM	4:55.89	4:56.99	5:02.09	5:18.84	5:52.54	6:10.17
MEN	TRLS	NATS	JRS	SECT	SR-A	SR-B
50 Free	0:23.29	0:23.59	0:24.29	0:25.79	0:28.37	0:29.79
100 Free	0:50.89	0:51.79	0:53.09	0:56.02	1:02.25	1:05.36
200 Free	1:52.89	1:53.39	1:55.89	2:02.79	2:15.07	2:21.82
400 Free	3:59.99	4:01.29	4:07.09	4:22.79	4:49.07	5:03.52
800 Free	8:19.29	8:23.09	8:35.59	9:12.79	10:08.07	10:38.47
1500 Free	15:53.59	16:02.49	16:15.49	17:36.59	19:22.25	20:20.36
50 Back	-	-	-	-	0:33.60	0:35.28
100 Back	0:57.69	0:58.29	1:00.09	1:05.69	1:12.26	1:15.87
200 Back	2:04.99	2:06.29	2:09.59	2:21.19	2:35.31	2:43.07
50 Breast	-	-	-	-	0:37.44	0:39.31
100 Breast	1:04.69	1:05.29	1:07.79	1:13.19	1:20.51	1:24.53
200 Breast	2:20.79	2:22.09	2:27.59	2:40.79	2:56.87	3:05.71
50 Fly	-	-	-	-	0:31.76	0:33.35
100 Fly	0:54.99	0:55.69	0:57.39	1:01.24	1:08.30	1:11.71
200 Fly	2:03.89	2:04.09	2:08.39	2:20.39	2:34.43	2:42.15
200 IM	2:07.19	2:07.99	2:11.39	2:18.69	2:32.56	2:40.19
400 IM	4:30.49	4:33.09	4:38.99	4:57.79	5:27.57	5:43.95

Legend:

TRLS - 2009 World Trials
NATS - Summer Nationals
JRS - Summer Junior Nationals
SECT - Western Sectionals
SR-A - Hawaiian Senior 'A' cut
SR-B - Hawaiian Senior 'B' cut

Updated: March 15, 2010