



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

Kona Senior Spring Invitational

March 18th-21st 2026

Kona Community Aquatic Center Kailua Kona, Hawaii

Qualifying Time Period: October 1, 2024 – Close of Entries

Meet Qualifying Time Standards						
Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
29.86	29.12	26.12	50 Free	23.68	26.39	27.00
1:04.98	1:03.30	56.60	100 Free	51.59	57.60	59.40
2:21.50	2:17.70	2:03.59	200 Free	1:53.55	2:06.80	2:11.79
4:56.99	4:50.59	5:31.60	400/500 Free	5:08.89	4:32.10	4:48.69
10:19.99	10:06.68	11:29.59	800/1000 Free	10:49.87	9:31.69	9:47.58
20:04.09	19:25.49	19:14.54	1500/1650 Free	18:19.16	18:07.64	18:47.19
36.45	35.50	29.67	50 Back	27.25	32.30	34.12
1:14.89	1:12.99	1:03.37	100 Back	58.49	1:06.59	1:10.24
2:39.80	2:37.40	2:19.29	200 Back	2:07.99	2:21.94	2:28.19
41.10	40.44	34.10	50 Breast	30.78	36.26	37.81
1:24.19	1:21.88	1:12.19	100 Breast	1:05.55	1:14.51	1:17.61
3:01.58	2:57.79	2:37.16	200 Breast	2:25.24	2:39.09	2:48.68
34.80	33.95	29.20	50 Fly	26.57	31.25	32.00
1:11.59	1:09.89	1:02.39	100 Fly	57.14	1:04.49	1:05.99
2:40.39	2:37.89	2:21.79	200 Fly	2:09.04	2:24.55	2:28.99
			100 IM			
2:40.34	2:36.09	2:19.79	200 IM	2:07.58	2:24.19	2:30.36
5:39.39	5:32.59	4:56.95	400 IM	4:35.64	5:09.18	5:17.48

NO DEQUAL TIME STANDARDS