

LCM - 2025-26 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

FEMALE					8 & U	MALE				
B	A								A	B
0:56.39	0:46.99				50 Free				0:47.99	0:57.58
1:09.38	0:57.82				50 Back				1:00.95	1:13.14
1:17.76	1:04.80				50 Breast				1:05.91	1:19.10
1:09.91	0:58.26				50 Fly				1:02.42	1:14.89
B	A	INVT	CHMP	AG-Z/AAA	10 & U	AG-Z/AAA	CHMP	INVT	A	B
0:50.91	0:46.99	0:43.08	0:39.16	33.69	50 Free	32.99	0:39.98	0:43.98	0:47.99	0:51.97
1:00.06	1:50.82	1:41.59	1:32.35	1:14.49	100 Free	1:13.19	1:33.36	1:42.70	1:52.03	2:01.37
4:40.62	4:19.03	3:57.44	3:35.86	2:43.49	200 Free	2:38.89	3:32.28	3:53.50	4:14.74	4:35.96
1:02.64	0:57.82	0:53.00	0:48.17	39.49	50 Back	38.99	0:50.79	0:55.87	1:00.95	1:06.02
2:27.43	2:16.09	2:04.75	1:53.41	1:25.59	100 Back	1:24.09	1:51.10	2:02.21	2:13.32	2:24.45
1:10.20	1:04.80	0:59.40	0:54.00	44.29	50 Breast	43.59	0:54.93	1:00.42	1:05.91	1:11.41
2:33.44	2:21.64	2:09.83	1:58.03	1:38.09	100 Breast	1:36.29	2:01.42	2:13.57	2:25.71	2:37.86
1:03.12	0:58.26	0:53.40	0:48.55	37.29	50 Fly	36.59	0:52.02	0:57.21	1:02.42	1:07.61
2:39.49	2:27.22	2:14.94	2:02.68	1:26.39	100 Fly	1:25.09	2:04.29	2:16.72	2:29.15	2:41.57
5:23.50	4:58.62	4:33.74	4:08.85	3:04.19	200 IM	3:00.79	3:59.92	4:23.92	4:47.90	5:11.89
B	A	INVT	CHMP	AG-Z/AAA	11/12	AG-Z/AAA	CHMP	INVT	A	B
0:44.00	0:40.62	0:37.23	0:33.84	30.49	50 Free	29.39	0:33.66	0:37.03	0:40.39	0:43.76
1:39.89	1:32.21	1:24.53	1:16.84	1:07.19	100 Free	1:04.49	1:13.81	1:21.19	1:28.57	1:35.95
3:38.22	3:21.43	3:04.64	2:47.86	2:26.49	200 Free	2:20.79	2:44.12	3:00.53	3:16.94	3:33.36
8:13.92	7:35.93	6:57.94	6:19.94	5:08.69	400 Free	4:59.49	6:10.71	6:47.78	7:24.85	8:01.93
0:53.84	0:49.70	0:45.57	0:41.41	35.19	50 Back	34.29	0:41.20	0:45.32	0:49.44	0:53.56
1:57.67	1:48.63	1:39.57	1:30.52	1:16.89	100 Back	1:14.29	1:31.43	1:40.58	1:49.71	1:58.86
4:24.42	4:04.07	3:43.73	3:23.39	2:43.49	200 Back	2:39.49	3:11.24	3:30.36	3:49.48	4:08.61
0:59.15	0:54.60	0:50.05	0:45.50	39.09	50 Breast	38.09	0:45.64	0:50.21	0:54.77	0:59.33
2:12.03	2:01.86	1:51.70	1:41.54	1:25.89	100 Breast	1:23.09	1:41.67	1:51.83	2:02.00	2:12.17
4:54.52	4:31.87	4:09.21	3:46.57	3:06.09	200 Breast	2:59.09	3:41.68	4:03.85	4:26.02	4:48.18
0:50.67	0:46.78	0:42.88	0:38.98	32.89	50 Fly	31.99	0:39.48	0:43.42	0:47.38	0:51.33
2:06.23	1:56.52	1:46.81	1:37.10	1:14.79	100 Fly	1:11.69	1:33.04	1:42.34	1:51.65	2:00.95
4:26.87	4:06.33	3:45.81	3:25.28	2:45.89	200 Fly	2:40.89	3:23.14	3:43.46	4:03.77	4:24.08
4:12.62	3:53.18	3:33.76	3:14.32	2:45.49	200 IM	2:38.29	3:08.49	3:27.34	3:46.19	4:05.04
8:24.11	7:45.34	7:06.56	6:27.78	5:52.69	400 IM	5:44.09	6:56.88	7:38.57	8:20.26	9:01.94
B	A	INVT	CHMP	AG-Z/AAA	13/14	AG-Z/AAA	CHMP	INVT	A	B
0:40.32	0:37.21	0:34.11	0:31.01	29.29	50 Free	26.89	0:28.44	0:31.28	0:34.13	0:36.99
1:28.35	1:21.55	1:14.76	1:07.96	1:03.79	100 Free	58.99	1:03.67	1:10.03	1:16.40	1:22.79
3:12.98	2:58.12	2:43.28	2:28.44	2:17.79	200 Free	2:08.89	2:18.58	2:32.44	2:46.29	3:00.16
7:11.13	6:37.97	6:04.81	5:31.64	4:49.19	400 Free	4:33.79	5:09.34	5:40.27	6:11.21	6:42.14
16:00.75	14:46.85	13:32.95	12:19.04	10:01.49	800 Free	9:26.19	11:57.87	13:09.66	14:21.44	15:33.23
30:48.51	28:26.32	26:04.13	23:41.93	19:13.69	1500 Free	18:07.89	20:18.09	22:19.90	24:21.71	26:23.51
48.70	44.95	41.21	37.46		50 Back		33.19	36.51	39.83	43.15
1:43.05	1:35.13	1:27.19	1:19.27	1:10.49	100 Back	1:05.79	1:17.15	1:24.86	1:32.58	1:40.29
3:43.75	3:26.52	3:09.31	2:52.10	2:31.89	200 Back	2:22.79	2:48.31	3:05.14	3:21.97	3:38.81
55.61	51.34	47.06	42.78		50 Breast		36.94	40.63	44.33	48.02
1:58.06	1:48.98	1:39.90	1:30.82	1:20.39	100 Breast	1:13.69	1:25.58	1:34.14	1:42.70	1:51.26
4:16.29	3:56.58	3:36.86	3:17.15	2:53.09	200 Breast	2:39.39	3:05.98	3:24.58	3:43.18	4:01.77
45.79	42.26	38.74	35.22		50 Fly		31.24	34.36	37.49	40.61
1:44.52	1:36.48	1:28.44	1:20.40	1:08.59	100 Fly	1:03.09	1:12.96	1:20.25	1:27.55	1:34.85
4:08.91	3:49.76	3:30.61	3:11.47	2:33.79	200 Fly	2:21.19	2:47.98	3:04.77	3:21.58	3:38.37
3:42.84	3:25.70	3:08.55	2:51.41	2:34.89	200 IM	2:23.69	2:38.40	2:54.24	3:10.08	3:25.92
7:55.63	7:19.04	6:42.46	6:05.87	5:28.39	400 IM	5:06.99	5:43.38	6:17.72	6:52.06	7:26.39
B	A	INVT	SR-A	SR-Z	15-18	SR-Z	SR-A	INVT	A	B
0:38.77	0:35.78	0:32.80	0:29.82		50 Free		0:27.31	0:30.04	0:32.77	0:35.50
1:24.46	1:17.96	1:11.47	1:04.97		100 Free		1:00.05	1:06.06	1:12.06	1:18.07
3:05.51	2:51.24	2:36.97	2:22.70		200 Free		2:14.17	2:27.59	2:41.00	2:54.42
6:29.38	5:59.42	5:29.47	4:59.52		400 Free		4:43.45	5:11.80	5:40.14	6:08.49
13:38.99	12:35.99	11:32.99	10:29.99		800 Free		9:59.99	10:59.99	11:59.99	12:59.99
26:25.99	24:23.99	22:21.99	20:19.99		1500 Free		19:22.25	21:18.48	23:14.70	25:10.93
0:45.01	0:41.54	0:38.08	0:34.62		50 Back		0:31.49	0:34.64	0:37.79	0:40.94
1:40.02	1:32.33	1:24.63	1:16.94		100 Back		1:12.26	1:19.49	1:26.71	1:33.94
3:36.42	3:19.78	3:03.13	2:46.48		200 Back		2:35.31	2:50.84	3:06.37	3:21.90
0:50.27	0:46.40	0:42.54	0:38.67		50 Breast		0:35.35	0:38.89	0:42.42	0:45.96
1:52.94	1:44.26	1:35.57	1:26.88		100 Breast		1:20.51	1:28.56	1:36.61	1:44.66
4:05.15	3:46.30	3:27.44	3:08.58		200 Breast		2:56.87	3:14.56	3:32.24	3:49.93
0:42.15	0:38.90	0:35.66	0:32.42		50 Fly		0:29.85	0:32.84	0:35.82	0:38.81
1:35.41	1:28.07	1:20.73	1:13.39		100 Fly		1:08.30	1:15.13	1:21.96	1:28.79
3:37.06	3:20.36	3:03.67	2:46.97		200 Fly		2:34.43	2:49.87	3:05.32	3:20.76
3:31.95	3:15.65	2:59.34	2:43.04		200 IM		2:32.50	2:47.75	3:03.00	3:18.25
7:30.68	6:56.02	6:21.35	5:46.68		400 IM		4:41.12	5:09.23	5:37.34	6:05.46

ver. R1 updated 2025-Sep-21