

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

FEMALE					8 & U	MALE				
B	A								A	B
0:27.81	0:23.10				25 Free				0:23.59	0:28.38
0:55.59	0:46.19				50 Free				0:47.19	0:56.78
0:34.39	0:28.60				25 Back				0:30.17	0:36.26
1:08.78	0:57.22				50 Back				1:00.35	1:12.54
0:38.38	0:31.90				25 Breast				0:32.46	0:39.05
1:16.76	1:03.80				50 Breast				1:04.91	1:18.10
0:34.61	0:28.78				25 Fly				0:30.86	0:37.10
1:09.21	0:57.56				50 Fly				1:01.72	1:14.19
B	A	INVT	CHMP	AG-Z/AAA	10 & U	AG-Z/AAA	CHMP	INVT	A	B
0:50.11	0:46.19	0:42.28	0:38.36	32.69	50 Free	31.69	0:39.18	0:43.18	0:47.19	0:51.17
1:58.46	1:49.22	1:39.99	1:30.75	1:11.89	100 Free	1:10.39	1:31.76	1:41.10	1:50.43	1:59.77
4:37.42	4:15.83	3:54.24	3:32.66	2:38.59	200 Free	2:33.59	3:29.08	3:50.30	4:11.54	4:32.76
1:02.04	0:57.22	0:52.40	0:47.57	37.99	50 Back	37.59	0:50.19	0:55.27	1:00.35	1:05.42
2:26.23	2:14.89	2:03.55	1:52.21	1:22.29	100 Back	1:20.09	1:49.90	2:01.01	2:12.12	2:23.25
1:09.20	1:03.80	0:58.40	0:53.00	42.99	50 Breast	42.29	0:53.93	0:59.42	1:04.91	1:10.41
2:31.44	2:19.64	2:07.83	1:56.03	1:33.59	100 Breast	1:31.39	1:59.42	2:11.57	2:23.71	2:35.86
1:02.42	0:57.56	0:52.70	0:47.85	36.69	50 Fly	35.99	0:51.32	0:56.51	1:01.72	1:06.91
2:38.09	2:25.82	2:13.54	2:01.28	1:23.89	100 Fly	1:22.49	2:02.89	2:15.32	2:27.75	2:40.17
2:23.56	2:12.39	2:01.23	1:50.07		100 IM		1:51.00	2:02.24	2:13.50	2:24.76
5:20.30	4:55.42	4:30.54	4:05.65	2:56.79	200 IM	2:55.09	3:56.72	4:20.72	4:44.70	5:08.69
B	A	INVT	CHMP	AG-Z/AAA	11/12	AG-Z/AAA	CHMP	INVT	A	B
0:43.20	0:39.82	0:36.43	0:33.04	29.79	50 Free	28.49	0:32.86	0:36.23	0:39.59	0:42.96
1:38.29	1:30.61	1:22.93	1:15.24	1:04.89	100 Free	1:02.09	1:12.21	1:19.59	1:26.97	1:34.35
3:35.02	3:18.23	3:01.44	2:44.66	2:21.09	200 Free	2:15.49	2:40.92	2:57.33	3:13.74	3:30.16
8:07.52	7:29.53	6:51.54	6:13.54	5:00.39	400 Free	4:48.69	6:04.31	6:41.38	7:18.45	7:55.53
0:53.24	0:49.10	0:44.97	0:40.81	33.59	50 Back	32.79	0:40.60	0:44.72	0:48.84	0:52.96
1:56.47	1:47.43	1:38.37	1:29.32	1:13.09	100 Back	1:09.39	1:30.23	1:39.38	1:48.51	1:57.66
4:22.02	4:01.67	3:41.33	3:20.99	2:35.79	200 Back	2:30.09	3:08.84	3:27.96	3:47.08	4:06.21
0:58.15	0:53.60	0:49.05	0:44.50	38.19	50 Breast	36.69	0:44.64	0:49.21	0:53.77	0:58.33
2:10.03	1:59.86	1:49.70	1:39.54	1:22.99	100 Breast	1:18.89	1:39.67	1:49.83	2:00.00	2:10.17
4:50.52	4:27.87	4:05.21	3:42.57	2:58.59	200 Breast	2:50.59	3:37.68	3:59.85	4:22.02	4:44.18
0:49.97	0:46.08	0:42.18	0:38.28	31.99	50 Fly	31.19	0:38.78	0:42.72	0:46.68	0:50.63
2:04.83	1:55.12	1:45.41	1:35.70	1:12.09	100 Fly	1:08.99	1:31.64	1:40.94	1:50.25	1:59.55
4:24.07	4:03.53	3:43.01	3:22.48	2:39.19	200 Fly	2:33.29	3:20.34	3:40.66	4:00.97	4:21.28
1:57.42	1:48.26	1:39.10	1:29.95		100 IM		1:28.43	1:37.44	1:46.44	1:55.43
4:09.42	3:49.98	3:30.56	3:11.12	2:39.59	200 IM	2:33.39	3:05.29	3:24.14	3:42.99	4:01.84
8:17.71	7:38.94	7:00.16	6:21.38	5:40.09	400 IM	5:27.39	6:50.48	7:32.17	8:13.86	8:55.54
B	A	INVT	CHMP	AG-Z/AAA	13/14	AG-Z/AAA	CHMP	INVT	A	B
0:39.52	0:36.41	0:33.31	0:30.21	28.29	50 Free	25.89	0:27.64	0:30.48	0:33.33	0:36.19
1:26.75	1:19.95	1:13.16	1:06.36	61.69	100 Free	56.39	1:02.07	1:08.43	1:14.80	1:21.19
3:09.78	2:54.92	2:40.08	2:25.24	2:13.39	200 Free	2:03.69	2:15.38	2:29.24	2:43.09	2:56.96
7:04.73	6:31.57	5:58.41	5:25.24	4:43.39	400 Free	4:25.19	5:02.94	5:33.87	6:04.81	6:35.74
15:47.95	14:34.05	13:20.15	12:06.24	9:45.09	800 Free	9:08.59	11:45.07	12:56.86	14:08.64	15:20.43
30:24.51	28:02.32	25:40.13	23:17.93	18:31.29	1500 Free	17:28.79	19:54.09	21:55.90	23:57.71	25:59.51
48.70	44.95	41.21	37.46		50 Back		33.19	36.51	39.83	43.15
1:41.85	1:33.93	1:25.99	1:18.07	1:06.79	100 Back	1:01.89	1:15.95	1:23.66	1:31.38	1:39.09
3:41.35	3:24.12	3:06.91	2:49.70	2:24.49	200 Back	2:14.29	2:45.91	3:02.74	3:19.57	3:36.41
55.61	51.34	47.06	42.78		50 Breast		36.94	40.63	44.33	48.02
1:56.06	1:46.98	1:37.90	1:28.82	1:16.99	100 Breast	1:09.89	1:23.58	1:32.14	1:40.70	1:49.26
4:12.29	3:52.58	3:32.86	3:13.15	2:45.89	200 Breast	2:31.79	3:01.98	3:20.58	3:39.18	3:57.77
45.79	42.26	38.74	35.22		50 Fly		31.24	34.36	37.49	40.61
1:43.12	1:35.08	1:27.04	1:19.00	1:06.69	100 Fly	1:01.19	1:11.56	1:18.85	1:26.15	1:33.45
4:06.11	3:46.96	3:27.81	3:08.67	2:28.59	200 Fly	2:16.19	2:45.18	3:01.97	3:18.78	3:35.57
3:39.64	3:22.50	3:05.35	2:48.21	2:29.09	200 IM	2:17.09	2:35.20	2:51.04	3:06.88	3:22.72
7:49.23	7:12.64	6:36.06	5:59.47	5:17.59	400 IM	4:53.19	5:36.98	6:11.32	6:45.66	7:19.99
B	A	INVT	SR-A	SR-Z	15-18	SR-Z	SR-A	INVT	A	B
0:37.97	0:34.98	0:32.00	0:29.02		50 Free		0:26.51	0:29.24	0:31.97	0:34.70
1:22.86	1:16.36	1:09.87	1:03.37		100 Free		0:58.45	1:04.46	1:10.46	1:16.47
3:02.31	2:48.04	2:33.77	2:19.50		200 Free		2:10.97	2:24.39	2:37.80	2:51.22
6:22.98	5:53.02	5:23.07	4:53.12		400 Free		4:37.05	5:05.40	5:33.74	6:02.09
13:26.19	12:23.19	11:20.19	10:17.19		800 Free		9:47.19	10:47.19	11:47.19	12:47.19
26:01.99	23:59.99	21:57.99	19:55.99		1500 Free		18:58.25	20:54.48	22:50.70	24:46.93
0:44.75	0:40.68	0:36.98	0:33.62		50 Back		0:30.49	0:33.54	0:36.89	0:40.58
1:38.82	1:31.13	1:23.43	1:15.74		100 Back		1:11.06	1:18.29	1:25.51	1:32.74
3:34.02	3:17.38	3:00.73	2:44.08		200 Back		2:32.91	2:48.44	3:03.97	3:19.50
0:50.14	0:45.58	0:41.44	0:37.67		50 Breast		0:34.24	0:37.66	0:41.43	0:45.57
1:50.94	1:42.26	1:33.57	1:24.88		100 Breast		1:18.51	1:26.56	1:34.61	1:42.66
4:01.15	3:42.30	3:23.44	3:04.58		200 Breast		2:52.87	3:10.56	3:28.24	3:45.93
0:43.15	0:39.23	0:35.66	0:32.42		50 Fly		0:28.85	0:31.74	0:34.91	0:38.40
1:34.01	1:26.67	1:19.33	1:11.99		100 Fly		1:06.90	1:13.73	1:20.56	1:27.39
3:34.26	3:17.56	3:00.87	2:44.17		200 Fly		2:31.63	2:47.07	3:02.52	3:17.96
3:28.75	3:12.45	2:56.14	2:39.84		200 IM		2:29.30	2:44.55	2:59.80	3:15.05
7:24.28	6:49.62	6:14.95	5:40.28		400 IM		4:34.72	5:02.83	5:30.94	5:59.06

Note: WZ SCM times in seconds (sss.dd not mm:ss.dd)

ver. R1 updated 2025-Sep-21