

# LCM - 2016/17 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

| FEMALE   |          |          |          |          |      | 8 & U      | MALE |          |          |          |          |          |
|----------|----------|----------|----------|----------|------|------------|------|----------|----------|----------|----------|----------|
| B        | A        |          |          |          |      |            | A    | B        |          |          |          |          |
| 0:52.80  | 0:44.00  |          |          |          |      | 50 Free    |      | 0:45.19  | 0:54.24  |          |          |          |
| 1:03.25  | 0:52.70  |          |          |          |      | 50 Back    |      | 0:54.73  | 1:05.68  |          |          |          |
| 1:10.59  | 0:58.81  |          |          |          |      | 50 Breast  |      | 1:01.48  | 1:13.78  |          |          |          |
| 1:00.03  | 0:50.03  |          |          |          |      | 50 Fly     |      | 0:53.97  | 1:04.76  |          |          |          |
| B        | A        | AA       | AAA      | AAAA     | AG-Z | 10 & U     | AG-Z | AAAA     | AAA      | AA       | A        | B        |
| 0:47.68  | 0:44.00  | 0:40.34  | 0:36.68  | 0:33.51  |      | 50 Free    |      | 0:34.42  | 0:37.66  | 0:41.43  | 0:45.19  | 0:48.96  |
| 1:48.03  | 1:39.72  | 1:31.41  | 1:23.10  | 1:13.90  |      | 100 Free   |      | 1:16.59  | 1:25.68  | 1:34.25  | 1:42.82  | 1:51.38  |
| 3:56.00  | 3:37.85  | 3:19.69  | 3:01.54  | 2:41.45  |      | 200 Free   |      | 2:47.14  | 3:09.42  | 3:28.37  | 3:47.32  | 4:06.26  |
| 0:57.10  | 0:52.70  | 0:48.31  | 0:43.92  | 0:40.02  |      | 50 Back    |      | 0:41.52  | 0:45.61  | 0:50.17  | 0:54.73  | 0:59.30  |
| 2:05.12  | 1:55.50  | 1:45.87  | 1:36.25  | 1:28.17  |      | 100 Back   |      | 1:30.72  | 1:41.08  | 1:51.19  | 2:01.29  | 2:11.40  |
| 1:03.72  | 0:58.81  | 0:53.91  | 0:49.01  | 0:44.46  |      | 50 Breast  |      | 0:46.60  | 0:51.24  | 0:56.37  | 1:01.48  | 1:06.61  |
| 2:19.65  | 2:08.91  | 1:58.16  | 1:47.42  | 1:36.93  |      | 100 Breast |      | 1:40.90  | 1:52.57  | 2:03.82  | 2:15.09  | 2:26.36  |
| 0:54.20  | 0:50.03  | 0:45.85  | 0:41.69  | 0:36.27  |      | 50 Fly     |      | 0:39.07  | 0:44.97  | 0:49.46  | 0:53.97  | 0:58.48  |
| 2:11.34  | 2:01.24  | 1:51.13  | 1:41.03  | 1:24.67  |      | 100 Fly    |      | 1:34.28  | 1:46.25  | 1:56.87  | 2:07.50  | 2:18.13  |
| 4:25.98  | 4:05.52  | 3:45.06  | 3:24.60  | 3:04.05  |      | 200 IM     |      | 3:11.57  | 3:35.63  | 3:57.19  | 4:18.76  | 4:40.32  |
| B        | A        | AA       | AAA      | AAAA     | AG-Z | 11/12      | AG-Z | AAAA     | AAA      | AA       | A        | B        |
| 0:41.77  | 0:38.55  | 0:35.34  | 0:32.14  | 0:30.23  |      | 50 Free    |      | 0:30.15  | 0:32.69  | 0:35.95  | 0:39.23  | 0:42.49  |
| 1:32.30  | 1:25.21  | 1:18.10  | 1:11.00  | 1:06.43  |      | 100 Free   |      | 1:06.11  | 1:12.91  | 1:20.20  | 1:27.49  | 1:34.80  |
| 3:21.71  | 3:06.19  | 2:50.68  | 2:35.16  | 2:26.34  |      | 200 Free   |      | 2:25.95  | 2:40.10  | 2:56.10  | 3:12.12  | 3:28.13  |
| 7:09.05  | 6:36.04  | 6:03.05  | 5:30.04  | 5:08.23  |      | 400 Free   |      | 5:12.89  | 5:42.17  | 6:16.39  | 6:50.60  | 7:24.83  |
| 0:49.40  | 0:45.59  | 0:41.79  | 0:37.98  | 0:35.73  |      | 50 Back    |      | 0:36.16  | 0:39.43  | 0:43.37  | 0:47.32  | 0:51.26  |
| 1:47.54  | 1:39.27  | 1:30.99  | 1:22.72  | 1:17.49  |      | 100 Back   |      | 1:17.44  | 1:25.40  | 1:33.94  | 1:42.48  | 1:51.02  |
| 3:52.29  | 3:34.43  | 3:16.56  | 2:58.69  | 2:50.06  |      | 200 Back   |      | 2:52.13  | 3:07.93  | 3:26.71  | 3:45.50  | 4:04.29  |
| 0:55.15  | 0:50.89  | 0:46.65  | 0:42.41  | 0:39.38  |      | 50 Breast  |      | 0:39.69  | 0:44.01  | 0:48.41  | 0:52.81  | 0:57.21  |
| 2:00.53  | 1:51.24  | 1:41.97  | 1:32.70  | 1:26.13  |      | 100 Breast |      | 1:27.42  | 1:36.03  | 1:45.63  | 1:55.23  | 2:04.84  |
| 4:21.72  | 4:01.58  | 3:41.45  | 3:21.32  | 3:08.41  |      | 200 Breast |      | 3:12.95  | 3:32.21  | 3:53.43  | 4:14.65  | 4:35.87  |
| 0:46.17  | 0:42.61  | 0:39.06  | 0:35.51  | 0:32.74  |      | 50 Fly     |      | 0:32.92  | 0:36.89  | 0:40.58  | 0:44.27  | 0:47.95  |
| 1:47.15  | 1:38.90  | 1:30.67  | 1:22.42  | 1:14.92  |      | 100 Fly    |      | 1:15.98  | 1:26.26  | 1:34.88  | 1:43.51  | 1:52.13  |
| 4:04.85  | 3:46.02  | 3:27.18  | 3:08.35  | 3:02.82  |      | 200 Fly    |      | 3:14.08  | 3:14.09  | 3:33.49  | 3:52.90  | 4:12.31  |
| 3:48.41  | 3:30.84  | 3:13.27  | 2:55.71  | 2:45.00  |      | 200 IM     |      | 2:45.70  | 3:02.30  | 3:20.52  | 3:38.76  | 3:56.99  |
| 8:19.20  | 7:40.80  | 7:02.39  | 6:24.00  | 6:01.56  |      | 400 IM     |      | 6:04.15  | 6:47.35  | 7:28.09  | 8:08.82  | 8:49.57  |
| B        | A        | AA       | AAA      | AAAA     | AG-Z | 13/14      | AG-Z | AAAA     | AAA      | AA       | A        | B        |
| 0:39.61  | 0:36.56  | 0:33.51  | 0:30.47  | 0:29.21  |      | 50 Free    |      | 0:27.44  | 0:29.07  | 0:31.98  | 0:34.89  | 0:37.80  |
| 1:26.15  | 1:19.52  | 1:12.90  | 1:06.27  | 1:03.08  |      | 100 Free   |      | 1:00.23  | 1:03.92  | 1:10.30  | 1:16.69  | 1:23.09  |
| 3:07.84  | 2:53.39  | 2:38.94  | 2:24.49  | 2:16.61  |      | 200 Free   |      | 2:11.42  | 2:20.97  | 2:35.07  | 2:49.17  | 3:03.28  |
| 6:37.05  | 6:06.50  | 5:35.97  | 5:05.42  | 4:51.56  |      | 400 Free   |      | 4:43.05  | 5:03.26  | 5:33.59  | 6:03.91  | 6:34.24  |
| 13:51.99 | 12:47.99 | 11:43.99 | 10:39.99 | 10:06.82 |      | 800 Free   |      | 10:02.97 | 10:23.99 | 11:26.39 | 12:28.78 | 13:31.19 |
| 26:51.98 | 24:47.99 | 22:43.99 | 20:39.99 | 19:41.21 |      | 1500 Free  |      | 19:04.15 | 19:59.99 | 21:59.99 | 23:59.99 | 25:59.98 |
| 1:39.59  | 1:31.93  | 1:24.27  | 1:16.61  | 1:13.88  |      | 100 Back   |      | 1:10.51  | 1:16.09  | 1:23.70  | 1:31.31  | 1:38.91  |
| 3:34.80  | 3:18.27  | 3:01.75  | 2:45.23  | 2:39.49  |      | 200 Back   |      | 2:32.94  | 2:44.07  | 3:00.48  | 3:16.88  | 3:33.29  |
| 1:52.21  | 1:43.59  | 1:34.95  | 1:26.32  | 1:22.77  |      | 100 Breast |      | 1:17.20  | 1:24.57  | 1:33.03  | 1:41.49  | 1:49.94  |
| 4:03.93  | 3:45.17  | 3:26.41  | 3:07.64  | 2:58.64  |      | 200 Breast |      | 2:49.21  | 3:04.35  | 3:22.79  | 3:41.22  | 3:59.65  |
| 1:37.83  | 1:30.29  | 1:22.76  | 1:15.24  | 1:10.78  |      | 100 Fly    |      | 1:07.41  | 1:13.81  | 1:21.19  | 1:28.57  | 1:35.95  |
| 3:43.07  | 3:25.91  | 3:08.75  | 2:51.59  | 2:39.68  |      | 200 Fly    |      | 2:35.48  | 2:44.96  | 3:01.45  | 3:17.95  | 3:34.44  |
| 3:33.66  | 3:17.21  | 3:00.78  | 2:44.34  | 2:36.52  |      | 200 IM     |      | 2:28.95  | 2:40.49  | 2:56.54  | 3:12.59  | 3:28.64  |
| 7:37.12  | 7:01.95  | 6:26.80  | 5:51.63  | 5:35.02  |      | 400 IM     |      | 5:24.46  | 5:46.99  | 6:21.69  | 6:56.39  | 7:31.09  |
| B        | A        | AA       | AAA      | AAAA     | SR-Z | 15/16      | SR-Z | AAAA     | AAA      | AA       | A        | B        |
| 0:39.31  | 0:36.28  | 0:33.26  | 0:30.23  | 0:29.00  |      | 50 Free    |      | 0:26.11  | 0:27.17  | 0:29.88  | 0:32.60  | 0:35.32  |
| 1:26.06  | 1:19.44  | 1:12.82  | 1:06.20  | 1:02.68  |      | 100 Free   |      | 0:57.44  | 0:59.65  | 1:05.61  | 1:11.59  | 1:17.55  |
| 3:06.94  | 2:52.56  | 2:38.18  | 2:23.80  | 2:16.27  |      | 200 Free   |      | 2:06.45  | 2:11.48  | 2:24.63  | 2:37.78  | 2:50.92  |
| 6:35.41  | 6:04.99  | 5:34.58  | 5:04.16  | 4:48.88  |      | 400 Free   |      | 4:34.16  | 4:45.36  | 5:13.90  | 5:42.43  | 6:10.97  |
| 13:38.99 | 12:35.99 | 11:32.99 | 10:29.99 | 10:06.46 |      | 800 Free   |      | 9:46.69  | 9:59.99  | 10:59.99 | 11:59.99 | 12:59.99 |
| 26:25.99 | 24:23.99 | 22:21.99 | 20:19.99 | 19:46.32 |      | 1500 Free  |      | 18:37.31 | 19:29.99 | 21:26.98 | 23:23.99 | 25:20.99 |
| 1:38.95  | 1:31.33  | 1:23.72  | 1:16.11  | 1:12.37  |      | 100 Back   |      | 1:06.80  | 1:09.51  | 1:16.46  | 1:23.41  | 1:30.37  |
| 3:34.80  | 3:18.27  | 3:01.75  | 2:45.23  | 2:37.65  |      | 200 Back   |      | 2:28.01  | 2:34.40  | 2:49.84  | 3:05.28  | 3:20.72  |
| 1:52.21  | 1:43.59  | 1:34.95  | 1:26.32  | 1:23.27  |      | 100 Breast |      | 1:14.83  | 1:18.78  | 1:26.66  | 1:34.54  | 1:42.41  |
| 4:03.93  | 3:45.17  | 3:26.41  | 3:07.64  | 3:00.47  |      | 200 Breast |      | 2:47.67  | 2:56.46  | 3:14.11  | 3:31.75  | 3:49.40  |
| 1:36.52  | 1:29.09  | 1:21.66  | 1:14.24  | 1:09.55  |      | 100 Fly    |      | 1:03.06  | 1:06.91  | 1:13.61  | 1:20.29  | 1:26.98  |
| 3:43.07  | 3:25.91  | 3:08.75  | 2:51.59  | 2:37.50  |      | 200 Fly    |      | 2:27.05  | 2:35.33  | 2:50.85  | 3:06.38  | 3:21.91  |
| 3:33.02  | 3:16.63  | 3:00.26  | 2:43.86  | 2:35.25  |      | 200 IM     |      | 2:22.81  | 2:29.84  | 2:44.83  | 2:59.81  | 3:14.80  |
| 7:36.21  | 7:01.12  | 6:26.02  | 5:50.93  | 5:32.88  |      | 400 IM     |      | 5:17.38  | 5:27.99  | 6:00.79  | 6:33.59  | 7:06.39  |
| B        | A        | AA       | AAA      | AAAA     | SR-Z | 17/18      | SR-Z | AAAA     | AAA      | AA       | A        | B        |
| 0:39.31  | 0:36.28  | 0:33.26  | 0:30.23  | 0:29.20  |      | 50 Free    |      | 0:25.71  | 0:27.17  | 0:29.88  | 0:32.60  | 0:35.32  |
| 1:26.06  | 1:19.44  | 1:12.82  | 1:06.20  | 1:03.90  |      | 100 Free   |      | 0:56.61  | 0:59.65  | 1:05.61  | 1:11.59  | 1:17.55  |
| 3:06.94  | 2:52.56  | 2:38.18  | 2:23.80  | 2:21.62  |      | 200 Free   |      | 2:04.96  | 2:11.48  | 2:24.63  | 2:37.78  | 2:50.92  |
| 6:35.41  | 6:04.99  | 5:34.58  | 5:04.16  | 5:04.15  |      | 400 Free   |      | 4:35.49  | 4:45.36  | 5:13.90  | 5:42.43  | 6:10.97  |
| 13:38.99 | 12:35.99 | 11:32.99 | 10:29.99 | 10:29.98 |      | 800 Free   |      | 9:59.98  | 9:59.99  | 10:59.99 | 11:59.99 | 12:59.99 |
| 26:25.99 | 24:23.99 | 22:21.99 | 20:19.99 | 20:19.98 |      | 1500 Free  |      | 19:29.98 | 19:29.99 | 21:26.98 | 23:23.99 | 25:21.00 |
| 1:38.95  | 1:31.33  | 1:23.72  | 1:16.11  | 1:16.00  |      | 100 Back   |      | 1:06.85  | 1:09.51  | 1:16.46  | 1:23.41  | 1:30.37  |
| 3:34.80  | 3:18.27  | 3:01.75  | 2:45.23  | 2:44.48  |      | 200 Back   |      | 2:26.98  | 2:34.40  | 2:49.84  | 3:05.28  | 3:20.72  |
| 1:52.21  | 1:43.59  | 1:34.95  | 1:26.32  | 1:24.63  |      | 100 Breast |      | 1:12.80  | 1:18.78  | 1:26.66  | 1:34.54  | 1:42.41  |
| 4:03.93  | 3:45.17  | 3:26.41  | 3:07.64  | 3:06.69  |      | 200 Breast |      | 2:47.52  | 2:56.46  | 3:14.11  | 3:31.75  | 3:49.40  |
| 1:36.52  | 1:29.09  | 1:21.66  | 1:14.24  | 1:10.89  |      | 100 Fly    |      | 1:02.28  | 1:06.91  | 1:13.61  | 1:20.29  | 1:26.98  |
| 3:43.07  | 3:25.91  | 3:08.75  | 2:51.59  | 2:52.00  |      | 200 Fly    |      | 2:25.62  | 2:35.33  | 2:50.85  | 3:06.38  | 3:21.91  |
| 3:33.02  | 3:16.63  | 3:00.26  | 2:43.86  | 2:37.93  |      | 200 IM     |      | 2:21.72  | 2:29.84  | 2:44.83  | 2:59.81  | 3:14.80  |
| 7:36.21  | 7:01.12  | 6:26.02  | 5:50.93  | 5:51.00  |      | 400 IM     |      | 5:21.42  | 5:27.99  | 6:00.79  | 6:33.59  | 7:06.39  |

Zone times to be added when released by USA-S

ver. R1 approved AUG-28-2016