

LCM - 2024-27 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM
 FOR LONG COURSE STATE CHAMPS & INVATIONALS
 FOR SHORT COURSE JUNIOR AGE GROUP CHAMPS (A & INVT STANDARDS USED)

B		A		FEMALE		8 & U		MALE			A		B	
0:54.35	0:45.29					50 Free					0:45.41	0:54.49		
1:06.08	0:55.07					50 Back					0:55.52	1:06.65		
1:13.06	1:00.88					50 Breast					1:03.30	1:15.96		
1:03.27	0:52.73					50 Fly					0:54.83	1:05.81		
B	A	INVT	CHMP	AG-Z		10 & U	AG-Z	CHMP	INVT	A	B			
0:49.06	0:45.29	0:41.51	0:37.74	32.79		50 Free	32.79	0:37.84	0:41.63	0:45.41	0:49.20			
1:51.35	1:42.78	1:34.22	1:25.65	1:13.09		100 Free	1:12.89	1:26.90	1:35.59	1:44.29	1:52.97			
4:05.24	3:46.37	3:27.51	3:08.64	2:39.79		200 Free	2:36.59	3:11.86	3:31.05	3:50.23	4:09.42			
0:59.65	0:55.07	0:50.48	0:45.89	38.89		50 Back	38.89	0:46.27	0:50.89	0:55.52	1:00.15			
2:09.14	1:59.20	1:49.27	1:39.34	1:23.89		100 Back	1:22.89	1:42.96	1:53.25	2:03.56	2:13.85			
1:05.96	1:00.88	0:55.81	0:50.74	43.09		50 Breast	42.69	0:52.75	0:58.02	1:03.30	1:08.58			
2:26.19	2:14.94	2:03.70	1:52.46	1:34.89		100 Breast	1:33.79	1:54.93	2:06.42	2:17.92	2:29.41			
0:57.12	0:52.73	0:48.33	0:43.93	36.59		50 Fly	36.29	0:45.70	0:50.27	0:54.83	0:59.41			
2:21.67	2:10.77	1:59.88	1:48.98	1:24.59		100 Fly	1:23.59	2:08.47	2:21.32	2:34.17	2:47.01			
4:34.63	4:13.52	3:52.37	3:31.25	2:59.59		200 IM	2:58.39	3:41.08	4:03.19	4:25.29	4:47.42			
B	A	INVT	CHMP	AG-Z		11/12	AG-Z	CHMP	INVT	A	B			
0:43.35	0:40.01	0:36.68	0:33.35	30.39		50 Free	29.29	0:33.35	0:36.68	0:40.01	0:43.35			
1:34.36	1:27.10	1:19.84	1:12.58	1:06.09		100 Free	1:03.89	1:12.58	1:19.84	1:27.10	1:34.36			
3:26.10	3:10.25	2:54.40	2:38.54	2:23.19		200 Free	2:19.49	2:39.80	2:55.78	3:11.76	3:27.74			
7:15.87	6:42.34	6:08.82	5:35.29	5:01.69		400 Free	4:55.09	5:41.23	6:15.35	6:49.48	7:23.60			
0:50.31	0:46.43	0:42.56	0:38.70	34.49		50 Back	33.69	0:39.67	0:43.63	0:47.61	0:51.57			
1:49.51	1:41.09	1:32.66	1:24.24	1:15.39		100 Back	1:12.99	1:26.00	1:34.60	1:43.20	1:51.80			
4:06.47	3:47.51	3:28.55	3:09.59	2:40.69		200 Back	2:36.69	3:14.96	3:34.45	3:53.96	4:13.45			
0:56.21	0:51.89	0:47.56	0:43.24	38.49		50 Breast	37.49	0:44.03	0:48.43	0:52.84	0:57.24			
2:02.88	1:53.42	1:43.98	1:34.52	1:24.79		100 Breast	1:22.19	1:36.22	1:45.84	1:55.46	2:05.09			
4:44.53	4:22.64	4:00.75	3:38.87	3:02.79		200 Breast	2:56.59	3:32.08	3:53.29	4:14.49	4:35.71			
0:47.95	0:44.27	0:40.58	0:36.89	32.39		50 Fly	31.89	0:37.03	0:40.74	0:44.43	0:48.14			
1:48.78	1:40.41	1:32.04	1:23.68	1:13.09		100 Fly	1:10.89	1:27.16	1:35.87	1:44.60	1:53.31			
4:19.88	3:59.88	3:39.89	3:19.90	2:40.99		200 Fly	2:37.49	3:19.30	3:39.23	3:59.16	4:19.09			
3:55.09	3:37.01	3:18.93	3:00.84	2:41.89		200 IM	2:37.79	3:03.75	3:22.12	3:40.50	3:58.88			
8:41.42	8:01.31	7:21.20	6:41.09	5:45.49		400 IM	5:37.79	6:47.35	7:28.08	8:08.82	8:49.57			
B	A	INVT	CHMP	AG-Z		13/14	AG-Z	CHMP	INVT	A	B			
0:42.38	0:39.12	0:35.86	0:32.60	29.19		50 Free	27.09	0:30.24	0:33.27	0:36.29	0:39.32			
1:31.97	1:24.87	1:17.80	1:10.73	1:03.29		100 Free	59.09	1:06.11	1:12.72	1:19.33	1:25.94			
3:19.05	3:03.73	2:48.42	2:33.11	2:16.89		200 Free	2:08.89	2:24.10	2:38.51	2:52.92	3:07.33			
6:58.93	6:26.70	5:54.47	5:22.25	4:48.19		400 Free	4:34.29	5:06.66	5:37.32	6:07.99	6:38.66			
14:23.44	13:17.03	12:10.61	11:04.19	9:53.99		800 Free	9:30.29	10:37.73	11:41.50	12:45.28	13:49.05			
27:32.01	25:24.93	23:17.86	21:10.78	18:56.49		1500 Free	18:09.39	20:18.09	22:19.90	24:21.71	26:23.51			
1:42.77	1:34.85	1:26.95	1:19.04	1:10.69		100 Back	1:05.89	1:15.63	1:23.20	1:30.75	1:38.33			
3:43.50	3:26.31	3:09.11	2:51.92	2:31.19		200 Back	2:23.09	2:44.39	3:00.83	3:17.27	3:33.71			
1:58.22	1:49.13	1:40.04	1:30.94	1:20.19		100 Breast	1:14.59	1:23.64	1:32.00	1:40.37	1:48.73			
4:13.53	3:54.03	3:34.52	3:15.02	2:52.59		200 Breast	2:41.39	3:03.74	3:22.11	3:40.48	3:58.88			
1:39.25	1:31.61	1:23.97	1:16.34	1:08.09		100 Fly	1:03.89	1:12.71	1:19.98	1:27.25	1:34.52			
4:17.62	3:57.81	3:37.98	3:18.17	2:31.69		200 Fly	2:22.19	3:01.80	3:19.98	3:38.16	3:56.36			
3:43.59	3:26.39	3:09.19	2:51.99	2:33.89		200 IM	2:25.09	2:42.22	2:58.45	3:14.66	3:30.88			
8:00.36	7:23.41	6:46.47	6:09.51	5:26.49		400 IM	5:08.59	5:45.02	6:19.53	6:54.03	7:28.54			
B	A	INVT	CHMP	SR-Z		15-18	SR-Z	CHMP	INVT	A	B			
0:41.56	0:38.36	0:35.17	0:31.97			50 Free		0:28.58	0:31.44	0:34.30	0:37.15			
1:30.46	1:23.48	1:16.54	1:09.57			100 Free		1:03.25	1:09.58	1:15.90	1:22.23			
3:14.76	2:59.78	2:44.80	2:29.82			200 Free		2:18.25	2:32.07	2:45.90	2:59.72			
6:49.46	6:17.97	5:46.47	5:14.97			400 Free		4:53.23	5:22.55	5:51.87	6:21.20			
14:06.68	13:01.54	11:56.42	10:51.29			800 Free		10:15.09	11:16.60	12:18.11	13:19.62			
27:06.30	25:01.20	22:56.10	20:51.00			1500 Free		19:29.99	21:26.98	23:23.99	25:20.99			
1:39.78	1:32.10	1:24.43	1:16.75			100 Back		1:10.40	1:17.43	1:24.48	1:31.52			
3:35.20	3:18.65	3:02.10	2:45.54			200 Back		2:33.65	2:49.01	3:04.38	3:19.75			
1:53.64	1:44.91	1:36.16	1:27.41			100 Breast		1:18.95	1:26.84	1:34.73	1:42.62			
4:06.62	3:47.65	3:28.68	3:09.71			200 Breast		2:54.61	3:12.07	3:29.53	3:46.99			
1:37.53	1:30.02	1:22.52	1:15.02			100 Fly		1:06.29	1:12.92	1:19.54	1:26.18			
3:53.68	3:35.70	3:17.73	2:59.75			200 Fly		2:35.33	2:50.87	3:06.39	3:21.95			
3:39.18	3:22.32	3:05.46	2:48.60			200 IM		2:31.40	2:46.53	3:01.67	3:16.81			
7:45.95	7:10.11	6:34.27	5:58.43			400 IM		5:21.10	5:53.21	6:25.32	6:57.43			

Zone times to be added when released by Western Zone

ver. R1 updated 2024-May 1

SCY - 2024-27 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - SCY
 FOR LONG COURSE STATE CHAMPS & INVITATIONALS
 FOR SHORT COURSE JUNIOR AGE GROUP CHAMPS (A & INVT STANDARDS USED)

B		A		FEMALE		8 & U		MALE		A		B	
0:24.12	0:20.04					25 Free				0:20.09	0:24.18		
0:48.24	0:40.08					50 Free				0:40.19	0:48.37		
0:29.50	0:24.54					25 Back				0:24.74	0:29.74		
0:58.99	0:49.07					50 Back				0:49.48	0:59.50		
0:32.46	0:26.98					25 Breast				0:28.06	0:33.78		
1:04.92	0:53.95					50 Breast				0:56.13	1:07.53		
0:28.19	0:23.44					25 Fly				0:24.39	0:29.33		
0:56.37	0:46.87					50 Fly				0:48.77	0:58.66		
B	A	INVT	CHMP	AG-Z		10 & U	AG-Z	CHMP	INVT	A	B		
0:43.48	0:40.08	0:36.68	0:33.28	28.89		50 Free	28.59	0:33.37	0:36.78	0:40.19	0:43.60		
1:38.87	1:31.15	1:23.44	1:15.72	1:04.19		100 Free	1:03.69	1:16.85	1:24.68	1:32.51	1:40.33		
3:38.05	3:21.05	3:04.06	2:47.06	2:20.89		200 Free	2:16.89	2:49.96	3:07.25	3:24.53	3:41.82		
0:53.20	0:49.07	0:44.94	0:40.80	33.29		50 Back	33.49	0:41.14	0:45.31	0:49.48	0:53.65		
1:55.26	1:46.31	1:37.36	1:28.41	1:11.79		100 Back	1:11.89	1:31.68	1:40.95	1:50.23	1:59.50		
0:58.52	0:53.95	0:49.38	0:44.81	37.89		50 Breast	37.29	0:46.62	0:51.37	0:56.13	1:00.88		
2:09.90	1:59.77	1:49.64	1:39.51	1:23.09		100 Breast	1:22.19	1:41.74	1:52.09	2:02.45	2:12.80		
0:50.83	0:46.87	0:42.91	0:38.95	32.49		50 Fly	31.99	0:40.54	0:44.66	0:48.77	0:52.89		
2:06.37	1:56.55	1:46.74	1:36.92	1:14.19		100 Fly	1:13.19	1:54.48	2:06.05	2:17.63	2:29.20		
1:57.60	1:48.45	1:39.29	1:30.14			100 IM		1:36.18	1:45.94	1:55.70	2:05.46		
4:04.53	3:45.51	3:26.46	3:07.43	2:37.39		200 IM	2:36.19	3:16.29	3:36.21	3:56.12	4:16.05		
B	A	INVT	CHMP	AG-Z		11/12	AG-Z	CHMP	INVT	A	B		
0:38.33	0:35.32	0:32.32	0:29.32	26.59		50 Free	25.59	0:29.32	0:32.32	0:35.32	0:38.33		
1:23.57	1:17.03	1:10.49	1:03.95	57.79		100 Free	55.79	1:03.95	1:10.49	1:17.03	1:23.57		
3:02.79	2:48.51	2:34.23	2:19.95	2:05.99		200 Free	2:01.39	2:21.08	2:35.48	2:49.87	3:04.27		
8:07.17	7:28.85	6:50.54	6:12.22	5:36.89		500 Free	5:27.89	6:19.01	6:58.00	7:37.01	8:16.00		
0:44.78	0:41.29	0:37.80	0:34.32	29.99		50 Back	29.29	0:35.20	0:38.77	0:42.35	0:45.92		
1:37.58	1:29.99	1:22.40	1:14.81	1:04.69		100 Back	1:02.79	1:16.40	1:24.14	1:31.89	1:39.64		
3:39.88	3:22.80	3:05.72	2:48.64	2:18.79		200 Back	2:15.19	2:53.48	3:11.04	3:28.61	3:46.17		
0:49.74	0:45.85	0:41.95	0:38.05	33.79		50 Breast	32.69	0:38.77	0:42.73	0:46.70	0:50.67		
1:48.90	1:40.38	1:31.87	1:23.35	1:13.19		100 Breast	1:10.49	1:24.88	1:33.55	1:42.22	1:50.89		
4:12.73	3:53.01	3:33.29	3:13.58	2:37.89		200 Breast	2:32.49	3:07.46	3:26.57	3:45.67	4:04.78		
0:42.57	0:39.25	0:35.93	0:32.60	28.69		50 Fly	28.19	0:32.73	0:36.07	0:39.40	0:42.74		
1:36.74	1:29.20	1:21.66	1:14.13	1:04.19		100 Fly	1:02.39	1:17.26	1:25.11	1:32.97	1:40.82		
3:51.60	3:33.59	3:15.58	2:57.57	2:21.39		200 Fly	2:16.09	2:57.03	3:14.98	3:32.94	3:50.89		
1:36.70	1:29.15	1:21.61	1:14.06			100 IM		1:15.62	1:23.33	1:31.03	1:38.73		
3:28.91	3:12.62	2:56.33	2:40.04	2:21.59		200 IM	2:17.29	2:42.66	2:59.21	3:15.77	3:32.32		
7:43.98	7:07.85	6:31.71	5:55.58	5:01.89		400 IM	4:53.19	6:01.22	6:37.91	7:14.61	7:51.32		
B	A	INVT	CHMP	AG-Z		13/14	AG-Z	CHMP	INVT	A	B		
0:37.46	0:34.52	0:31.59	0:28.65	25.59		50 Free	23.49	0:26.52	0:29.25	0:31.97	0:34.70		
1:21.41	1:15.02	1:08.65	1:02.28	55.49		100 Free	51.59	0:58.12	1:04.07	1:10.03	1:15.98		
2:56.44	2:42.64	2:28.85	2:15.05	1:59.49		200 Free	1:52.39	2:06.94	2:19.92	2:32.90	2:45.88		
7:47.81	7:10.97	6:34.14	5:57.31	5:20.39		500 Free	5:03.79	5:39.50	6:14.54	6:49.59	7:24.64		
16:04.85	14:48.95	13:33.04	12:17.13	11:01.59		1000 Free	10:29.49	11:46.89	12:59.77	14:12.66	15:25.54		
26:53.53	24:47.21	22:40.89	20:34.57	18:22.79		1650 Free	17:31.99	19:42.20	21:43.28	23:44.36	25:45.44		
1:31.50	1:24.37	1:17.25	1:10.13	1:00.19		100 Back	56.19	1:07.05	1:13.87	1:20.68	1:27.50		
3:19.19	3:03.70	2:48.21	2:32.72	2:11.09		200 Back	2:02.79	2:25.94	2:40.75	2:55.56	3:10.37		
1:44.70	1:36.51	1:28.32	1:20.13	1:09.09		100 Breast	1:03.89	1:13.55	1:21.08	1:28.62	1:36.15		
3:44.80	3:27.23	3:09.66	2:52.09	2:29.99		200 Breast	2:18.79	2:41.93	2:58.48	3:15.03	3:31.60		
1:28.15	1:21.27	1:14.39	1:07.51	59.99		100 Fly	55.89	1:04.24	1:10.79	1:17.34	1:23.89		
3:49.57	3:31.72	3:13.86	2:56.01	2:12.79		200 Fly	2:04.29	2:41.26	2:57.64	3:14.02	3:30.41		
3:18.55	3:03.05	2:47.56	2:32.06	2:13.39		200 IM	2:05.69	2:23.26	2:37.88	2:52.49	3:07.10		
7:06.99	6:33.70	6:00.42	5:27.13	4:45.69		400 IM	4:28.29	5:05.06	5:36.15	6:07.23	6:38.32		
B	A	INVT	CHMP	SR-Z		15-18	SR-Z	CHMP	INVT	A	B		
0:36.72	0:33.84	0:30.96	0:28.08			50 Free		0:25.03	0:27.60	0:30.18	0:32.75		
1:20.05	1:13.77	1:07.51	1:01.23			100 Free		0:55.54	1:01.24	1:06.94	1:12.64		
2:52.58	2:39.08	2:25.59	2:12.09			200 Free		2:01.67	2:14.12	2:26.58	2:39.03		
7:36.98	7:00.99	6:24.99	5:48.99			500 Free		5:24.15	5:57.66	6:31.17	7:04.69		
15:45.69	14:31.25	13:16.82	12:02.39			1000 Free		11:21.02	12:31.31	13:41.61	14:51.91		
26:27.97	24:23.62	22:19.26	20:14.91			1650 Free		18:54.38	20:50.68	22:46.99	24:43.29		
1:28.81	1:21.89	1:14.98	1:08.06			100 Back		1:02.34	1:08.68	1:15.03	1:21.37		
3:11.71	2:56.80	2:41.89	2:26.97			200 Back		2:16.26	2:30.10	2:43.95	2:57.79		
1:40.58	1:32.71	1:24.83	1:16.95			100 Breast		1:09.32	1:16.43	1:23.54	1:30.65		
3:38.58	3:21.49	3:04.40	2:47.31			200 Breast		2:33.70	2:49.43	3:05.16	3:20.89		
1:26.60	1:19.84	1:13.08	1:06.32			100 Fly		0:58.46	1:04.43	1:10.40	1:16.38		
3:28.00	3:11.80	2:55.61	2:39.41			200 Fly		2:17.41	2:31.41	2:45.40	2:59.41		
3:14.58	2:59.39	2:44.20	2:29.01			200 IM		2:13.51	2:27.14	2:40.78	2:54.42		
6:54.01	6:21.72	5:49.43	5:17.14			400 IM		4:43.51	5:12.44	5:41.37	6:10.30		

Zone times to be added when released by Western Zone

ver. R1 updated 2024-May 1

SCM - 2024-27 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - SCM
 FOR LONG COURSE STATE CHAMPS & INVITATIONALS
 FOR SHORT COURSE JUNIOR AGE GROUP CHAMPS (A & INVT STANDARDS USED)

B		A		FEMALE		8 & U		MALE		A		B	
0:26.77	0:22.24					25 Free				0:22.30	0:26.84		
0:53.55	0:44.49					50 Free				0:44.61	0:53.69		
0:32.75	0:27.24					25 Back				0:27.46	0:33.01		
1:05.48	0:54.47					50 Back				0:54.92	1:06.05		
0:36.03	0:29.95					25 Breast				0:31.15	0:37.50		
1:12.06	0:59.88					50 Breast				1:02.30	1:14.96		
0:31.29	0:26.02					25 Fly				0:27.07	0:32.56		
1:02.57	0:52.03					50 Fly				0:54.13	1:05.11		
B	A	INVT	CHMP	AG-Z		10 & U	AG-Z	CHMP	INVT	A	B		
0:48.26	0:44.49	0:40.71	0:36.94	31.89		50 Free	31.59	0:37.04	0:40.83	0:44.61	0:48.40		
1:49.75	1:41.18	1:32.62	1:24.05	1:10.89		100 Free	1:10.29	1:25.30	1:33.99	1:42.69	1:51.37		
4:02.04	3:43.17	3:24.31	3:05.44	2:35.79		200 Free	2:31.29	3:08.66	3:27.85	3:47.03	4:06.22		
0:59.05	0:54.47	0:49.88	0:45.29	36.79		50 Back	37.09	0:45.67	0:50.29	0:54.92	0:59.55		
2:07.94	1:58.00	1:48.07	1:38.14	1:19.29		100 Back	1:19.79	1:41.76	1:52.05	2:02.36	2:12.65		
1:04.96	0:59.88	0:54.81	0:49.74	41.89		50 Breast	41.19	0:51.75	0:57.02	1:02.30	1:07.58		
2:24.19	2:12.94	2:01.70	1:50.46	1:31.89		100 Breast	1:30.99	1:52.93	2:04.42	2:15.92	2:27.41		
0:56.42	0:52.03	0:47.63	0:43.23	35.89		50 Fly	35.29	0:45.00	0:49.57	0:54.13	0:58.71		
2:20.27	2:09.37	1:58.48	1:47.58	1:21.99		100 Fly	1:21.69	2:07.07	2:19.92	2:32.77	2:45.61		
2:10.54	2:00.38	1:50.21	1:40.06			100 IM		1:46.76	1:57.59	2:08.43	2:19.26		
4:31.43	4:10.32	3:49.17	3:28.05	2:53.99		200 IM	2:52.49	3:37.88	3:59.99	4:22.09	4:44.22		
B	A	INVT	CHMP	AG-Z		11/12	AG-Z	CHMP	INVT	A	B		
0:42.55	0:39.21	0:35.88	0:32.55	29.59		50 Free	28.29	0:32.55	0:35.88	0:39.21	0:42.55		
1:32.76	1:25.50	1:18.24	1:10.98	1:03.89		100 Free	1:01.69	1:10.98	1:18.24	1:25.50	1:32.76		
3:22.90	3:07.05	2:51.20	2:35.34	2:19.99		200 Free	2:15.19	2:36.60	2:52.58	3:08.56	3:24.54		
7:09.47	6:35.94	6:02.42	5:28.89	4:55.09		400 Free	4:46.89	5:34.83	6:08.95	6:43.08	7:17.20		
0:49.71	0:45.83	0:41.96	0:38.10	33.29		50 Back	32.49	0:39.07	0:43.03	0:47.01	0:50.97		
1:48.31	1:39.89	1:31.46	1:23.04	1:11.89		100 Back	1:09.39	1:24.80	1:33.40	1:42.00	1:50.60		
4:04.07	3:45.11	3:26.15	3:07.19	2:33.39		200 Back	2:29.89	3:12.56	3:32.05	3:51.56	4:11.05		
0:55.21	0:50.89	0:46.56	0:42.24	37.39		50 Breast	36.19	0:43.03	0:47.43	0:51.84	0:56.24		
2:00.88	1:51.42	1:41.98	1:32.52	1:21.19		100 Breast	1:18.79	1:34.22	1:43.84	1:53.46	2:03.09		
4:40.53	4:18.64	3:56.75	3:34.87	2:56.39		200 Breast	2:49.29	3:28.08	3:49.29	4:10.49	4:31.71		
0:47.25	0:43.57	0:39.88	0:36.19	31.89		50 Fly	31.19	0:36.33	0:40.04	0:43.73	0:47.44		
1:47.38	1:39.01	1:30.64	1:22.28	1:11.49		100 Fly	1:09.39	1:25.76	1:34.47	1:43.20	1:51.91		
4:17.08	3:57.08	3:37.09	3:17.10	2:36.99		200 Fly	2:33.29	3:16.50	3:36.43	3:56.36	4:16.29		
1:47.34	1:38.96	1:30.59	1:22.21			100 IM		1:23.94	1:32.50	1:41.04	1:49.59		
3:51.89	3:33.81	3:15.73	2:57.64	2:36.89		200 IM	2:31.99	3:00.55	3:18.92	3:37.30	3:55.68		
8:35.02	7:54.91	7:14.80	6:34.69	5:33.59		400 IM	5:23.89	6:40.95	7:21.68	8:02.42	8:43.17		
B	A	INVT	CHMP	AG-Z		13/14	AG-Z	CHMP	INVT	A	B		
0:41.58	0:38.32	0:35.06	0:31.80	28.39		50 Free	26.09	0:29.44	0:32.47	0:35.49	0:38.52		
1:30.37	1:23.27	1:16.20	1:09.13	1:01.49		100 Free	56.99	1:04.51	1:11.12	1:17.73	1:24.34		
3:15.85	3:00.53	2:45.22	2:29.91	2:12.99		200 Free	2:04.19	2:20.90	2:35.31	2:49.72	3:04.13		
6:52.53	6:20.30	5:48.07	5:15.85	4:41.49		400 Free	4:25.89	5:00.26	5:30.92	6:01.59	6:32.26		
14:10.64	13:04.23	11:57.81	10:51.39	9:38.99		800 Free	9:10.89	10:24.93	11:28.70	12:32.48	13:36.25		
27:08.01	25:00.93	22:53.86	20:46.78	18:16.29		1500 Free	17:25.89	19:54.09	21:55.90	23:57.71	25:59.51		
1:41.57	1:33.65	1:25.75	1:17.84	1:06.99		100 Back	1:02.59	1:14.43	1:22.00	1:29.55	1:37.13		
3:41.10	3:23.91	3:06.71	2:49.52	2:25.29		200 Back	2:16.39	2:41.99	2:58.43	3:14.87	3:31.31		
1:56.22	1:47.13	1:38.04	1:28.94	1:16.99		100 Breast	1:10.69	1:21.64	1:30.00	1:38.37	1:46.73		
4:09.53	3:50.03	3:30.52	3:11.02	2:46.69		200 Breast	2:34.89	2:59.74	3:18.11	3:36.48	3:54.88		
1:37.85	1:30.21	1:22.57	1:14.94	1:06.79		100 Fly	1:01.99	1:11.31	1:18.58	1:25.85	1:33.12		
4:14.82	3:55.01	3:35.18	3:15.37	2:27.69		200 Fly	2:17.49	2:59.00	3:17.18	3:35.36	3:53.56		
3:40.39	3:23.19	3:05.99	2:48.79	2:28.89		200 IM	2:18.89	2:39.02	2:55.25	3:11.46	3:27.68		
7:53.96	7:17.01	6:40.07	6:03.11	5:17.59		400 IM	4:56.79	5:38.62	6:13.13	6:47.63	7:22.14		
B	A	INVT	CHMP	SR-Z		15-18	SR-Z	CHMP	INVT	A	B		
0:40.76	0:37.56	0:34.37	0:31.17			50 Free		0:27.78	0:30.64	0:33.50	0:36.35		
1:28.86	1:21.88	1:14.94	1:07.97			100 Free		1:01.65	1:07.98	1:14.30	1:20.63		
3:11.56	2:56.58	2:41.60	2:26.62			200 Free		2:15.05	2:28.87	2:42.70	2:56.52		
6:43.06	6:11.57	5:40.07	5:08.57			400 Free		4:46.83	5:16.15	5:45.47	6:14.80		
13:53.88	12:48.74	11:43.62	10:38.49			800 Free		10:02.29	11:03.80	12:05.31	13:06.82		
26:42.30	24:37.20	22:32.10	20:27.00			1500 Free		19:05.99	21:02.98	22:59.99	24:56.99		
1:38.58	1:30.90	1:23.23	1:15.55			100 Back		1:09.20	1:16.23	1:23.28	1:30.32		
3:32.80	3:16.25	2:59.70	2:43.14			200 Back		2:31.25	2:46.61	3:01.98	3:17.35		
1:51.64	1:42.91	1:34.16	1:25.41			100 Breast		1:16.95	1:24.84	1:32.73	1:40.62		
4:02.62	3:43.65	3:24.68	3:05.71			200 Breast		2:50.61	3:08.07	3:25.53	3:42.99		
1:36.13	1:28.62	1:21.12	1:13.62			100 Fly		1:04.89	1:11.52	1:18.14	1:24.78		
3:50.88	3:32.90	3:14.93	2:56.95			200 Fly		2:32.53	2:48.07	3:03.59	3:19.15		
3:35.98	3:19.12	3:02.26	2:45.40			200 IM		2:28.20	2:43.33	2:58.47	3:13.61		
7:39.55	7:03.71	6:27.87	5:52.03			400 IM		5:14.70	5:46.81	6:18.92	6:51.03		

Zone times to be added when released by Western Zone

ver. R1 updated 2024-May 1