

## 2024-2025 Hawaiian Swimming Senior Time Standards

2024-2025 Hawaiian Swimming Senior Time Standards						
Women			SR-A	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:26.15	0:29.02	0:29.82	<b>50 Free</b>	0:23.86	0:26.51	0:27.31
0:56.65	1:03.37	1:04.97	<b>100 Free</b>	0:51.99	0:58.45	1:00.05
2:04.08	2:19.50	2:22.70	<b>200 Free</b>	1:55.52	2:10.97	2:14.17
5:33.14	4:53.12	4:59.52	<b>400/500 Fr</b>	5:13.45	4:37.05	4:43.45
11:38.05	10:17.19	10:29.99	<b>800/1000 Fr</b>	11:03.76	9:47.19	9:59.99
19:44.09	19:55.99	20:19.99	<b>1500/1650 Fr</b>	18:54.38	18:58.25	19:22.25
1:05.35	1:15.74	1:16.94	<b>100 Back</b>	1:00.98	1:11.06	1:12.26
2:23.26	2:44.08	2:46.48	<b>200 Back</b>	2:13.97	2:32.91	2:35.31
1:13.89	1:24.88	1:26.88	<b>100 Breast</b>	1:08.30	1:18.51	1:20.51
2:41.96	3:04.58	3:08.58	<b>200 Breast</b>	2:32.31	2:52.87	2:56.87
1:03.28	1:11.99	1:13.39	<b>100 Fly</b>	0:58.92	1:06.90	1:08.30
2:27.72	2:44.17	2:46.97	<b>200 Fly</b>	2:13.97	2:31.63	2:34.43
2:21.35	2:39.84	2:43.04	<b>200 IM</b>	2:10.47	2:29.30	2:32.50
5:01.83	5:40.28	5:46.68	<b>400 IM</b>	4:42.69	5:21.17	5:27.57
1:44.60	1:56.08	1:59.28	<b>200 Fr Rly</b>	1:35.44	1:46.04	1:49.24
3:46.60	4:13.48	4:19.88	<b>400 Fr Rly</b>	3:27.96	3:53.80	4:00.20
8:16.32	9:18.00	9:30.80	<b>800 Fr Rly</b>	7:42.08	8:43.88	8:56.68
1:56.63	2:13.19	2:15.98	<b>200 Med Rly</b>	1:48.09	2:03.71	2:06.50
4:19.17	4:55.98	5:02.18	<b>400 Med Rly</b>	4:00.19	4:34.92	4:41.12
2024-2025 Hawaiian Swimming Senior Time Standards						
Women			SR-B	Men		
SCY	SCM	LCM	Event	SCY	SCM	LCM
0:27.46	0:30.47	0:31.31	<b>50 Free</b>	0:25.05	0:27.84	0:28.68
0:59.48	1:06.54	1:08.22	<b>100 Free</b>	0:54.59	1:01.37	1:03.05
2:10.28	2:26.47	2:29.83	<b>200 Free</b>	2:01.30	2:17.52	2:20.88
5:49.80	5:07.78	5:14.50	<b>400/500 Fr</b>	5:29.12	4:50.90	4:57.62
12:12.95	10:48.05	11:01.49	<b>800/1000 Fr</b>	11:36.95	10:16.55	10:29.99
20:43.29	20:55.79	21:20.99	<b>1500/1650 Fr</b>	19:51.10	19:55.16	20:20.36
1:08.62	1:19.53	1:20.79	<b>100 Back</b>	1:04.03	1:14.61	1:15.87
2:30.42	2:52.28	2:54.80	<b>200 Back</b>	2:20.67	2:40.55	2:43.07
1:17.58	1:29.12	1:31.22	<b>100 Breast</b>	1:11.72	1:22.43	1:24.53
2:50.06	3:13.81	3:18.01	<b>200 Breast</b>	2:39.93	3:01.51	3:05.71
1:06.44	1:15.59	1:17.06	<b>100 Fly</b>	1:01.87	1:10.24	1:11.71
2:35.10	2:52.38	2:55.32	<b>200 Fly</b>	2:20.67	2:39.21	2:42.15
2:28.42	2:47.83	2:51.19	<b>200 IM</b>	2:16.99	2:36.76	2:40.12
5:16.92	5:57.29	6:04.01	<b>400 IM</b>	4:56.82	5:37.23	5:43.95

**Legend:**

SR-A - Hawaiian Senior 'A' cut  
 SR-B - Hawaiian Senior 'B' cut

Updated April 13, 2022