

LCM - 2022/23 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

FEMALE					8 & U	MALE					
B	A									A	B
0:53.35	0:44.46					50 Free				0:45.41	0:54.49
1:03.75	0:53.13					50 Back				0:55.52	1:06.65
1:11.45	0:59.54					50 Breast				1:03.30	1:15.96
1:02.31	0:51.92					50 Fly				0:54.83	1:05.81
B	A	AA	AAA	AG-Z	10 & U	AG-Z	AAA	AA	A	B	
0:48.16	0:44.46	0:40.76	0:37.05		50 Free		0:37.84	0:41.63	0:45.41	0:49.20	
1:49.60	1:41.17	1:32.74	1:24.31		100 Free		1:26.90	1:35.59	1:44.29	1:52.97	
4:01.45	3:42.88	3:24.30	3:05.73		200 Free		3:11.86	3:31.05	3:50.23	4:09.42	
7:09.48	6:36.45	6:03.41	5:30.37		400 Free		5:41.23	6:15.35	6:49.48	7:23.60	
0:57.57	0:53.13	0:48.70	0:44.27		50 Back		0:46.27	0:50.89	0:55.52	1:00.15	
2:07.40	1:57.58	1:47.79	1:37.99		100 Back		1:42.96	1:53.25	2:03.56	2:13.85	
1:04.50	0:59.54	0:54.58	0:49.62		50 Breast		0:52.75	0:58.02	1:03.30	1:08.58	
2:21.67	2:10.77	1:59.88	1:48.98		100 Breast		1:54.93	2:06.42	2:17.92	2:29.41	
0:56.23	0:51.92	0:47.59	0:43.26		50 Fly		0:45.70	0:50.27	0:54.83	0:59.41	
2:21.67	2:10.77	1:59.88	1:48.98		100 Fly		2:08.47	2:21.32	2:34.17	2:47.01	
4:34.63	4:13.52	3:52.37	3:31.25		200 IM		3:41.08	4:03.19	4:25.29	4:47.42	
8:41.42	8:01.31	7:21.20	6:41.09		400 IM		6:47.35	7:28.09	8:08.82	8:49.57	
B	A	AA	AAA	AG-Z	11/12	AG-Z	AAA	AA	A	B	
0:41.93	0:38.68	0:35.47	0:32.24		50 Free		0:32.76	0:36.03	0:39.32	0:42.59	
1:32.64	1:25.52	1:18.39	1:11.26		100 Free		1:12.36	1:19.60	1:26.84	1:34.06	
3:22.49	3:06.92	2:51.33	2:35.76		200 Free		2:39.80	2:55.78	3:11.76	3:27.74	
7:09.48	6:36.45	6:03.41	5:30.37		400 Free		5:41.23	6:15.35	6:49.48	7:23.60	
0:50.00	0:46.15	0:42.30	0:38.46		50 Back		0:39.67	0:43.63	0:47.61	0:51.57	
1:48.34	1:40.01	1:31.68	1:23.34		100 Back		1:26.00	1:34.60	1:43.20	1:51.80	
4:06.47	3:47.51	3:28.55	3:09.59		200 Back		3:14.96	3:34.45	3:53.96	4:13.45	
0:56.31	0:51.98	0:47.65	0:43.32		50 Breast		0:44.03	0:48.43	0:52.84	0:57.24	
2:02.88	1:53.42	1:43.98	1:34.52		100 Breast		1:36.22	1:45.84	1:55.46	2:05.09	
4:44.53	4:22.64	4:00.75	3:38.87		200 Breast		3:32.08	3:53.29	4:14.49	4:35.71	
0:45.83	0:42.31	0:38.78	0:35.27		50 Fly		0:37.03	0:40.74	0:44.43	0:48.14	
1:48.78	1:40.41	1:32.04	1:23.68		100 Fly		1:27.16	1:35.87	1:44.60	1:53.31	
4:19.88	3:59.88	3:39.89	3:19.90		200 Fly		3:19.30	3:39.23	3:59.16	4:19.09	
3:52.39	3:34.51	3:16.64	2:58.76		200 IM		3:03.75	3:22.12	3:40.50	3:58.88	
8:41.42	8:01.31	7:21.20	6:41.09		400 IM		6:47.35	7:28.09	8:08.82	8:49.57	
B	A	AA	AAA	AG-Z	13/14	AG-Z	AAA	AA	A	B	
0:39.41	0:36.36	0:33.33	0:30.30		50 Free		0:28.84	0:31.72	0:34.61	0:37.50	
1:26.49	1:19.83	1:13.18	1:06.55		100 Free		1:03.53	1:09.89	1:16.24	1:22.59	
3:10.18	2:55.55	2:40.92	2:26.29		200 Free		2:20.36	2:34.39	2:48.43	3:02.47	
6:40.48	6:09.67	5:38.86	5:08.06		400 Free		4:56.09	5:25.70	5:55.30	6:24.91	
14:01.36	12:56.64	11:51.92	10:47.20		800 Free		10:31.80	11:34.98	12:38.16	13:41.34	
26:51.98	24:47.99	22:43.99	20:39.99		1500 Free		19:59.99	21:59.99	23:59.99	25:59.98	
1:42.59	1:34.70	1:26.80	1:18.91		100 Back		1:15.63	1:23.18	1:30.74	1:38.30	
3:43.50	3:26.31	3:09.11	2:51.92		200 Back		2:44.39	3:00.83	3:17.27	3:33.71	
1:58.22	1:49.13	1:40.04	1:30.94		100 Breast		1:23.64	1:32.00	1:40.37	1:48.73	
4:13.53	3:54.03	3:34.52	3:15.02		200 Breast		3:03.74	3:22.11	3:40.48	3:58.88	
1:39.24	1:31.60	1:23.96	1:16.34		100 Fly		1:12.71	1:19.98	1:27.25	1:34.52	
4:17.62	3:57.81	3:37.98	3:18.17		200 Fly		3:01.80	3:19.98	3:38.16	3:56.36	
3:39.05	3:22.20	3:05.35	2:48.50		200 IM		2:38.97	2:54.86	3:10.77	3:26.66	
8:00.36	7:23.41	6:46.47	6:09.51		400 IM		5:41.75	6:15.93	6:50.10	7:24.27	
B	A	AA	AAA	SR-Z	15-18	SR-Z	AAA	AA	A	B	
0:38.42	0:35.47	0:32.50	0:29.55		50 Free		0:26.50	0:29.15	0:31.80	0:34.46	
1:24.55	1:18.05	1:11.54	1:05.04		100 Free		0:58.79	1:04.67	1:10.55	1:16.43	
3:05.50	2:51.23	2:36.96	2:22.69		200 Free		2:10.91	2:24.00	2:37.09	2:50.19	
6:33.80	6:03.50	5:33.21	5:02.92		400 Free		4:41.76	5:09.94	5:38.11	6:06.29	
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		19:29.99	21:26.98	23:23.99	25:20.99	
1:38.04	1:30.49	1:22.95	1:15.41		100 Back		1:09.08	1:15.99	1:22.90	1:29.80	
3:34.33	3:17.85	3:01.35	2:44.87		200 Back		2:33.65	2:49.01	3:04.38	3:19.75	
1:51.57	1:42.99	1:34.41	1:25.82		100 Breast		1:18.20	1:26.02	1:33.84	1:41.66	
4:03.66	3:44.91	3:26.18	3:07.43		200 Breast		2:54.61	3:12.07	3:29.53	3:46.99	
1:34.92	1:27.61	1:20.31	1:13.01		100 Fly		1:04.50	1:10.95	1:17.40	1:23.85	
3:53.66	3:35.69	3:17.72	2:59.75		200 Fly		2:35.33	2:50.87	3:06.39	3:21.95	
3:30.33	3:14.15	2:57.97	2:41.79		200 IM		2:27.92	2:42.71	2:57.50	3:12.30	
7:32.07	6:57.29	6:22.51	5:47.74		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. R2 released 2022-Sep-1