

2022-23 HAWAIIAN SWIMMING AGE GROUP CHAMPIONSHIP RELAY STANDARDS

GIRLS					BOYS		
SCY	SCM	LCM	AGE	RELAY	SCY	SCM	LCM
2:10.64	2:25.00	2:28.20	10&U	200 FREE	2:13.48	2:28.16	2:31.36
2:34.14	2:51.10	2:54.20	10&U	200 MEDLEY	2:41.67	2:59.46	3:02.56
1:53.28	2:05.76	2:08.96	11/12	200 FREE	1:55.16	2:07.84	2:11.04
4:11.04	4:38.64	4:45.04	11/12	400 FREE	4:15.00	4:43.04	4:49.44
2:11.70	2:26.19	2:29.29	11/12	200 MEDLEY	2:15.49	2:30.39	2:33.49
4:54.24	5:26.60	5:32.80	11/12	400 MEDLEY	5:02.29	5:35.54	5:41.74
1:46.32	1:58.00	2:01.20	13/14	200 FREE	1:41.04	1:52.16	1:55.36
3:54.04	4:19.80	4:26.20	13/14	400 FREE	3:43.16	4:07.72	4:14.12
8:35.64	9:32.36	9:45.16	13/14	800 FREE	8:14.28	9:08.64	9:21.44
2:04.27	2:17.94	2:20.73	13/14	200 MEDLEY	1:57.28	2:10.19	2:12.98
4:36.16	5:06.54	5:12.74	13/14	400 MEDLEY	4:20.63	4:49.31	4:55.51
1:43.60	1:55.00	1:58.20	15-18	200 FREE	1:32.60	1:42.80	1:46.00
3:48.60	4:13.76	4:20.16	15-18	400 FREE	3:26.08	3:48.76	3:55.16
8:22.68	9:17.96	9:30.76	15-18	800 FREE	7:40.20	8:30.84	8:43.64
1:58.81	2:11.89	2:14.68	15-18	200 MEDLEY	1:47.18	1:58.97	2:01.76
4:24.03	4:53.08	4:59.28	15-18	400 MEDLEY	3:58.17	4:24.37	4:30.57

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