

SCM - 2022-23 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - SCM

B		A		FEMALE		8 & U		MALE		A		B	
0:26.27	0:21.83					25 Free				0:22.30	0:26.84		
0:52.55	0:43.66					50 Free				0:44.61	0:53.69		
0:31.58	0:26.26					25 Back				0:27.46	0:33.01		
1:03.15	0:52.53					50 Back				0:54.92	1:06.05		
0:35.23	0:29.27					25 Breast				0:31.15	0:37.50		
1:10.45	0:58.54					50 Breast				1:02.30	1:14.96		
0:30.80	0:25.61					25 Fly				0:27.07	0:32.56		
1:01.61	0:51.22					50 Fly				0:54.13	1:05.11		
B	A	AA	AAA	AG-Z		10 & U	AG-Z	AAA	AA	A	B		
0:47.36	0:43.66	0:39.96	0:36.25			50 Free		0:37.04	0:40.83	0:44.61	0:48.40		
1:48.00	1:39.57	1:31.14	1:22.71			100 Free		1:25.30	1:33.99	1:42.69	1:51.37		
3:58.25	3:39.68	3:21.10	3:02.53			200 Free		3:08.66	3:27.85	3:47.03	4:06.22		
7:03.08	6:30.05	5:57.01	5:23.97			400 Free		5:34.83	6:08.95	6:43.08	7:17.20		
0:56.97	0:52.53	0:48.10	0:43.67			50 Back		0:45.67	0:50.29	0:54.92	0:59.55		
2:06.20	1:56.38	1:46.59	1:36.79			100 Back		1:41.76	1:52.05	2:02.36	2:12.65		
1:03.50	0:58.54	0:53.58	0:48.62			50 Breast		0:51.75	0:57.02	1:02.30	1:07.58		
2:19.67	2:08.77	1:57.88	1:46.98			100 Breast		1:52.93	2:04.42	2:15.92	2:27.41		
0:55.53	0:51.22	0:46.89	0:42.56			50 Fly		0:45.00	0:49.57	0:54.13	0:58.71		
2:20.27	2:09.37	1:58.48	1:47.58			100 Fly		2:07.07	2:19.92	2:32.77	2:45.61		
2:08.54	1:58.53	1:48.52	1:38.51			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			200 IM		3:37.88	3:59.99	4:22.09	4:44.22		
8:35.02	7:54.91	7:14.80	6:34.69			400 IM		6:40.95	7:21.69	8:02.42	8:43.17		
B	A	AA	AAA	AG-Z		11/12	AG-Z	AAA	AA	A	B		
0:41.13	0:37.88	0:34.67	0:31.44			50 Free		0:31.96	0:35.23	0:38.52	0:41.79		
1:31.04	1:23.92	1:16.79	1:09.66			100 Free		1:10.76	1:18.00	1:25.24	1:32.46		
3:19.29	3:03.72	2:48.13	2:32.56			200 Free		2:36.60	2:52.58	3:08.56	3:24.54		
7:03.08	6:30.05	5:57.01	5:23.97			400 Free		5:34.83	6:08.95	6:43.08	7:17.20		
0:49.40	0:45.55	0:41.70	0:37.86			50 Back		0:39.07	0:43.03	0:47.01	0:50.97		
1:47.14	1:38.81	1:30.48	1:22.14			100 Back		1:24.80	1:33.40	1:42.00	1:50.60		
4:04.07	3:45.11	3:26.15	3:07.19			200 Back		3:12.56	3:32.05	3:51.56	4:11.05		
0:55.31	0:50.98	0:46.65	0:42.32			50 Breast		0:43.03	0:47.43	0:51.84	0:56.24		
2:00.88	1:51.42	1:41.98	1:32.52			100 Breast		1:34.22	1:43.84	1:53.46	2:03.09		
4:40.53	4:18.64	3:56.75	3:34.87			200 Breast		3:28.08	3:49.29	4:10.49	4:31.71		
0:45.13	0:41.61	0:38.08	0:34.57			50 Fly		0:36.33	0:40.04	0:43.73	0:47.44		
1:47.38	1:39.01	1:30.64	1:22.28			100 Fly		1:25.76	1:34.47	1:43.20	1:51.91		
4:17.08	3:57.08	3:37.09	3:17.10			200 Fly		3:16.50	3:36.43	3:56.36	4:16.29		
1:46.62	1:38.29	1:29.97	1:21.65			100 IM		1:23.88	1:32.43	1:40.98	1:49.51		
3:49.19	3:31.31	3:13.44	2:55.56			200 IM		3:00.55	3:18.92	3:37.30	3:55.68		
8:35.02	7:54.91	7:14.80	6:34.69			400 IM		6:40.95	7:21.69	8:02.42	8:43.17		
B	A	AA	AAA	AG-Z		13/14	AG-Z	AAA	AA	A	B		
0:38.61	0:35.56	0:32.53	0:29.50			50 Free		0:28.04	0:30.92	0:33.81	0:36.70		
1:24.89	1:18.23	1:11.58	1:04.95			100 Free		1:01.93	1:08.29	1:14.64	1:20.99		
3:06.98	2:52.35	2:37.72	2:23.09			200 Free		2:17.16	2:31.19	2:45.23	2:59.27		
6:34.08	6:03.27	5:32.46	5:01.66			400 Free		4:49.69	5:19.30	5:48.90	6:18.51		
13:48.56	12:43.84	11:39.12	10:34.40			800 Free		10:19.00	11:22.18	12:25.36	13:28.54		
26:27.98	24:23.99	22:19.99	20:15.99			1500 Free		19:35.99	21:35.99	23:35.99	25:35.98		
1:41.39	1:33.50	1:25.60	1:17.71			100 Back		1:14.43	1:21.98	1:29.54	1:37.10		
3:41.10	3:23.91	3:06.71	2:49.52			200 Back		2:41.99	2:58.43	3:14.87	3:31.31		
1:56.22	1:47.13	1:38.04	1:28.94			100 Breast		1:21.64	1:30.00	1:38.37	1:46.73		
4:09.53	3:50.03	3:30.52	3:11.02			200 Breast		2:59.74	3:18.11	3:36.48	3:54.88		
1:37.84	1:30.20	1:22.56	1:14.94			100 Fly		1:11.31	1:18.58	1:25.85	1:33.12		
4:14.82	3:55.01	3:35.18	3:15.37			200 Fly		2:59.00	3:17.18	3:35.36	3:53.56		
3:35.85	3:19.00	3:02.15	2:45.30			200 IM		2:35.77	2:51.66	3:07.57	3:23.46		
7:53.96	7:17.01	6:40.07	6:03.11			400 IM		5:35.35	6:09.53	6:43.70	7:17.87		
B	A	AA	AAA	SR-Z		15-18	SR-Z	AAA	AA	A	B		
0:37.62	0:34.67	0:31.70	0:28.75			50 Free		0:25.70	0:28.35	0:31.00	0:33.66		
1:22.95	1:16.45	1:09.94	1:03.44			100 Free		0:57.19	1:03.07	1:08.95	1:14.83		
3:02.30	2:48.03	2:33.76	2:19.49			200 Free		2:07.71	2:20.80	2:33.89	2:46.99		
6:27.40	5:57.10	5:26.81	4:56.52			400 Free		4:35.36	5:03.54	5:31.71	5:59.89		
13:26.19	12:23.19	11:20.19	10:17.19			800 Free		9:47.19	10:47.19	11:47.19	12:47.19		
26:01.99	23:59.99	21:57.99	19:55.99			1500 Free		19:05.99	21:02.98	22:59.99	24:56.99		
1:36.84	1:29.29	1:21.75	1:14.21			100 Back		1:07.88	1:14.79	1:21.70	1:28.60		
3:31.93	3:15.45	2:58.95	2:42.47			200 Back		2:31.25	2:46.61	3:01.98	3:17.35		
1:49.57	1:40.99	1:32.41	1:23.82			100 Breast		1:16.20	1:24.02	1:31.84	1:39.66		
3:59.66	3:40.91	3:22.18	3:03.43			200 Breast		2:50.61	3:08.07	3:25.53	3:42.99		
1:33.52	1:26.21	1:18.91	1:11.61			100 Fly		1:03.10	1:09.55	1:16.00	1:22.45		
3:50.86	3:32.89	3:14.92	2:56.95			200 Fly		2:32.53	2:48.07	3:03.59	3:19.15		
3:27.13	3:10.95	2:54.77	2:38.59			200 IM		2:24.72	2:39.51	2:54.30	3:09.10		
7:25.67	6:50.89	6:16.11	5:41.34			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. R2 released 2022-Sep-1