

LCM - 2010/11 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

HI-C+ HI-B HI-A			GIRLS			8 & U			BOYS			HI-A HI-B HI-C+		
0:55.69	0:55.68	0:46.40						50 Free				0:47.65	0:57.18	0:51.63
1:06.61	1:06.60	0:55.50						50 Back				0:57.43	1:08.92	1:08.93
1:13.88	1:13.87	1:01.56						50 Breast				1:04.79	1:17.75	1:17.76
1:02.40	1:02.39	0:52.00						50 Fly				0:54.75	1:05.69	1:05.70
HI-C+ HI-B HI-A	HI-AA	QUAL	*ZONE	10 & U	*ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+				
0:50.28	0:50.27	0:46.40	0:42.54	0:38.67	-	50 Free	-	0:39.71	0:43.68	0:47.65	0:51.63	0:51.64		
1:49.80	1:49.79	1:41.34	1:32.90	1:24.46	-	100 Free	-	1:27.23	1:35.95	1:44.67	1:53.40	1:53.41		
4:03.45	4:03.44	3:44.71	3:25.99	3:07.26	-	200 Free	-	3:09.95	3:28.95	3:47.94	4:06.93	4:06.94		
1:00.14	1:00.13	0:55.50	0:50.88	0:46.25	-	50 Back	-	0:47.86	0:52.65	0:57.43	1:02.22	1:02.23		
2:09.54	2:09.53	1:59.56	1:49.59	1:39.63	-	100 Back	-	1:41.87	1:52.06	2:02.25	2:12.44	2:12.45		
1:06.70	1:06.69	1:01.56	0:56.43	0:51.31	-	50 Breast	-	0:53.99	0:59.39	1:04.79	1:10.19	1:10.20		
2:25.46	2:25.45	2:14.26	2:03.07	1:51.88	-	100 Breast	-	1:57.35	2:09.08	2:20.82	2:32.56	2:32.57		
0:56.34	0:56.33	0:52.00	0:47.66	0:43.34	-	50 Fly	-	0:45.62	0:50.18	0:54.75	0:59.31	0:59.32		
2:11.35	2:11.34	2:01.24	1:51.13	1:41.03	-	100 Fly	-	1:46.25	1:56.87	2:07.50	2:18.13	2:18.14		
4:32.74	4:32.73	4:11.75	3:50.77	3:29.79	-	200 IM	-	3:35.63	3:57.19	4:18.76	4:40.32	4:40.33		
HI-C+ HI-B HI-A	HI-AA	QUAL	*ZONE	11/12	*ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+				
0:43.57	0:43.56	0:40.22	0:36.85	0:33.50	-	50 Free	-	0:34.73	0:38.21	0:41.68	0:45.16	0:45.17		
1:36.03	1:36.02	1:28.64	1:21.24	1:13.86	-	100 Free	-	1:15.86	1:23.45	1:31.03	1:38.63	1:38.64		
3:28.66	3:28.65	3:12.60	2:56.55	2:40.50	-	200 Free	-	2:45.19	3:01.71	3:18.23	3:34.74	3:34.75		
7:19.71	7:19.70	6:45.87	6:12.05	5:38.22	-	400 Free	-	5:49.27	6:24.20	6:59.12	7:34.06	7:34.07		
0:51.43	0:51.42	0:47.45	0:43.50	0:39.55	-	50 Back	-	0:41.29	0:45.42	0:49.55	0:53.68	0:53.69		
1:50.56	1:50.55	1:42.04	1:33.54	1:25.03	-	100 Back	-	1:28.60	1:37.47	1:46.33	1:55.19	1:55.20		
0:57.70	0:57.69	0:53.26	0:48.82	0:44.38	-	50 Breast	-	0:45.18	0:49.70	0:54.21	0:58.74	0:58.75		
2:05.58	2:05.57	1:55.91	1:46.25	1:36.58	-	100 Breast	-	1:39.58	1:49.54	1:59.49	2:09.45	2:09.46		
0:48.31	0:48.30	0:44.58	0:40.87	0:37.15	-	50 Fly	-	0:38.34	0:42.17	0:46.01	0:49.84	0:49.85		
1:48.84	1:48.83	1:40.45	1:32.08	1:23.71	-	100 Fly	-	1:26.26	1:34.88	1:43.52	1:52.16	1:52.17		
3:55.78	3:55.77	3:37.63	3:19.50	3:01.37	-	200 IM	-	3:07.25	3:25.97	3:44.70	4:03.43	4:03.44		
HI-B HI-A HI-AA	QUAL	*ZONE	*SECT	13/14	*ZONE	*SECT	QUAL	HI-AA	HI-A	HI-B				
0:41.46	0:38.26	0:35.08	0:31.89	-	-	50 Free	-	0:30.57	0:33.62	0:36.68	0:39.74			
1:29.65	1:22.75	1:15.86	1:08.95	-	-	100 Free	-	1:06.07	1:12.67	1:19.28	1:25.89			
3:13.32	2:58.45	2:43.58	2:28.71	-	-	200 Free	-	2:24.03	2:38.42	2:52.83	3:07.23			
6:46.25	6:15.00	5:43.75	5:12.50	-	-	400 Free	-	5:06.42	5:37.06	6:07.70	6:38.35			
14:08.55	13:03.28	11:58.00	10:52.73	-	-	800 Free	-	10:37.94	11:41.74	12:45.53	13:49.32			
27:07.62	25:02.41	22:57.21	20:52.01	-	-	1500 Free	-	20:18.78	22:20.65	24:22.53	26:24.41			
1:45.11	1:37.03	1:28.93	1:20.85	-	-	100 Back	-	1:17.73	1:25.52	1:33.29	1:41.06			
3:40.06	3:23.13	3:06.20	2:49.28	-	-	200 Back	-	2:44.07	3:00.48	3:16.88	3:33.29			
1:57.77	1:48.72	1:39.66	1:30.60	-	-	100 Breast	-	1:26.97	1:35.67	1:44.36	1:53.07			
4:09.23	3:50.06	3:30.89	3:11.72	-	-	200 Breast	-	3:05.80	3:24.38	3:42.96	4:01.54			
1:41.76	1:33.93	1:26.10	1:18.28	-	-	100 Fly	-	1:14.55	1:22.00	1:29.46	1:36.92			
3:43.07	3:25.91	3:08.75	2:51.59	-	-	200 Fly	-	2:44.96	3:01.47	3:17.96	3:34.47			
3:40.35	3:23.40	3:06.45	2:49.50	-	-	200 IM	-	2:42.50	2:58.75	3:15.00	3:31.25			
7:48.32	7:12.28	6:36.27	6:00.23	-	-	400 IM	-	5:47.53	6:22.28	6:57.03	7:31.79			
HI-B HI-A HI-AA	QUAL	*ZONE	*SECT	15/16	*ZONE	*SECT	QUAL	HI-AA	HI-A	HI-B				
0:40.84	0:37.70	0:34.56	0:31.41	-	-	50 Free	-	0:28.39	0:31.24	0:34.07	0:36.91			
1:29.00	1:22.15	1:15.30	1:08.47	-	-	100 Free	-	1:02.08	1:08.30	1:14.50	1:20.72			
3:11.49	2:56.76	2:42.03	2:27.30	-	-	200 Free	-	2:15.75	2:29.32	2:42.90	2:56.47			
6:44.20	6:13.10	5:42.01	5:10.92	-	-	400 Free	-	4:49.43	5:18.37	5:47.32	6:16.26			
13:52.84	12:48.78	11:44.71	10:40.64	-	-	800 Free	-	10:05.12	11:05.62	12:06.14	13:06.65			
26:50.80	24:46.89	22:42.98	20:39.07	-	-	1500 Free	-	19:38.38	21:36.22	23:34.05	25:31.89			
1:41.50	1:33.69	1:25.88	1:18.08	-	-	100 Back	-	1:11.92	1:19.11	1:26.30	1:33.50			
3:38.31	3:21.51	3:04.72	2:47.93	-	-	200 Back	-	2:36.16	2:51.77	3:07.39	3:23.00			
1:54.20	1:45.42	1:36.64	1:27.85	-	-	100 Breast	-	1:22.18	1:30.40	1:38.61	1:46.83			
4:08.21	3:49.12	3:30.03	3:10.94	-	-	200 Breast	-	2:57.10	3:14.82	3:32.54	3:50.24			
1:38.55	1:30.97	1:23.38	1:15.80	-	-	100 Fly	-	1:08.68	1:15.55	1:22.41	1:29.28			
3:41.68	3:24.62	3:07.57	2:50.52	-	-	200 Fly	-	2:35.72	2:51.30	3:06.87	3:22.46			
3:38.87	3:22.03	3:05.20	2:48.36	-	-	200 IM	-	2:34.10	2:49.51	3:04.93	3:20.34			
7:41.36	7:05.86	6:30.36	5:54.87	-	-	400 IM	-	5:30.46	6:03.52	6:36.58	7:09.61			
HI-B HI-A HI-AA	QUAL	*ZONE	*SECT	17/18	*ZONE	*SECT	QUAL	HI-AA	HI-A	HI-B				
0:41.08	0:37.82	0:35.21	0:32.60	-	-	50 Free	-	0:28.72	0:31.01	0:33.31	0:36.19			
1:29.52	1:22.42	1:16.74	1:11.05	-	-	100 Free	-	1:03.17	1:08.22	1:13.27	1:19.59			
3:16.35	3:00.77	2:48.30	2:35.84	-	-	200 Free	-	2:19.74	2:30.92	2:42.10	2:56.07			
6:49.05	6:16.58	5:50.61	5:24.64	-	-	400 Free	-	4:58.07	5:21.91	5:45.76	6:15.57			
14:26.41	13:17.64	12:12.63	11:27.62	-	-	800 Free	-	10:32.11	11:22.69	12:13.25	13:16.46			
27:33.49	25:22.27	23:37.28	21:52.30	-	-	1500 Free	-	20:20.06	21:57.67	23:35.28	25:37.29			
1:45.17	1:36.83	1:30.16	1:23.47	-	-	100 Back	-	1:15.16	1:21.16	1:27.18	1:34.70			
3:47.11	3:29.08	3:14.66	3:00.24	-	-	200 Back	-	2:43.39	2:56.47	3:09.53	3:25.89			
1:58.92	1:49.48	1:41.93	1:34.39	-	-	100 Breast	-	1:24.34	1:31.09	1:37.83	1:46.26			
4:18.96	3:58.40	3:41.96	3:25.51	-	-	200 Breast	-	3:06.62	3:21.55	3:36.48	3:55.14			
1:41.91	1:33.82	1:27.35	1:20.88	-	-	100 Fly	-	1:10.41	1:16.04	1:21.68	1:28.71			
3:55.40	3:36.72	3:21.78	3:06.83	-	-	200 Fly	-	2:45.66	2:58.91	3:12.17	3:28.74			
3:40.32	3:22.81	3:08.83	2:54.84	-	-	200 IM	-	2:38.53	2:51.22	3:03.90	3:19.75			
8:03.89	7:25.48	6:54.76	6:24.03	-	-	400 IM	-	5:50.67	6:18.72	6:46.78	7:21.84			

*note: 2011 Zone and Sectional standards not yet released