

LCM - 2024-27 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

FEMALE					8 & U	MALE					
B	A										
0:54.35	0:45.29				50 Free					0:45.41	0:54.49
1:06.08	0:55.07				50 Back					0:55.52	1:06.65
1:13.06	1:00.88				50 Breast					1:03.30	1:15.96
1:03.27	0:52.73				50 Fly					0:54.83	1:05.81
B	A	INVT	CHMP	AG-Z	10 & U	AG-Z	CHMP	INVT	A	B	
0:49.06	0:45.29	0:41.51	0:37.74	32.79	50 Free	32.79	0:37.84	0:41.63	0:45.41	0:49.20	
1:51.35	1:42.78	1:34.22	1:25.65	1:13.09	100 Free	1:12.89	1:26.90	1:35.59	1:44.29	1:52.97	
4:05.24	3:46.37	3:27.51	3:08.64	2:39.79	200 Free	2:36.59	3:11.86	3:31.05	3:50.23	4:09.42	
0:59.65	0:55.07	0:50.48	0:45.89	38.89	50 Back	38.89	0:46.27	0:50.89	0:55.52	1:00.15	
2:09.14	1:59.20	1:49.27	1:39.34	1:23.89	100 Back	1:22.89	1:42.96	1:53.25	2:03.56	2:13.85	
1:05.96	1:00.88	0:55.81	0:50.74	43.09	50 Breast	42.69	0:52.75	0:58.02	1:03.30	1:08.58	
2:26.19	2:14.94	2:03.70	1:52.46	1:34.89	100 Breast	1:33.79	1:54.93	2:06.42	2:17.92	2:29.41	
0:57.12	0:52.73	0:48.33	0:43.93	36.59	50 Fly	36.29	0:45.70	0:50.27	0:54.83	0:59.41	
2:21.67	2:10.77	1:59.88	1:48.98	1:24.59	100 Fly	1:23.59	2:08.47	2:21.32	2:34.17	2:47.01	
4:34.63	4:13.52	3:52.37	3:31.25	2:59.59	200 IM	2:58.39	3:41.08	4:03.19	4:25.29	4:47.42	
B	A	INVT	CHMP	AG-Z	11/12	AG-Z	CHMP	INVT	A	B	
0:43.35	0:40.01	0:36.68	0:33.35	30.39	50 Free	29.29	0:33.35	0:36.68	0:40.01	0:43.35	
1:34.36	1:27.10	1:19.84	1:12.58	1:06.09	100 Free	1:03.89	1:12.58	1:19.84	1:27.10	1:34.36	
3:26.10	3:10.25	2:54.40	2:38.54	2:23.19	200 Free	2:19.49	2:39.80	2:55.78	3:11.76	3:27.74	
7:15.87	6:42.34	6:08.82	5:35.29	5:01.69	400 Free	4:55.09	5:41.23	6:15.35	6:49.48	7:23.60	
0:50.31	0:46.43	0:42.56	0:38.70	34.49	50 Back	33.69	0:39.67	0:43.63	0:47.61	0:51.57	
1:49.51	1:41.09	1:32.66	1:24.24	1:15.39	100 Back	1:12.99	1:26.00	1:34.60	1:43.20	1:51.80	
4:06.47	3:47.51	3:28.55	3:09.59	2:40.69	200 Back	2:36.69	3:14.96	3:34.45	3:53.96	4:13.45	
0:56.21	0:51.89	0:47.56	0:43.24	38.49	50 Breast	37.49	0:44.03	0:48.43	0:52.84	0:57.24	
2:02.88	1:53.42	1:43.98	1:34.52	1:24.79	100 Breast	1:22.19	1:36.22	1:45.84	1:55.46	2:05.09	
4:44.53	4:22.64	4:00.75	3:38.87	3:02.79	200 Breast	2:56.59	3:32.08	3:53.29	4:14.49	4:35.71	
0:47.95	0:44.27	0:40.58	0:36.89	32.39	50 Fly	31.89	0:37.03	0:40.74	0:44.43	0:48.14	
1:48.78	1:40.41	1:32.04	1:23.68	1:13.09	100 Fly	1:10.89	1:27.16	1:35.87	1:44.60	1:53.31	
4:19.88	3:59.88	3:39.89	3:19.90	2:40.99	200 Fly	2:37.49	3:19.30	3:39.23	3:59.16	4:19.09	
3:55.09	3:37.01	3:18.93	3:00.84	2:41.89	200 IM	2:37.79	3:03.75	3:22.12	3:40.50	3:58.88	
8:41.42	8:01.31	7:21.20	6:41.09	5:45.49	400 IM	5:37.79	6:47.35	7:28.08	8:08.82	8:49.57	
B	A	INVT	CHMP	AG-Z	13/14	AG-Z	CHMP	INVT	A	B	
0:42.38	0:39.12	0:35.86	0:32.60	29.19	50 Free	27.09	0:30.24	0:33.27	0:36.29	0:39.32	
1:31.97	1:24.87	1:17.80	1:10.73	1:03.29	100 Free	59.09	1:06.11	1:12.72	1:19.33	1:25.94	
3:19.05	3:03.73	2:48.42	2:33.11	2:16.89	200 Free	2:08.89	2:24.10	2:38.51	2:52.92	3:07.33	
6:58.93	6:26.70	5:54.47	5:22.25	4:48.19	400 Free	4:34.29	5:06.66	5:37.32	6:07.99	6:38.66	
14:23.44	13:17.03	12:10.61	11:04.19	9:53.99	800 Free	9:30.29	10:37.73	11:41.50	12:45.28	13:49.05	
27:32.01	25:24.93	23:17.86	21:10.78	18:56.49	1500 Free	18:09.39	20:18.09	22:19.90	24:21.71	26:23.51	
1:42.77	1:34.85	1:26.95	1:19.04	1:10.69	100 Back	1:05.89	1:15.63	1:23.20	1:30.75	1:38.33	
3:43.50	3:26.31	3:09.11	2:51.92	2:31.19	200 Back	2:23.09	2:44.39	3:00.83	3:17.27	3:33.71	
1:58.22	1:49.13	1:40.04	1:30.94	1:20.19	100 Breast	1:14.59	1:23.64	1:32.00	1:40.37	1:48.73	
4:13.53	3:54.03	3:34.52	3:15.02	2:52.59	200 Breast	2:41.39	3:03.74	3:22.11	3:40.48	3:58.88	
1:39.25	1:31.61	1:23.97	1:16.34	1:08.09	100 Fly	1:03.89	1:12.71	1:19.98	1:27.25	1:34.52	
4:17.62	3:57.81	3:37.98	3:18.17	2:31.69	200 Fly	2:22.19	3:01.80	3:19.98	3:38.16	3:56.36	
3:43.59	3:26.39	3:09.19	2:51.99	2:33.89	200 IM	2:25.09	2:42.22	2:58.45	3:14.66	3:30.88	
8:00.36	7:23.41	6:46.47	6:09.51	5:26.49	400 IM	5:08.59	5:45.02	6:19.53	6:54.03	7:28.54	
B	A	INVT	CHMP	SR-Z	15-18	SR-Z	CHMP	INVT	A	B	
0:41.56	0:38.36	0:35.17	0:31.97		50 Free		0:28.58	0:31.44	0:34.30	0:37.15	
1:30.46	1:23.48	1:16.54	1:09.57		100 Free		1:03.25	1:09.58	1:15.90	1:22.23	
3:14.76	2:59.78	2:44.80	2:29.82		200 Free		2:18.25	2:32.07	2:45.90	2:59.72	
6:49.46	6:17.97	5:46.47	5:14.97		400 Free		4:53.23	5:22.55	5:51.87	6:21.20	
14:06.68	13:01.54	11:56.42	10:51.29		800 Free		10:15.09	11:16.60	12:18.11	13:19.62	
27:06.30	25:01.20	22:56.10	20:51.00		1500 Free		19:29.99	21:26.98	23:23.99	25:20.99	
1:39.78	1:32.10	1:24.43	1:16.75		100 Back		1:10.40	1:17.43	1:24.48	1:31.52	
3:35.20	3:18.65	3:02.10	2:45.54		200 Back		2:33.65	2:49.01	3:04.38	3:19.75	
1:53.64	1:44.91	1:36.16	1:27.41		100 Breast		1:18.95	1:26.84	1:34.73	1:42.62	
4:06.62	3:47.65	3:28.68	3:09.71		200 Breast		2:54.61	3:12.07	3:29.53	3:46.99	
1:37.53	1:30.02	1:22.52	1:15.02		100 Fly		1:06.29	1:12.92	1:19.54	1:26.18	
3:53.68	3:35.70	3:17.73	2:59.75		200 Fly		2:35.33	2:50.87	3:06.39	3:21.95	
3:39.18	3:22.32	3:05.46	2:48.60		200 IM		2:31.40	2:46.53	3:01.67	3:16.81	
7:45.95	7:10.11	6:34.27	5:58.43		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. R1 updated 2024-May 1