

Alaska Swimming Age Group Championship Time Standards *updated April 2006*

FEMALE				MALE		
SCM	LCM	SCY	10&Under	SCY	LCM	SCM
40.69	41.69	36.99	50 FREE	37.99	42.79	41.79
1:33.79	1:35.49	1:23.99	100 FREE	1:25.99	1:38.99	1:35.99
3:17.99	3:21.99	2:59.99	200 FREE	2:59.99	3:21.99	3:17.99
7:03.59	7:12.29	8:04.09	500 FREE	8:04.09	7:12.29	7:03.59
48.69	49.69	44.19	50 BACK	44.19	49.69	48.69
1:49.69	1:51.69	1:39.69	100 BACK	1:41.99	1:54.19	1:52.19
53.89	54.89	48.49	50 BRST	49.99	55.99	54.19
2:00.99	2:02.99	1:49.99	100 BRST	1:53.99	2:07.39	2:05.39
52.99	53.99	48.09	50 FLY	50.39	56.49	55.49
1:59.39	2:01.39	1:48.49	100 FLY	1:51.99	2:05.19	2:03.19
1:45.39		1:35.79	100 IM	1:38.99		1:48.89
3:56.49	4:00.49	3:34.99	200 IM	3:39.99	4:05.99	4:01.99
SCM	LCM	SCY	11 years old	SCY	LCM	SCM
38.49	39.49	34.99	50 FREE	35.29	39.89	38.89
1:28.49	1:30.49	1:20.39	100 FREE	1:17.39	1:27.19	1:25.19
3:09.19	3:13.19	2:51.99	200 FREE	2:51.99	3:13.19	3:09.19
6:19.29	6:27.29	7:10.99	500 FREE	7:10.99	6:27.29	6:19.29
46.89	47.89	42.59	50 BACK	41.59	46.79	45.79
1:47.49	1:49.49	1:37.69	100 BACK	1:37.69	1:49.49	1:47.49
3:33.27	3:35.92	3:11.09	200 BACK	3:14.99	3:44.19	3:37.62
52.19	53.79	47.39	50 BRST	47.19	52.99	51.99
1:57.39	1:59.39	1:46.69	100 BRST	1:46.69	1:59.39	1:57.39
4:00.09	4:04.49	3:35.09	200 BRST	3:34.09	4:07.59	3:58.99
50.49	51.49	45.89	50 FLY	45.89	51.49	50.49
1:56.59	1:58.59	1:45.99	100 FLY	1:45.99	1:58.59	1:56.59
3:54.49	3:56.79	3:30.09	200 FLY	3:30.09	3:58.79	3:54.49
1:37.89		1:28.99	100 IM	1:33.09		1:42.39
3:42.59	3:46.59	3:22.29	200 IM	3:28.99	3:53.89	3:49.89
7:26.59	7:32.09	6:40.09	400 IM	6:40.09	7:39.89	7:26.59
SCM	LCM	SCY	12 years old	SCY	LCM	SCM
35.79	36.79	32.49	50 FREE	32.49	36.79	35.79
1:18.79	1:20.79	1:11.59	100 FREE	1:11.59	1:20.79	1:18.79
3:01.19	3:05.19	2:44.69	200 FREE	2:44.69	3:05.19	3:01.19
5:59.99	6:07.99	6:48.99	500 FREE	6:48.99	6:07.99	5:59.99
42.59	43.59	38.69	50 BACK	38.69	43.59	42.59
1:35.59	1:37.59	1:26.89	100 BACK	1:26.89	1:37.59	1:35.59
3:22.09	3:24.69	3:01.09	200 BACK	2:59.09	3:25.89	3:19.89
48.19	49.19	43.79	50 BRST	43.79	49.19	48.19
1:43.39	1:45.39	1:33.99	100 BRST	1:33.99	1:45.39	1:43.39
4:47.79	3:51.89	3:24.09	200 BRST	3:24.09	3:55.99	3:47.79
40.69	41.69	36.99	50 FLY	36.99	41.69	40.69
1:40.79	1:42.79	1:31.59	100 FLY	1:31.59	1:42.79	1:40.79
3:43.39	3:44.89	3:20.09	200 FLY	3:20.09	3:47.39	3:43.39
1:31.29		1:22.99	100 IM	1:22.99		1:31.29
3:17.29	3:21.29	2:59.29	200 IM	2:59.29	3:21.29	3:17.29
7:15.39	7:20.79	6:30.09	400 IM	6:36.09	7:35.29	7:22.09
SCM	LCM	SCY	13 years old	SCY	LCM	SCM
34.09	35.09	30.99	50 FREE	30.79	34.89	33.89
1:17.09	1:18.49	1:08.99	100 FREE	1:08.19	1:17.09	1:15.09
2:41.79	2:45.79	2:27.09	200 FREE	2:27.09	2:45.79	2:41.79
5:48.29	5:56.29	6:35.79	500 FREE	6:35.79	5:56.29	5:48.29
1:30.89	1:32.89	1:22.59	100 BACK	1:22.59	1:32.89	1:30.89
3:11.99	3:14.39	2:51.99	200 BACK	2:51.99	3:17.69	3:11.99
1:38.89	1:40.89	1:29.89	100 BRST	1:29.89	1:40.89	1:38.89
3:20.19	3:24.19	3:01.99	200 BRST	3:01.99	3:24.19	3:20.19
1:34.89	1:35.89	1:26.19	100 FLY	1:26.19	1:35.89	1:34.89
3:16.49	3:20.49	2:58.59	200 FLY	2:58.59	3:20.49	3:16.49
3:08.09	3:12.09	2:50.99	200 IM	2:50.99	3:12.09	3:08.09
6:53.59	7:01.59	6:15.99	400 IM	6:15.99	7:01.59	6:53.59
SCM	LCM	SCY	14 years old	SCY	LCM	SCM
33.69	34.69	30.59	50 FREE	29.49	33.49	32.99
1:13.69	1:14.99	1:05.99	100 FREE	1:05.69	1:14.29	1:12.29
2:38.29	2:42.29	2:23.89	200 FREE	2:22.09	2:40.29	2:36.29
5:36.59	5:44.59	6:22.49	500 FREE	6:22.49	5:44.59	5:36.59
1:25.39	1:27.39	1:17.59	100 BACK	1:17.59	1:27.39	1:25.39
3:11.99	3:14.39	2:51.99	200 BACK	2:51.99	3:17.69	3:11.99
1:33.39	1:35.39	1:24.89	100 BRST	1:24.89	1:35.39	1:33.39
3:20.19	3:24.19	3:01.99	200 BRST	3:01.99	3:24.19	3:20.19
1:32.69	1:34.69	1:24.89	100 FLY	1:24.89	1:34.69	1:32.69
3:16.49	3:20.49	2:58.59	200 FLY	2:58.59	3:20.49	3:16.49
3:07.09	3:10.49	2:47.59	200 IM	2:48.99	3:15.39	3:08.60
6:53.59	7:01.59	6:15.99	400 IM	6:15.99	7:01.59	6:53.59