



## Alaska Age Group Championship Time Standards\* Short Course Yards (25 Yard Pool) 2022-2024



		Girls				Event	Boys				
14	13	12	11	10 & U	10 & U		11	12	13	14	
32.59	33.29	33.69	34.89	38.89	50 Free	38.09	34.79	32.59	31.19	29.99	
1:10.79	1:12.09	1:13.59	1:16.39	1:29.59	100 Free	1:27.79	1:15.99	1:10.99	1:07.99	1:05.59	
2:32.49	2:36.19	2:40.39	2:45.79	3:19.19	200 Free	3:06.69	2:44.99	2:34.59	2:27.99	2:22.69	
6:49.69	6:55.69	7:07.79	7:28.09	8:24.99	500 Free	8:16.39	7:17.09	6:57.29	6:38.49	6:25.89	
		38.19	39.69	46.99	50 Back	47.59	40.89	37.99			
1:16.89	1:19.19	1:24.79	1:27.89	1:41.99	100 Back	1:39.79	1:28.09	1:22.19	1:14.99	1:11.89	
2:47.19	2:51.89	2:56.69	3:04.89		200 Back		3:05.09	2:51.99	2:43.19	2:36.49	
		42.99	44.89	53.19	50 Breast	52.09	46.19	42.89			
1:28.19	1:30.09	1:34.19	1:38.49	1:58.09	100 Breast	1:52.19	1:38.59	1:31.39	1:24.39	1:21.29	
3:11.19	3:14.89	3:21.49	3:31.59		200 Breast		3:29.29	3:14.09	3:02.79	2:56.59	
		36.49	38.09	47.39	50 Fly	45.69	39.69	37.09			
1:16.39	1:18.49	1:24.39	1:28.79	1:53.99	100 Fly	1:51.39	1:29.29	1:22.89	1:13.89	1:11.29	
2:49.29	2:53.69	2:59.99	3:09.49		200 Fly		3:05.89	2:53.19	2:44.79	2:38.59	
		1:24.09	1:27.09	1:41.69	100 IM	1:38.59	1:27.49	1:20.89			
2:49.99	2:55.09	3:00.29	3:06.59	3:38.19	200 IM	3:35.49	3:09.39	2:57.29	2:46.19	2:39.99	
6:03.69	6:12.09	6:24.19	6:38.79		400 IM		6:39.19	6:13.09	5:53.69	5:41.69	

\* USA Swimming 2021-2024 National Single Age Motivational Times ("B")