



Alaska Sr Championship Time Standards*
Short Course Yards (25 Yard Pool)
2022-2024



Girls	Event	Boys
27.89	50 Free	25.69
1:00.49	100 Free	56.29
2:10.39	200 Free	2:02.59
5:49.59	500 Free	5:31.39
12:01.69	1000 Free	11:26.69
20:02.99	1650 Free	19:07.59
1:05.69	100 Back	1:01.29
2:22.99	200 Back	2:13.99
1:15.39	100 Breast	1:09.69
2:43.69	200 Breast	2:31.39
1:05.49	100 Fly	1:00.99
2:24.89	200 Fly	2:15.59
2:25.49	200 IM	2:17.09
5:11.69	400 IM	4:52.69

* USA Swimming 2021-2024 National Motivational Times (13/14 "A")