

2021-2024 Alaska State Championship Qualification Standards

Girls						10&U			Boys					
JO			SUMMER			Event			SUMMER			JO		
LCM	SCM	SCY	LCM	SCM	SCY	Event	SCY	SCM	LCM	SCY	SCM	LCM		
:39.89	:38.89	:35.19	:44.09	:42.99	:38.89	50 FREE	:38.09	:41.99	:43.59	:34.49	:38.09	:39.49		
1:31.19	1:28.39	1:19.99	1:41.99	1:38.99	1:29.59	100 FREE	1:27.79	1:36.99	1:40.59	1:18.79	1:26.99	1:30.19		
3:20.99	3:15.99	2:57.19	3:45.79	3:40.09	3:18.99	200 FREE	3:06.69	3:26.29	3:33.49	2:47.99	3:05.69	3:12.09		
6:51.09	6:38.59	7:34.89	7:36.79	7:22.89	8:25.39	400/500 FREE	8:16.69	7:14.69	7:29.39	7:26.99	6:31.19	6:44.49		
:48.89	:46.29	:41.89	:54.89	:51.99	:46.99	50 BACK	:47.49	:52.69	:55.29	:42.29	:46.79	:49.19		
1:45.99	1:40.19	1:30.69	1:59.19	1:52.69	1:41.99	100 BACK	1:39.79	1:50.69	1:55.09	1:29.29	1:39.09	1:43.09		
:53.99	:52.49	:47.49	1:00.49	:58.89	:53.19	50 BREAST	:52.09	:57.59	:59.69	:46.59	:51.39	:53.29		
1:59.79	1:55.99	1:44.99	2:14.79	2:10.49	1:58.09	100 BREAST	1:53.39	2:05.59	2:09.39	1:41.69	1:52.59	1:55.99		
:47.09	:46.19	:41.79	:53.39	:52.39	:47.39	50 FLY	:45.69	:50.49	:51.79	:40.49	:44.79	:45.99		
1:52.99	1:49.49	1:39.09	2:09.99	2:05.99	1:53.99	100 FLY	1:51.39	2:04.19	2:07.09	:40.49	1:48.29	1:50.79		
	1:41.29	1:31.69		1:53.39	1:42.59	100 IM	1:38.79	1:49.79		1:28.89	1:38.79			
3:43.19	3:36.19	3:15.59	4:09.39	4:01.49	3:38.49	200 IM	3:35.49	3:58.09	4:06.19	3:13.19	3:33.49	3:40.79		
Girls						11-12			Boys					
JO			SUMMER			Event			SUMMER			JO		
LCM	SCM	SCY	LCM	SCM	SCY	Event	SCY	SCM	LCM	SCY	SCM	LCM		
:35.69	:34.69	:31.29	:38.39	:37.29	:33.59	50 FREE	:32.59	:35.99	:37.29	:30.29	:33.39	:34.69		
1:18.09	1:15.49	1:08.29	1:24.09	1:21.29	1:13.59	100 FREE	1:10.99	1:18.49	1:21.29	1:05.89	1:12.89	1:15.49		
2:49.19	2:45.39	2:28.99	3:02.29	2:58.09	2:40.39	200 FREE	2:34.59	2:52.09	2:57.49	2:23.49	2:39.79	2:44.89		
5:56.49	5:48.69	6:38.19	6:23.89	6:15.49	7:08.79	400/500 FREE	6:57.29	6:05.19	6:15.49	6:37.49	5:39.09	5:48.69		
12:26.69	12:01.69	13:44.69	13:24.09	12:57.19	14:48.09	800/1000 FREE	14:32.59	12:43.59	13:11.69	13:30.19	11:49.09	12:15.19		
23:55.39	22:59.19	23:07.29	25:45.79	24:45.29	24:53.99	1500/1650 FREE	24:21.89	24:13.39	25:13.59	22:37.49	22:29.59	23:25.49		
:40.79	:39.29	:35.39	:43.99	:42.39	:38.09	50 BACK	:37.89	:42.19	:43.69	:34.99	:38.99	:40.39		
1:30.99	1:26.69	1:18.09	1:38.69	1:34.19	1:24.79	100 BACK	1:22.19	1:30.79	1:35.49	1:15.69	1:23.69	1:27.99		
3:09.89	3:01.29	2:43.99	3:24.49	3:15.19	2:56.59	200 BACK	2:51.99	3:10.89	3:19.49	2:39.69	2:57.19	3:05.19		
:45.49	:44.19	:39.99	:48.99	:47.59	:42.99	50 BREAST	:42.89	:47.39	:48.99	:39.49	:43.69	:45.19		
1:40.89	1:36.59	1:27.19	1:48.89	1:44.29	1:34.09	100 BREAST	1:31.39	1:42.29	1:46.59	1:24.49	1:34.39	1:38.39		
3:35.99	3:28.39	3:06.59	3:52.59	3:44.49	3:20.89	200 BREAST	3:14.09	3:35.39	3:44.69	3:00.19	3:19.99	3:28.69		
:38.29	:37.69	:33.89	:41.29	:40.59	:36.49	50 FLY	:37.09	:40.99	:41.89	:34.19	:37.79	:38.59		
1:28.49	1:26.49	1:17.59	1:36.19	1:33.99	1:24.39	100 FLY	1:22.89	1:32.09	1:33.99	1:16.09	1:24.49	1:26.29		
3:10.19	3:05.59	2:47.19	3:24.89	3:19.79	2:59.99	200 FLY	2:52.19	3:15.19	3:20.49	2:40.79	3:01.19	3:06.19		
	1:26.59	1:18.09		1:33.19	1:24.09	100 IM	1:20.89	1:29.39		1:14.99	1:22.89			
3:11.39	3:05.39	2:47.29	3:26.09	3:19.69	3:00.19	200 IM	2:57.29	3:16.19	3:23.79	2:43.99	3:01.49	3:08.49		
6:48.29	6:34.19	5:56.79	7:19.69	7:04.49	6:24.19	400 IM	6:13.09	6:52.29	7:09.89	5:46.39	6:22.79	6:39.19		
Girls						13-14			Boys					
JO			SUMMER			Event			SUMMER			JO		
LCM	SCM	SCY	LCM	SCM	SCY	Event	SCY	SCM	LCM	SCY	SCM	LCM		
:34.49	:33.49	:30.19	:37.09	:36.09	:32.59	50 FREE	:29.89	:33.19	:34.39	:27.79	:30.79	:31.99		
1:14.79	1:12.69	1:05.49	1:20.49	1:18.29	1:10.59	100 FREE	1:05.59	1:12.49	1:15.29	1:00.89	1:07.29	1:09.89		
2:41.79	2:37.19	2:21.29	2:54.29	2:49.29	2:32.09	200 FREE	2:22.99	2:37.99	2:44.09	2:12.79	2:26.69	2:32.29		
5:40.59	5:32.69	6:18.69	6:06.79	5:58.29	6:47.79	400/500 FREE	6:26.59	5:38.29	5:49.09	5:58.99	5:14.19	5:24.09		
11:41.99	11:24.19	13:01.79	12:35.99	12:16.89	14:01.99	800/1000 FREE	13:21.19	11:41.09	12:05.89	12:23.89	10:51.09	11:13.99		
22:23.09	21:35.69	21:43.19	24:06.39	23:15.29	23:23.49	1500/1650 FREE	22:18.89	22:11.09	23:06.49	20:43.19	20:35.99	21:27.39		
1:23.59	1:19.19	1:11.19	1:29.99	1:25.29	1:16.69	100 BACK	1:11.49	1:19.59	1:23.89	1:06.39	1:13.89	1:17.89		
2:58.69	2:51.69	2:34.89	3:12.39	3:04.89	2:46.79	200 BACK	2:36.29	2:53.39	3:02.09	2:19.09	2:41.19	2:49.09		
1:34.79	1:30.99	1:21.69	1:42.09	1:37.99	1:27.99	100 BREAST	1:21.29	1:29.89	1:34.89	1:15.49	1:23.49	1:28.09		
3:23.99	3:16.99	2:57.29	3:39.69	3:32.19	3:10.89	200 BREAST	2:56.59	3:17.09	3:25.49	2:43.99	3:02.99	3:10.79		
1:20.39	1:18.89	1:10.89	1:26.59	1:24.99	1:16.39	100 FLY	1:11.19	1:18.89	1:21.29	1:06.09	1:13.29	1:15.49		
2:59.19	2:54.49	2:36.89	3:12.99	3:07.89	2:48.99	200 FLY	2:38.19	2:54.99	3:00.89	2:26.89	2:42.49	2:47.99		
3:01.79	2:55.89	2:37.59	3:15.79	3:09.49	2:49.79	200 IM	2:39.99	2:56.79	3:04.59	2:28.49	2:44.19	2:51.39		
6:25.89	6:15.39	5:37.59	6:55.49	6:44.19	6:03.59	400 IM	5:41.49	6:17.69	6:32.69	5:17.09	5:50.69	6:04.69		
Girls						15&O			Boys					
JO			SUMMER			Event			SUMMER			JO		
LCM	SCM	SCY	LCM	SCM	SCY	Event	SCY	SCM	LCM	SCY	SCM	LCM		
:33.79	:32.89	:29.49	:36.39	:35.39	:31.79	50 FREE	:28.39	:31.89	:32.59	:26.39	:29.59	:30.19		
1:13.49	1:11.39	1:03.99	1:19.19	1:16.89	1:08.89	100 FREE	1:02.39	1:09.49	1:11.99	:57.89	1:04.49	1:06.89		
2:38.29	2:33.79	2:18.69	2:50.49	2:45.59	2:29.39	200 FREE	2:16.49	2:31.79	2:37.39	2:06.79	2:20.89	2:26.09		
5:32.89	5:25.59	6:11.99	5:58.49	5:50.69	6:40.59	400/500 FREE	6:10.59	5:26.09	5:33.69	5:44.09	5:02.79	5:09.89		
11:28.39	11:13.89	12:49.99	12:21.29	12:05.69	13:49.19	800/1000 FREE	12:52.99	11:16.49	11:40.09	11:57.79	10:28.19	10:50.09		
22:02.19	21:18.69	21:26.19	23:43.89	22:57.09	23:05.19	1500/1650 FREE	21:35.39	21:27.89	22:08.99	20:02.89	19:55.89	20:33.99		
1:21.09	1:17.39	1:09.39	1:27.29	1:23.39	1:14.69	100 BACK	1:08.09	1:15.59	1:20.19	1:03.19	1:10.19	1:14.39		
2:54.99	2:48.39	2:31.39	3:08.39	3:01.39	2:42.99	200 BACK	2:27.99	2:45.59	2:53.79	2:17.49	2:33.79	2:41.39		
1:32.39	1:29.19	1:19.69	1:39.49	1:36.09	1:25.89	100 BREAST	1:16.49	1:25.79	1:29.89	1:11.09	1:19.59	1:23.49		
3:20.49	3:13.09	2:52.79	3:35.89	3:27.89	3:05.99	200 BREAST	2:48.19	3:06.39	3:15.39	2:36.19	2:53.09	3:01.39		
1:19.29	1:17.29	1:09.39	1:25.39	1:23.29	1:14.69	100 FLY	1:07.49	1:15.49	1:17.39	1:02.69	1:10.09	1:11.79		
2:53.99	2:51.09	2:33.49	3:07.29	3:04.29	2:45.29	200 FLY	2:31.29	2:47.29	2:52.29	2:20.49	2:35.39	2:39.99		
2:58.19	2:52.59	2:34.89	3:11.89	3:05.79	2:46.79	200 IM	2:31.69	2:48.79	2:56.59	2:20.89	2:36.69	2:43.99		
6:18.79	6:06.89	5:30.49	6:47.89	6:35.09	5:55.89	400 IM	5:26.99	6:03.59	6:14.09	5:03.69	5:37.69	5:47.29		
SENIOR														
Girls			OPEN			Boys								
LCM	SCM	SCY	Event	SCY	SCM	LCM								
:31.79	:30.89	:27.89	50 FREE	:25.69	:28.39	:29.49								
1:08.99	1:07.09	1:00.49	100 FREE	:56.29	1:02.19	1:04.49								
2:29.39	2:25.09	2:10.39	200 FREE	2:02.59	2:15.39	2:20.59								
5:14.39	5:07.09	5:49.59	400/500 FREE	5:31.39	4:49.99	4:59.19								
10:47.99	10:31.59	12:01.69	800/1000 FREE	11:26.69	10:00.99	10:22.19								
20:39.79	19:55.99	20:02.99	1500/1650 FREE	19:07.59	19:00.89	19:48.39								
1:17.09	1:13.09	1:05.69	100 BACK	1:01.29	1:08.19	1:11.89								
2:44.89	2:38.49	2:22.99	200 BACK	2:13.99	2:28.79	2:36.09								
1:27.49	1:23.99	1:15.39	100 BREAST	1:09.69	1:17.09	1:21.29								
3:08.29	3:01.89	2:43.69	200 BREAST	2:31.39	2:48.89	2:56.09								
1:14.29	1:12.89	1:05.49	100 FLY	1:00.99	1:07.69	1:09.69								
2:45.49	2:41.09	2:24.89	200 FLY	2:15.59	2:29.99	2:35.09								
2:47.79	2:42.39	2:25.49	200 IM	2:17.09	2:31.59	2:38.29								
5:56.19	5:46.49	5:11.69	400 IM	4:52.69	5:23.79	5:36.59								
Girls			OPEN			Boys								
LCM	SCM	SCY	Event	SCY	SCM	LCM								
:37.29	:36.09	:32.59	50 FREE	:29.99	:33.19	:34.49								
1:20.69	1:18.49	1:10.79	100 FREE	1:05.59	1:12.49	1:15.39								
2:54.49	2:49.29	2:32.49	200 FREE	2:22.69	2:37.69	2:44.39								
6:07.79	5:58.49	6:49.69	400/500 FREE	6:25.89	5:37.69	5:48.09								
12:35.99	12:22.79	14:08.59	800/1000 FREE	13:20.69	11:40.79	12:05.89								
24:06.39	23:17.39	23:25.59	1500/1650 FREE	22:20.19	22:12.39	22:05.99								
1:30.09	1:25.79	1:16.89	100 BACK	1:11.89	1:19.69	1:24.09								
3:13.49	3:05.39	2:47.19	200 BACK	2:36.49	2:53.59	3:02.39								
1:42.39	1:38.59	1:28.19	100 BREAST	1:21.29	1:30.09	1:34.89								
3:40.99	3:32.39	3:11.19	200 BREAST	2:56.59	3:16.19	3:25.99								
1:26.89	1:25.19	1:16.39	100 FLY	1:11.29	1:18.99	1:21.29								
3:14.09	3:08.39	2:49.29	200 FLY											