

ALASKA SWIMMING SENIOR CHAMPIONSHIP TIME STANDARDS

WOMEN

MALE

SCM	LCM	SCY	EVENT	SCY	LCM	SCM
30.99	31.99	28.19	50 FREE	25.39	28.89	27.89
1:07.29	1:09.29	1:01.09	100 FREE	55.59	1:03.19	1:01.19
2:28.29	2:32.29	2:14.79	200 FREE	2:01.99	2:18.19	2:14.19
5:16.59	5:24.59	5:59.69	500 FREE	5:44.39	5:11.09	5:03.09
10:46.89	10:59.29	12:15.59	1000 FREE	11:42.69	10:30.89	10:18.49
21:17.39	21:47.39	21:17.39	1650 FREE	19:33.99	20:04.29	19:34.29
1:19.99	1:21.99	1:12.99	100 BACK	1:05.49	1:13.99	1:11.99
2:53.59	2:57.59	2:38.09	200 BACK	2:26.59	2:45.29	2:41.29
1:27.39	1:29.39	1:19.49	100 BREAST	1:15.09	1:24.59	1:22.59
3:15.29	3:19.29	2:57.49	200 BREAST	2:42.89	3:03.19	2:59.19
1:19.49	1:21.49	1:12.19	100 FLY	1:04.59	1:13.09	1:11.09
3:01.79	3:05.79	2:45.19	200 FLY	2:30.39	2:49.49	2:45.49
2:49.79	2:53.79	2:34.29	200 IM	2:20.09	2:38.09	2:34.09
6:15.19	6:23.19	5:41.09	400 IM	5:29.69	3:10.69	6:02.69