



Alaska Age Group Championship Time Standards\*  
Short Course Yards (25 Yard Pool)  
2024-2028



| GIRLS   |         |         |         |         | EVENT      | BOYS    |         |         |         |         |
|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| 14      | 13      | 12      | 11      | 10 & U  |            | 10 & U  | 11      | 12      | 13      | 14      |
| 32.69   | 33.29   | 34.09   | 35.39   | 39.89   | 50 Free    | 38.29   | 35.09   | 32.79   | 31.09   | 29.89   |
| 1:10.99 | 1:12.49 | 1:14.69 | 1:17.69 | 1:30.89 | 100 Free   | 1:28.49 | 1:16.09 | 1:11.49 | 1:07.59 | 1:05.09 |
| 2:33.79 | 2:37.69 | 2:43.39 | 2:49.09 | 3:22.79 | 200 Free   | 3:09.59 | 2:46.59 | 2:35.99 | 2:27.79 | 2:22.59 |
| 6:52.29 | 7:00.59 | 7:17.29 | 7:33.99 | 8:37.39 | 500 Free   | 8:24.29 | 7:26.19 | 6:59.89 | 6:38.69 | 6:25.99 |
|         |         | 38.79   | 40.59   | 48.59   | 50 Back    | 48.49   | 41.19   | 38.49   |         |         |
| 1:17.19 | 1:19.29 | 1:26.59 | 1:30.69 | 1:45.79 | 100 Back   | 1:41.09 | 1:29.79 | 1:22.19 | 1:14.39 | 1:11.39 |
| 2:47.89 | 2:50.99 | 3:00.09 | 3:09.69 |         | 200 Back   |         | 3:07.59 | 2:52.89 | 2:42.09 | 2:35.19 |
|         |         | 43.99   | 45.49   | 54.59   | 50 Breast  | 53.49   | 46.89   | 43.49   |         |         |
| 1:28.69 | 1:30.99 | 1:36.49 | 1:40.29 | 2:00.29 | 100 Breast | 1:55.49 | 1:40.29 | 1:32.59 | 1:24.29 | 1:20.59 |
| 3:10.99 | 3:15.99 | 3:25.89 | 3:35.39 |         | 200 Breast |         | 3:34.19 | 3:16.49 | 3:02.99 | 2:55.29 |
|         |         | 36.99   | 38.89   | 48.39   | 50 Fly     | 46.49   | 40.09   | 37.09   |         |         |
| 1:16.89 | 1:18.89 | 1:26.09 | 1:30.79 | 1:56.69 | 100 Fly    | 1:53.89 | 1:30.49 | 1:22.89 | 1:13.79 | 1:10.49 |
| 2:51.39 | 2:56.29 | 3:03.39 | 3:16.49 |         | 200 Fly    |         | 3:11.79 | 2:56.69 | 2:45.29 | 2:36.89 |
|         |         | 1:25.29 | 1:28.69 | 1:44.99 | 100 IM     | 1:39.79 | 1:28.09 | 1:21.89 |         |         |
| 2:52.49 | 2:56.69 | 3:03.99 | 3:12.79 | 3:42.99 | 200 IM     | 3:38.59 | 3:12.69 | 2:59.29 | 2:44.69 | 2:37.99 |
| 6:06.19 | 6:14.09 | 6:32.29 | 6:52.09 |         | 400 IM     |         | 6:41.49 | 6:17.39 | 5:52.79 | 5:37.69 |

\*USA Swimming 2024-2028 National Single Age Motivational Times ("B")