

2024-2028 Alaska State Championship Qualification Standards

updated 9/20/24

Girls				10&U				Boys					
STATE		SUMMER		SUMMER				STATE		SUMMER		STATE	
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:40.89	:35.99	:45.29	:39.79	50 FREE	:38.19	:43.89	:34.59	:39.79					
1:32.99	1:21.09	1:44.09	1:30.79	100 FREE	1:27.99	1:40.99	1:18.89	1:30.59					
3:25.69	3:00.59	3:50.99	3:22.79	200 FREE	3:09.49	3:36.69	2:50.59	3:14.99					
7:01.69	7:45.09	7:48.59	8:36.69	400/500 FREE	8:24.29	7:38.29	7:33.79	6:52.49					
:49.69	:43.29	:55.79	:48.59	50 BACK	:48.29	:55.39	:42.89	:49.29					
1:48.09	1:33.99	2:10.59	1:45.79	100 BACK	1:40.69	1:56.69	1:30.09	1:44.49					
:55.49	:48.69	1:02.19	:54.59	50 BREAST	:53.39	1:00.89	:47.69	:54.39					
2:03.89	1:46.89	2:19.39	2:00.29	100 BREAST	1:54.09	2:12.89	1:42.29	1:59.19					
:48.09	:42.69	:54.49	:48.39	50 FLY	:46.49	:52.29	:41.29	:46.39					
1:55.39	1:41.39	2:12.79	1:56.69	100 FLY	1:45.49	2:09.49	1:38.99	1:52.89					
	1:33.19		1:44.29	100 IM	1:39.69		1:29.69						
3:48.89	3:18.79	4:15.69	3:42.09	200 IM	3:38.59	4:09.49	3:15.99	3:43.69					
Girls				11-12				Boys					
STATE		SUMMER		SUMMER				STATE		SUMMER		STATE	
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:35.89	:31.69	:38.49	:33.99	50 FREE	:32.79	:37.39	:30.49	:34.79					
1:19.49	1:09.39	1:25.59	1:14.69	100 FREE	1:11.49	1:22.09	1:06.39	1:16.19					
2:53.09	2:30.89	3:06.39	2:42.59	200 FREE	2:35.99	2:59.19	2:24.89	2:46.39					
6:04.79	6:45.69	6:32.89	7:16.89	400/500 FREE	6:59.89	6:21.09	6:29.99	5:53.89					
12:42.89	13:58.19	13:41.59	15:02.69	800/1000 FREE	14:43.49	13:20.19	13:40.39	12:22.99					
24:14.99	23:19.69	26:06.89	25:07.39	1500/1650 FREE	24:27.69	25:51.79	22:42.89	24:00.99					
:41.59	:35.99	:44.79	:38.79	50 BACK	:38.49	:44.49	:35.59	:41.09					
1:32.69	1:19.79	1:40.59	1:26.59	100 BACK	1:22.19	1:37.19	1:15.69	1:29.59					
3:13.29	2:46.69	3:28.09	2:59.49	200 BACK	2:52.89	3:22.99	2:40.49	3:08.49					
:46.19	:40.89	:49.79	:43.99	50 BREAST	:43.49	:49.79	:40.09	:45.89					
1:42.19	1:29.29	1:50.39	1:36.49	100 BREAST	1:32.59	1:47.79	1:25.49	1:39.59					
3:39.89	3:10.99	3:56.79	3:25.69	200 BREAST	3:16.39	3:47.89	3:02.39	3:31.59					
:38.79	:34.29	:41.79	:36.89	50 FLY	:37.09	:41.99	:34.19	:38.69					
1:30.49	1:18.89	1:38.29	1:25.79	100 FLY	1:22.89	1:35.09	1:16.09	1:27.29					
3:15.99	2:50.29	3:31.09	3:03.39	200 FLY	2:56.59	3:24.79	2:43.99	3:10.19					
	1:19.09		1:25.19	100 IM	1:21.89		1:15.89						
3:15.59	2:50.69	3:30.59	3:03.89	200 IM	2:59.29	3:24.39	2:45.79	3:08.99					
6:56.79	6:03.69	7:28.89	6:31.69	400 IM	6:17.09	7:17.89	5:50.09	6:46.59					
Girls				13-14				Boys					
STATE		SUMMER		SUMMER				STATE		SUMMER		STATE	
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:34.59	:30.19	:37.19	:32.49	50 FREE	:29.89	:34.29	:27.69	:31.79					
1:15.39	1:05.89	1:21.19	1:10.99	100 FREE	1:04.99	1:15.09	1:00.29	1:09.79					
2:42.79	2:22.69	2:55.29	2:33.59	200 FREE	2:22.49	2:43.99	2:12.29	2:32.29					
5:41.79	6:22.79	6:08.09	6:52.19	400/500 FREE	6:25.69	5:48.39	5:58.19	5:23.49					
11:50.79	13:10.29	12:45.49	14:11.09	800/1000 FREE	13:17.99	12:00.59	12:20.99	11:09.19					
22:43.49	22:01.19	24:28.39	23:42.89	1500/1650 FREE	22:22.89	23:04.59	20:46.99	21:25.69					
1:23.29	1:11.39	1:29.69	1:16.89	100 BACK	1:11.29	1:23.69	1:06.19	1:17.69					
2:59.49	2:34.49	3:13.29	2:46.39	200 BACK	2:34.69	3:01.79	2:23.69	2:48.79					
1:34.99	1:22.29	1:42.39	1:28.69	100 BREAST	1:20.49	1:33.79	1:14.79	1:27.09					
3:24.59	2:57.39	3:40.29	3:10.99	200 BREAST	2:54.89	3:22.79	2:42.39	3:08.29					
1:20.99	1:11.29	1:27.19	1:16.79	100 FLY	1:10.49	1:20.29	1:05.49	1:14.59					
3:01.69	2:38.99	3:15.69	2:51.19	200 FLY	2:36.79	2:59.69	2:25.59	2:46.79					
3:03.09	2:39.49	3:17.19	2:51.79	200 IM	2:37.99	3:02.89	2:26.69	2:49.79					
6:28.19	5:39.69	6:57.99	6:05.79	400 IM	5:37.69	6:30.69	5:13.59	6:02.79					
Girls				15&O				Boys					
STATE		SUMMER		SUMMER				STATE		SUMMER		STATE	
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:33.49	:29.49	:36.09	:31.79	50 FREE	:28.29	:32.89	:26.29	:30.59					
1:12.79	1:03.79	1:18.39	1:08.79	100 FREE	1:01.99	1:11.79	:57.59	1:06.69					
2:37.09	2:18.39	2:49.19	2:28.99	200 FREE	2:15.99	2:36.59	2:06.29	2:25.39					
5:29.89	6:12.39	5:55.19	6:40.99	400/500 FREE	6:08.39	5:34.09	5:42.09	5:10.19					
11:25.09	12:53.49	12:17.79	13:52.89	800/1000 FREE	12:51.79	11:33.99	11:55.69	10:44.39					
21:52.49	21:36.19	23:33.49	23:15.89	1500/1650 FREE	21:26.59	22:08.29	19:54.69	20:33.39					
1:20.69	1:09.39	1:26.89	1:14.69	100 BACK	1:07.49	1:19.39	1:02.69	1:13.69					
2:53.39	2:30.59	3:06.79	2:42.19	200 BACK	2:27.59	2:52.29	2:17.09	2:39.99					
1:31.59	1:19.79	1:38.59	1:25.89	100 BREAST	1:16.89	1:29.49	1:11.39	1:23.09					
3:17.29	2:52.69	3:32.49	3:05.99	200 BREAST	2:47.09	3:14.49	2:35.19	3:00.59					
1:18.29	1:09.09	1:24.29	1:14.39	100 FLY	1:07.19	1:16.79	1:02.39	1:11.29					
2:54.39	2:33.99	3:07.79	2:45.79	200 FLY	2:30.19	2:51.69	2:19.49	2:39.49					
2:57.49	2:34.29	3:11.19	2:46.19	200 IM	2:30.89	2:56.19	2:20.19	2:43.59					
6:15.79	5:29.69	6:44.69	5:54.99	400 IM	5:22.19	6:14.69	4:59.19	5:47.99					
SENIOR													
Girls				OPEN				Boys					
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:31.89	:27.89			50 FREE	:25.59		:29.39						
1:09.59	1:00.89			100 FREE	:55.69		1:04.39						
2:30.29	2:11.69			200 FREE	2:02.19		2:20.59						
5:15.49	5:53.39			400/500 FREE	5:30.59		4:58.69						
10:56.09	12:09.49			800/1000 FREE	11:23.99		10:17.69						
20:58.59	20:19.59			1500/1650 FREE	19:11.09		19:46.79						
1:16.89	1:05.89			100 BACK	1:01.09		1:11.69						
2:45.69	2:22.59			200 BACK	2:12.59		2:35.79						
1:27.69	1:15.99			100 BREAST	1:08.99		1:20.39						
3:08.89	2:43.79			200 BREAST	2:29.89		2:53.79						
1:14.79	1:05.89			100 FLY	1:00.39		1:08.89						
2:47.79	2:26.69			200 FLY	2:14.39		2:33.99						
2:48.99	2:27.19			200 IM	2:15.39		2:36.69						
5:58.29	5:13.49			400 IM	4:49.49		5:34.89						
Girls				11				Boys					
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:40.39	:35.39			50 FREE	:35.09	:39.89							
1:29.19	1:17.69			100 FREE	1:16.09	1:27.79							
3:12.99	2:49.09			200 FREE	2:46.59	3:09.79							
6:48.69	7:33.99			400/500 FREE	7:26.19	6:41.79							
:46.79	:40.59			50 BACK	:41.19	:47.59							
1:45.79	1:30.69			100 BACK	1:29.79	1:44.69							
3:40.49	3:09.69			200 BACK	3:07.59	3:36.99							
:52.29	:45.49			50 BREAST	:46.89	:53.39							
1:55.89	1:40.29			100 BREAST	1:40.29	1:57.19							
4:08.29	3:35.39			200 BREAST	3:34.19	4:07.69							
:43.59	:38.89			50 FLY	:40.09	:45.29							
1:43.39	1:30.79			100 FLY	1:30.49	1:43.49							
3:46.89	3:16.49			200 FLY	3:11.79	3:41.29							
	1:28.69			100 IM	1:28.09								
3:40.59	3:12.79			200 IM	3:12.69	3:40.69							
7:55.89	6:52.09			400 IM	6:41.49	7:46.59							
Girls				12				Boys					
LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
:38.69	:34.09			50 FREE	:32.79	:37.39							
1:25.69	1:14.69			100 FREE	1:11.49	1:22.09							
3:06.79	2:43.39			200 FREE	2:35.99	2:59.19							
6:32.89	7:17.29			400/500 FREE	6:59.89	6:21.19							
:44.89	:38.79			50 BACK	:38.49	:44.59							
1:40.59	1:26.59			100 BACK	1:22.19	1:37.19							
3:28.19	3:00.09			200 BACK	2:52.89	3:22.99							
:49.79	:43.99			50 BREAST	:43.49	:49.79							
1:50.39	1:36.49			100 BREAST	1:32.59	1:47.79							
3:57.29	3:25.89			200 BREAST	3:16.49	3:47.89							
:41.79	:36.99			50 FLY	:37.09	:41.99							
1:38.39	1:26.09			100 FLY	1:22.89	1:35.09							
3:31.09	3:03.39												