



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

| Girls    | Event      | Boys     |
|----------|------------|----------|
| 27.89    | 50 Free    | 25.59    |
| 1:00.89  | 100 Free   | 55.69    |
| 2:11.69  | 200 Free   | 2:02.19  |
| 5:53.39  | 500 Free   | 5:30.59  |
| 12:09.49 | 1000 Free  | 11:23.99 |
| 20:19.59 | 1650 Free  | 19:11.09 |
| 1:05.89  | 100 Back   | 1:01.09  |
| 2:22.59  | 200 Back   | 2:12.59  |
| 1:15.99  | 100 Breast | 1:08.99  |
| 2:43.79  | 200 Breast | 2:29.89  |
| 1:05.89  | 100 Fly    | 1:00.39  |
| 2:26.69  | 200 Fly    | 2:14.39  |
| 2:27.19  | 200 IM     | 2:15.39  |
| 5:13.49  | 400 IM     | 4:49.49  |

\* USA Swimming 2024-2028 National Motivational Times (13/14 "A")