

NORTHERN LIGHTS



SWIM CLUB

Alaska Sr Championship Time Standards*
Short Course Yards (25 Yard Pool)
Through 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
31.09	50 Back	28.89
1:05.89	100 Back	1:01.09
2:22.59	200 Back	2:12.59
36.09	50 Breast	33.09
1:15.99	100 Breast	1:08.99
2:43.79	200 Breast	2:29.89
30.69	50 Fly	28.39
1:05.89	100 Fly	1:00.39
2:26.69	200 Fly	2:14.39
1:07.59	100 IM	1:01.89
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")