

NORTHERN LIGHTS



SWIM CLUB

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



Girls				Event	Boys			
15 & O	13/14	11/12	10 & U		10 & U	11/12	13/14	15 & O
31.79	32.49	33.99	39.79	50 Free	38.19	32.79	29.89	28.29
1:08.79	1:10.99	1:14.69	1:30.79	100 Free	1:27.99	1:11.49	1:04.99	1:01.99
2:28.99	2:33.59	2:42.59	3:22.79	200 Free	3:09.49	2:35.99	2:22.49	2:15.99
6:40.99	6:52.19	7:16.89	8:36.69	500 Free	8:24.29	6:59.89	6:25.69	6:08.39
13:52.89	14:11.09	15:02.69		1000 Free		14:43.49	13:17.99	12:51.79
23:15.89	23:42.89	25:07.39		1650 Free		24:27.69	22:22.89	21:26.59
35.19	36.19	38.79	48.59	50 Back	48.29	38.49	33.69	31.89
1:14.69	1:16.89	1:26.59	1:45.79	100 Back	1:40.69	1:22.19	1:11.29	1:07.49
2:42.19	2:46.39	2:59.49		200 Back		2:52.89	2:34.69	2:27.59
40.79	42.09	43.99	54.59	50 Breast	53.39	43.49	38.59	36.89
1:25.89	1:28.69	1:36.49	2:00.29	100 Breast	1:54.09	1:32.59	1:20.49	1:16.89
3:05.99	3:10.99	3:25.69		200 Breast		3:16.39	2:54.89	2:47.09
34.69	35.79	36.89	48.39	50 Fly	46.49	37.09	33.19	31.69
1:14.39	1:16.79	1:25.79	1:56.69	100 Fly	1:53.49	1:22.89	1:10.49	1:07.19
2:45.79	2:51.19	3:03.39		200 Fly		2:56.59	2:36.79	2:30.19
2:46.19	2:51.79	3:03.89	3:42.09	200 IM	3:38.59	2:59.29	2:37.99	2:30.89
5:54.99	6:05.79	6:31.69		400 IM		6:17.09	5:37.69	5:22.19

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

* 15 & Over Standards are the 15/16 "B" Times

* These are SCY qualifying times for a meet that is typically contested LCM