



Alaska Jr Olympic Championship Time Standards*
Short Course Yards (25 Yard Pool)
2022-2024



Girls				Event	Boys			
15 & O	13/14	11/12	10 & U		10 & U	11/12	13/14	15 & O
29.49	30.19	31.29	35.19	50 Free	34.49	30.29	27.79	26.39
1:03.99	1:05.49	1:08.29	1:19.99	100 Free	1:18.79	1:05.89	1:00.89	57.89
2:18.69	2:21.29	2:28.99	2:57.19	200 Free	2:47.99	2:23.49	2:12.79	2:06.79
6:11.99	6:18.69	6:38.19	7:34.89	500 Free	7:26.99	6:27.49	5:58.99	5:44.09
12:49.99	13:01.79	13:44.69		1000 Free		13:30.19	12:23.89	11:57.79
21:26.19	21:43.19	23:07.29		1650 Free		22:37.49	20:43.19	20:02.89
		35.39	41.89	50 Back	42.29	34.99		
1:09.39	1:11.19	1:18.09	1:30.69	100 Back	1:29.29	1:15.69	1:06.39	1:03.19
2:31.39	2:34.89	2:43.99		200 Back		2:39.69	2:25.09	2:17.49
		39.99	47.49	50 Breast	46.59	39.49		
1:19.69	1:21.69	1:27.19	1:44.99	100 Breast	1:41.69	1:24.49	1:15.49	1:11.09
2:52.79	2:57.29	3:06.59		200 Breast		3:00.19	2:43.99	2:36.19
		33.89	41.79	50 Fly	40.49	34.19		
1:09.39	1:10.89	1:17.59	1:39.09	100 Fly	1:37.09	1:16.09	1:06.09	1:02.69
2:33.49	2:36.89	2:47.19		200 Fly		2:40.79	2:26.89	2:20.49
		1:18.09	1:31.69	100 IM	1:28.89	1:14.99		
2:34.89	2:37.59	2:47.29	3:15.59	200 IM	3:13.19	2:43.99	2:28.49	2:20.89
5:30.49	5:37.59	5:56.79		400 IM		5:46.39	5:17.09	5:03.69

* USA Swimming 2021-2024 National Motivational Times (“BB”)

* 15 & Over Standards are the 15/16 “BB” Times