



**Alaska Summer 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
31.79	32.59	33.59	38.89	50 Free	38.09	32.59	29.89	28.39
1:08.89	1:10.59	1:13.59	1:29.59	100 Free	1:27.79	1:10.99	1:05.59	1:02.39
2:29.39	2:32.09	2:40.39	3:18.99	200 Free	3:06.69	2:34.59	2:22.99	2:16.49
6:40.59	6:47.79	7:08.79	8:25.39	500 Free	8:16.69	6:57.29	6:26.59	6:10.59
13:49.19	14:01.99	14:48.09		1000 Free		14:32.59	13:21.19	12:52.99
23:05.19	23:23.49	24:53.99		1650 Free		24:21.89	22:18.89	21:35.39
		38.09	46.99	50 Back	47.49	37.89		
1:14.69	1:16.69	1:24.79	1:41.99	100 Back	1:39.79	1:22.19	1:11.49	1:08.09
2:42.99	2:46.79	2:56.59		200 Back		2:51.99	2:36.29	2:27.99
		42.99	53.19	50 Breast	52.09	42.89		
1:25.89	1:27.99	1:34.09	1:58.09	100 Breast	1:53.39	1:31.39	1:21.29	1:16.49
3:05.99	3:10.89	3:20.89		200 Breast		3:14.09	2:56.59	2:48.19
		36.49	47.39	50 Fly	45.69	37.09		
1:14.69	1:16.39	1:24.39	1:53.99	100 Fly	1:51.39	1:22.89	1:11.19	1:07.49
2:45.29	2:48.99	2:59.99		200 Fly		2:53.19	2:38.19	2:31.29
2:46.79	2:49.79	3:00.19	3:38.49	200 IM	3:35.49	2:57.29	2:39.99	2:31.69
5:55.89	6:03.59	6:24.19		400 IM		6:13.09	5:41.49	5:26.99

\* USA Swimming 2021-2024 National Motivational Times ("B")

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

\* This meet is typically held LCM at Bartlett Pool but we usually qualify with SCY times.