

Alaska Age Group Championship Time Standards*
Short Course Yards (25 Yard Pool)
Through 2028



Girls					Event	Boys				
14	13	12	11	10 & U		10 & U	11	12	13	14
32.69	33.29	34.09	35.39	39.89	50 Free	38.29	35.09	32.79	31.09	29.89
1:10.99	1:12.49	1:14.69	1:17.69	1:30.89	100 Free	1:28.49	1:16.09	1:11.49	1:07.59	1:05.09
2:33.79	2:37.69	2:43.39	2:49.09	3:22.79	200 Free	3:09.59	2:46.59	2:35.99	2:27.79	2:22.59
6:52.29	7:00.59	7:17.29	7:33.99	8:37.39	500 Free	8:24.29	7:26.19	6:59.89	6:38.69	6:25.99
36.59	37.19	38.79	40.59	48.59	50 Back	48.49	41.19	38.49	35.39	33.69
1:17.19	1:19.29	1:26.59	1:30.69	1:45.79	100 Back	1:41.09	1:29.79	1:22.19	1:14.39	1:11.39
2:47.89	2:50.99	3:00.09	3:09.69		200 Back		3:07.59	2:52.89	2:42.09	2:35.19
42.09	43.19	43.99	45.49	54.59	50 Breast	53.49	46.89	43.49	40.49	38.59
1:28.69	1:30.99	1:36.49	1:40.29	2:00.29	100 Breast	1:55.49	1:40.29	1:32.59	1:24.29	1:20.59
3:10.99	3:15.99	3:25.89	3:35.39		200 Breast		3:34.19	3:16.49	3:02.99	2:55.29
35.99	36.69	36.99	38.89	48.39	50 Fly	46.49	40.09	37.09	34.69	33.19
1:16.89	1:18.89	1:26.09	1:30.79	1:56.69	100 Fly	1:53.89	1:30.49	1:22.89	1:13.79	1:10.49
2:51.39	2:56.29	3:03.39	3:16.49		200 Fly		3:11.79	2:56.69	2:45.29	2:36.89
1:20.09	1:21.99	1:25.29	1:28.69	1:44.99	100 IM	1:39.79	1:28.09	1:21.89	1:15.29	1:12.19
2:52.49	2:56.69	3:03.99	3:12.79	3:42.99	200 IM	3:38.59	3:12.69	2:59.29	2:44.69	2:37.99
6:06.19	6:14.09	6:32.29	6:52.09		400 IM		6:41.49	6:17.39	5:52.79	5:37.69

* USA Swimming 2024-2028 National Single Age Motivational Times (“B”)