



Alaska Swimming State Championship Time Standards*
Short Course Yards (25 Yard Pool)
Through 2028

Girls				Event	Boys			
15 & O	13/14	11/12	10 & U		10 & U	11/12	13/14	15 & O
29.49	30.19	31.69	35.99	50 Free	34.59	30.49	27.69	26.29
1:03.79	1:05.89	1:09.39	1:21.09	100 Free	1:18.89	1:06.39	1:00.29	57.59
2:18.39	2:22.69	2:30.89	3:00.59	200 Free	2:50.59	2:24.89	2:12.29	2:06.29
6:12.39	6:22.79	6:45.69	7:45.09	500 Free	7:33.79	6:29.99	5:58.19	5:42.09
12:53.49	13:10.29	13:58.19		1000 Free		13:40.39	12:20.99	11:55.69
21:36.19	22:01.19	23:19.69		1650 Free		22:42.89	20:46.99	19:54.69
32.79	33.69	35.99	43.29	50 Back	42.89	35.59	31.29	29.69
1:09.39	1:11.39	1:19.79	1:33.99	100 Back	1:30.09	1:15.69	1:06.19	1:02.69
2:30.59	2:34.49	2:46.69		200 Back		2:40.49	2:23.69	2:17.09
37.99	39.09	40.89	48.69	50 Breast	47.69	40.09	35.79	34.09
1:19.79	1:22.29	1:29.29	1:46.89	100 Breast	1:42.29	1:25.49	1:14.79	1:11.39
2:52.69	2:57.39	3:10.99		200 Breast		3:02.39	2:42.39	2:35.19
32.29	33.29	34.29	42.69	50 Fly	41.29	34.19	30.79	29.39
1:09.09	1:11.29	1:18.89	1:41.39	100 Fly	1:38.99	1:16.09	1:05.49	1:02.39
2:33.99	2:38.99	2:50.29		200 Fly		2:43.99	2:25.59	2:19.49
1:11.49	1:13.99	1:19.09	1:33.19	100 IM	1:29.69	1:15.89	1:07.19	1:04.19
2:34.29	2:39.49	2:50.69	3:18.79	200 IM	3:15.99	2:45.79	2:26.69	2:20.19
5:29.69	5:39.69	6:03.69		400 IM		5:50.09	5:13.59	4:59.19

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

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