Alaska Junior Olympic Championship Time Standards

10 & Under

Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:39.89	:38.89	:35.19	**50 FREE**	:34.49	:38.09	:39.49
1:31.49	1:28.39	1:19.99	**100 FREE**	1:18.79	1:26.99	1:30.29
3:20.99	3:15.99	2:57.39	**200 FREE**	2:47.99	3:05.69	3:12.09
6:51.09	6:38.59		**400 FREE**		6:31.19	6:44.59
		7:35.49	**500 FREE**	7:26.99		
:48.89	:46.29	:41.89	**50 BACK**	:42.39	:46.79	:49.19
1:45.99	1:40.19	1:30.69	**100 BACK**	1:29.69	1:39.09	1:43.59
:53.99	:52.49	:47.49	**50 BREAST**	:46.59	:51.39	:53.29
2:01.49	1:55.99	1:44.99	**100 BREAST**	1:41.89	1:52.59	1:57.69
:47.29	:46.19	:41.79	**50 FLY**	:40.49	:44.79	:45.99
1:52.99	1:49.49	1:39.09	**100 FLY**	1:37.99	1:48.29	1:51.39
	1:41.29	1:31.69	**100 IM**	1:29.39	1:38.79	
3:43.19	3:36.19	3:15.59	**200 IM**	3:13.19	3:33.49	3:40.79

11-12

Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:35.79	:34.69	:31.49	**50 FREE**	:30.29	:33.39	:34.69
1:18.49	1:15.49	1:08.29	**100 FREE**	1:05.89	1:12.89	1:15.69
2:50.39	2:45.39	2:29.69	**200 FREE**	2:24.59	2:39.79	2:45.19
5:56.49	5:48.69		**400 FREE**		5:39.09	5:48.69
		6:38.39	**500 FREE**	6:27.49		
12:29.19	12:01.69		**800 FREE**		11:49.09	12:15.19
		13:44.69	**1000 FREE**	13:30.19		
23:55.39	22:59.19		**1500 FREE**		22:29.59	23:25.49
		23:07.09	**1650 FREE**	22:37.49		
:41.19	:39.29	:35.59	**50 BACK**	:35.29	:38.99	:40.89
1:31.09	1:26.69	1:18.49	**100 BACK**	1:15.79	1:23.69	1:29.09
3:10.19	3:01.29	2:43.99	**200 BACK**	2:40.29	2:57.19	3:06.49
:45.49	:44.19	:39.99	**50 BREAST**	:39.59	:43.69	:45.39
1:41.39	1:36.59	1:27.39	**100 BREAST**	1:25.49	1:34.39	1:38.49
3:36.09	3:28.39	3:08.59	**200 BREAST**	3:00.99	3:19.99	3:28.69
:38.29	:37.69	:34.09	**50 FLY**	:34.19	:37.79	:38.69
1:28.49	1:26.49	1:18.79	**100 FLY**	1:16.49	1:24.49	1:26.29
3:10.10	3:05.59	2:47.79	**200 FLY**	2:43.99	3:01.19	3:07.69
	1:26.59	1:18.39	**100 IM**	1:14.99	1:22.89	
3:11.49	3:05.39	2:47.79	**200 IM**	2:44.19	3:01.19	3:09.29
6:48.29	6:34.19	5:56.79	**400 IM**	5:46.39	6:22.79	6:39.39

Alaska Junior Olympic Championship Time Standards

13-14

Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:34.59	:33.49	:30.29	**50 FREE**	:27.89	:30.79	:31.99
1:55.39	1:12.69	1:05.79	**100 FREE**	1:00.89	1:07.29	1:09.99
2:42.59	2:37.19	2:22.19	**200 FREE**	2:12.79	2:26.69	2:32.29
5:40.89	5:32.69		**400 FREE**		5:14.19	5:24.09
		6:20.09	**500 FREE**	5:58.99		
11:41.99	11:24.19		**800 FREE**		10:51.09	11:13.99
		13:01.79	**1000 FREE**	12:23.89		
22:23.09	21:35.69		**1500 FREE**		20:35.99	21:37.39
		21:43.19	**1650 FREE**	20:43.19		
1:23.59	1:19.19	1:11.69	**100 BACK**	1:06.89	1:13.89	1:18.29
2:59.39	2:51.69	2:35.39	**200 BACK**	2:25.89	2:41.19	2:49.69
1:34.99	1:30.99	1:22.39	**100 BREAST**	1:15.59	1:23.49	1:28.09
3:25.59	3:16.99	2:58.29	**200 BREAST**	2:45.59	3:02.99	3:11.59
1:21.09	1:18.89	1:11.39	**100 FLY**	1:06.39	1:13.29	1:15.49
2:59.49	2:54.49	2:37.89	**200 FLY**	2:26.99	2:42.49	2:49.19
3:03.39	:25.58	2:39.19	**200 IM**	2:28.59	2:44.19	2:51.99
6:27.59	6:15.39	5:39.69	**400 IM**	5:17.39	5:50.69	6:04.69

15 & Over

Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:33.79	:32.89	:29.79	**50 FREE**	:26.79	:29.59	:30.19
1:33.59	1:11.39	1:04.59	**100 FREE**	:58.39	1:04.49	1:07.09
2:38.69	2:33.79	2:19.19	**200 FREE**	2:07.49	2:20.89	2:26.09
5:32.89	5:25.59		**400 FREE**		5:02.79	5:09.89
		6:12.09	**500 FREE**	5:45.99		
11:28.39	11:13.89		**800 FREE**		10:28.19	10:50.39
		12:49.99	**1000 FREE**	11:57.79		
22:02.19	21:18.69		**1500 FREE**		19:55.89	20:33.99
		21:26.19	**1650 FREE**	20:02.89		
1:21.99	1:17.39	1:10.09	**100 BACK**	1:03.49	1:10.19	1:14.69
2:55.59	2:48.39	2:32.39	**200 BACK**	2:19.19	2:33.79	2:41.39
1:32.49	1:29.19	1:20.69	**100 BREAST**	1:12.09	1:19.59	1:23.49
3:20.79	3:13.09	2:54.69	**200 BREAST**	2:36.59	2:53.09	3:02.49
1:19.49	1:17.29	1:09.99	**100 FLY**	1:03.39	1:10.09	1:11.79
2:54.79	2:51.09	2:34.89	**200 FLY**	2:20.59	2:35.39	2:40.39
2:59.69	2:52.59	2:36.19	**200 IM**	2:21.79	2:36.69	2:43.99
6:18.79	6:06.89	5:31.99	**400 IM**	5:05.59	5:37.69	5:47.29