

ALASKA SWIMMING  
SUMMER LONG COURSE CHAMPIONSHIP  
TIME STANDARDS

FEMALE				MALE		
SCM	SCY	LCM	10 & U	LCM	SCY	SCM
43.79	39.79	44.79	50 FREE	42.39	37.59	41.39
1:37.99	1:28.99	1:39.99	100 FREE	1:38.89	1:27.99	1:36.89
3:24.19	3:05.29	3:28.19	200 FREE	3:28.19	3:05.29	3:24.19
6:19.29	7:10.99*	6:27.29	500 FREE	6:27.29	7:10.99*	6:19.29
49.79	45.19	50.79	50 BACK	51.99	46.29	50.99
1:51.59	1:43.09	1:55.59	100 BACK	1:55.59	1:43.09	1:51.59
57.19	51.99	58.19	50 BRST	58.19	51.99	57.19
2:06.99	1:55.29	2:08.99	100 BRST	2:08.49	1:54.89	2:06.49
58.09	52.79	59.09	50 FLY	59.09	52.79	58.09
2:03.19	1:51.99	2:05.19	100 FLY	2:05.19	1:51.99	2:03.19
3:57.59	3:35.99	4:01.59	200 IM	4:01.59	3:35.99	3:57.59
11 & 12						
36.39	32.99	37.39	50 FREE	36.99	32.69	35.99
1:20.49	1:12.99	1:22.49	100 FREE	1:22.49	1:12.99	1:20.49
3:01.49	2:44.69	3:05.49	200 FREE	3:00.69	2:40.29	2:56.69
6:15.99	7:07.19*	6:23.99	400 FREE	6:27.19	7:10.89*	6:19.19
43.89	39.89	44.89	50 BACK	43.49	38.59	42.49
1:35.69	1:26.89	1:37.69	100 BACK	1:37.69	1:26.89	1:35.69
3:15.79	2:57.69	3:19.79	200 BACK	3:19.79	2:57.69	3:15.79
48.19	43.79	49.19	50 BRST	49.19	43.79	48.19
1:44.89	1:35.19	1:46.89	100 BRST	1:46.89	1:35.19	1:44.89
3:32.29	3:12.69	3:36.29	200 BRST	3:33.79	3:10.39	3:29.79
41.49	37.69	42.49	50 FLY	42.49	37.69	41.49
1:41.99	1:32.59	1:43.99	100 FLY	1:48.99	1:37.09	1:46.99
3:16.79	2:58.59	3:20.79	200 FLY	3:20.79	2:58.59	3:16.79
3:21.49	3:02.89	3:25.49	200 IM	3:25.49	3:02.89	3:21.49
6:57.79	6:19.09	7:05.79	400 IM	7:01.59	6:15.99	6:53.59
13 & 14						
34.19	30.99	35.19	50 FREE	33.79	29.79	32.79
1:15.79	1:08.79	1:17.79	100 FREE	1:13.79	1:05.09	1:11.79
2:45.09	2:29.79	2:49.09	200 FREE	2:41.39	2:22.79	2:37.39
5:54.39	6:42.69*	6:02.39	400 FREE	5:56.99	6:36.59*	5:48.99
12:35.09	14:17.99#	12:47.89	800 FREE	12:37.09	14:05.69#	12:24.29
24:10.19	24:10.19@	24:40.90	1500 FREE	23:53.09	23:23.09@	23:23.09
1:27.79	1:19.69	1:29.79	100 BACK	1:28.39	1:18.39	1:26.39
3:15.79	2:57.69	3:19.79	200 BACK	3:19.79	2:57.69	3:15.79
1:37.99	1:28.99	1:39.99	100 BRST	1:35.49	1:24.89	1:33.49
3:32.29	3:12.69	3:36.29	200 BRST	3:33.79	3:10.39	3:29.79
1:30.89	1:22.59	1:32.89	100 FLY	1:29.79	1:19.59	1:27.79
3:16.79	2:58.59	3:20.79	200 FLY	3:20.79	2:58.59	3:16.79
3:10.49	2:52.89	3:14.49	200 IM	3:06.19	2:45.29	3:02.19
6:57.79	6:19.09	7:05.79	400 IM	6:59.99	6:13.89	6:51.99
15 & OLDER						
35.09	31.89	36.09	50 FREE	33.79	29.79	32.79
1:14.99	1:07.99	1:16.99	100 FREE	1:09.39	1:01.09	1:07.39
2:43.89	2:28.69	2:47.89	200 FREE	2:36.19	2:19.19	2:32.19
5:51.79	6:39.99*	5:59.79	400 FREE	5:30.39	*6:06.29	5:22.39
12:18.49	13:59.19#	12:31.29	800 FREE	11:54.29	#13:17.09	11:41.49
23:49.19	23:19.19@	23:49.19	1500 FREE	22:33.69	@22:03.69	22:33.69
1:28.89	1:20.69	1:30.89	100 BACK	1:22.99	1:13.49	1:20.99
3:12.69	2:54.89	3:16.69	200 BACK	3:02.39	2:41.89	2:58.39
1:41.09	1:31.99	1:43.29	100 BRST	1:29.59	1:19.49	1:27.59
3:36.59	3:16.59	3:40.59	200 BRST	3:16.59	2:54.79	3:12.59
1:26.09	1:18.09	1:28.09	100 FLY	1:18.29	1:09.19	1:16.29
3:08.29	2:50.89	3:12.29	200 FLY	2:59.09	2:38.89	2:55.09
3:08.79	2:51.29	3:12.79	200 IM	2:57.29	2:37.19	2:53.29
6:53.69	6:11.79	6:57.69	400 IM	6:28.99	5:45.69	6:24.99

\* 500      # 1000      @ 1650