

## Alaska Swimming Junior Olympic Time Standards *updated April 2006*

FEMALE				MALE		
SCM	LCM	SCY	10&Under	SCY	LCM	SCM
38.49	39.49	34.99	50 FREE	35.49	40.09	39.09
1:28.99	1:30.99	1:20.89	100 FREE	1:22.09	1:32.29	1:30.29
3:14.99	3:18.99	2:57.19	200 FREE	2:59.89	3:21.99	3:17.89
6:19.29	6:27.29	7:10.99	500 FREE	7:10.99	6:27.29	6:19.29
45.69	46.69	41.49	50 BACK	42.09	47.39	46.39
1:47.19	1:49.19	1:37.39	100 BACK	1:38.89	1:10.79	1:48.79
50.89	51.89	46.19	50 BRST	46.89	52.69	51.69
1:56.59	1:58.59	1:45.99	100 BRST	1:47.59	2:00.39	1:58.29
46.89	47.89	42.59	50 FLY	42.59	47.89	46.89
1:57.19	1:59.39	1:46.59	100 FLY	1:46.59	1:59.39	1:57.22
1:39.69		1:30.59	100 IM	1:32.29		1:44.79
3:42.79	3:46.79	3:22.49	200 IM	3:25.49	3:50.19	3:46.09
SCM	LCM	SCY	11 & 12 years old	SCY	LCM	SCM
34.19	35.19	31.09	50 FREE	31.59	35.69	34.69
1:17.49	1:19.49	1:10.39	100 FREE	1:11.89	1:20.69	1:18.29
2:51.29	2:55.29	2:35.69	200 FREE	2:37.99	2:57.89	2:54.09
5:54.29	6:02.29	6:42.59	500 FREE	6:42.59	6:02.29	5:54.29
11:53.09	12:07.69	13:34.99	1000 FREE	13:39.99	12:22.09	11:57.49
23:23.79	23:56.79	23:27.99	1650 FREE	22:21.99	22:56.49	22:17.99
41.49	42.49	37.69	50 BACK	38.29	43.09	42.09
1:31.49	1:33.49	1:23.09	100 BACK	1:25.69	1:36.29	1:34.29
3:15.79	3:19.79	2:57.69	200 BACK	3:00.39	3:22.79	3:17.69
46.29	47.29	42.09	50 BRST	42.69	47.99	46.99
1:40.09	1:42.09	1:30.99	100 BRST	1:32.39	1:43.59	1:41.59
3:32.29	3:36.29	3:12.69	200 BRST	3:13.29	3:36.99	3:32.89
39.39	40.39	35.79	50 FLY	36.29	40.99	39.99
1:37.99	1:39.99	1:29.09	100 FLY	1:30.39	1:41.49	1:39.49
3:19.69	3:23.79	3:01.29	200 FLY	3:01.29	3:23.79	3:19.69
1:26.09		1:18.19	100 IM	1:18.79		1:26.69
3:11.29	3:15.29	2:53.89	200 IM	2:56.49	3:18.89	3:14.19
6:57.79	7:05.79	6:19.09	400 IM	6:15.99	7:01.59	6:53.59
SCM	LCM	SCY	13-14 years old	SCY	LCM	SCM
32.29	33.29	29.39	50 FREE	28.09	31.89	30.89
1:09.59	1:11.59	1:03.19	100 FREE	1:03.19	1:11.59	1:09.59
2:33.79	2:37.79	2:19.79	200 FREE	2:17.09	2:34.79	2:30.79
5:32.49	5:40.49	6:17.49	500 FREE	6:17.49	5:40.49	5:32.49
11:26.39	11:39.19	12:59.99	1000 FREE	12:45.69	11:26.69	11:13.89
22:09.99	22:39.99	22:09.99	1650 FREE	21:09.69	21:39.69	21:09.69
1:24.09	1:26.09	1:16.39	100 BACK	1:17.19	1:28.99	1:24.99
3:03.89	3:08.09	2:47.49	200 BACK	2:49.99	3:10.99	3:06.99
1:31.29	1:33.29	1:22.99	100 BRST	1:22.99	1:33.29	1:31.29
3:17.99	3:21.99	2:59.99	200 BRST	2:59.99	3:21.99	3:17.99
1:30.19	1:32.29	1:21.89	100 FLY	1:23.19	1:33.59	1:31.59
3:12.49	3:16.49	2:54.99	200 FLY	2:54.99	3:16.49	3:12.49
2:59.89	3:03.89	2:43.29	200 IM	2:43.99	3:04.39	3:00.39
6:48.09	6:56.09	6:10.99	400 IM	6:10.99	6:56.09	6:48.09
SCM	LCM	SCY	15 & Over	SCY	LCM	SCM
31.89	32.89	28.99	50 FREE	25.99	29.59	28.59
1:09.29	1:11.29	1:02.99	100 FREE	57.39	1:05.19	1:03.19
2:30.69	2:34.69	2:16.99	200 FREE	2:03.99	2:20.39	2:16.39
5:20.99	5:28.99	6:04.69	500 FREE	5:52.89	5:18.59	5:10.59
10:53.99	11:06.79	12:23.09	1000 FREE	11:57.19	10:43.99	10:31.19
21:30.89	22:00.89	21:30.89	1650 FREE	19:37.19	20:07.79	19:37.79
1:22.99	1:24.99	1:15.39	100 BACK	1:07.69	1:16.49	1:14.49
3:01.59	3:05.59	2:45.09	200 BACK	2:32.59	2:51.89	2:47.89
1:29.99	1:31.29	1:21.19	100 BRST	1:16.99	1:26.69	1:24.69
3:15.79	3:19.79	2:57.99	200 BRST	2:47.99	3:08.79	3:04.79
1:22.89	1:24.89	1:15.29	100 FLY	1:05.79	1:14.39	1:12.39
3:06.69	3:10.69	2:49.69	200 FLY	2:35.29	2:54.89	2:50.89
2:52.49	2:56.49	2:36.79	200 IM	2:21.39	2:39.59	2:35.59
6:38.19	6:46.19	6:01.99	400 IM	5:50.99	6:34.09	6:26.09