
AKJ STANDARDS Long Course Meters**Female 9 & Under**

	AKJ1
50 Free	42.70
100 Free	1:35.00
200 Free	3:08.00
50 Back	48.20
100 Back	1:45.44
200 Back	3:25.83
50 Breast	56.75
100 Breast	2:02.38
200 Breast	3:59.20
50 Fly	51.84
100 Fly	2:00.00
200 Fly	3:49.00
200 IM	3:54.00

Female 10-10

	AKJ1
50 Free	39.50
100 Free	1:27.00
200 Free	3:08.00
50 Back	44.60
100 Back	1:41.00
200 Back	3:25.00
50 Breast	52.40
100 Breast	1:54.50
200 Breast	3:59.20
50 Fly	48.04
100 Fly	1:55.00
200 Fly	3:49.00
200 IM	3:39.00

Female 11-11

	AKJ1
50 Free	35.20
100 Free	1:18.40
200 Free	2:52.00
50 Back	41.84
100 Back	1:30.84
200 Back	3:08.30
50 Breast	48.70
100 Breast	1:43.80
200 Breast	3:40.00
50 Fly	40.30
100 Fly	1:40.10
200 Fly	3:49.00
200 IM	3:15.00

Female 12 & Under

	AKJ1
400 Free	5:35.00
400 IM	6:25.00

AKJ STANDARDS Long Course Meters**Female 12-12**

	AKJ1
50 Free	33.20
100 Free	1:12.00
200 Free	2:37.00
50 Back	38.70
100 Back	1:23.55
200 Back	2:58.50
50 Breast	44.31
100 Breast	1:36.19
200 Breast	3:25.80
50 Fly	37.50
100 Fly	1:26.06
200 Fly	3:21.00
200 IM	2:58.00

Male 9 & Under

	AKJ1
50 Free	41.80
100 Free	1:35.00
200 Free	3:04.93
50 Back	48.20
100 Back	1:47.60
200 Back	3:23.66
50 Breast	58.30
100 Breast	2:07.00
200 Breast	3:59.20
50 Fly	50.00
100 Fly	2:00.00
200 Fly	3:49.00
200 IM	3:54.00

Male 10-10

	AKJ1
50 Free	36.43
100 Free	1:22.50
200 Free	3:04.93
50 Back	43.51
100 Back	1:36.30
200 Back	3:23.66
50 Breast	52.00
100 Breast	1:51.60
200 Breast	3:59.20
50 Fly	45.60
100 Fly	1:55.00
200 Fly	3:49.00
200 IM	3:29.20

Male 11-11

	AKJ1
50 Free	35.00
100 Free	1:16.24
200 Free	2:52.00
50 Back	41.19
100 Back	1:29.09
200 Back	3:06.50

AKJ STANDARDS Long Course Meters

50 Breast	46.85
100 Breast	1:42.97
200 Breast	3:40.00
50 Fly	40.30
100 Fly	1:37.27
200 Fly	3:49.00
200 IM	3:08.54

Male 12 & Under

AKJ1

400 Free	5:35.00
400 IM	6:25.00

Male 12-12

AKJ1

50 Free	33.20
100 Free	1:12.35
200 Free	2:37.00
50 Back	39.30
100 Back	1:24.60
200 Back	3:00.63
50 Breast	45.30
100 Breast	1:34.93
200 Breast	3:27.00
50 Fly	37.35
100 Fly	1:30.81
200 Fly	3:21.00
200 IM	3:00.75
