

Sierra Nevada Swimming
2017 - 2020 Junior Olympic
Time Standards

8 & Under Girls		8 & Under Boys		
SCY	LCM	SCY JO's	LCM	SCY
19.29		25fr		19.29
23.59		25ba		24.29
26.19		25br		27.89
21.89		25fl		22.89
		LCM JO's		
42.39	47.99	50fr	49.39	43.09
1:36.69	1:48.99	100fr	1:56.59	1:40.99
51.99	58.29	50ba	1:03.59	56.79
1:00.59	1:08.19	50br	1:11.49	1:02.69
53.19	59.69	50fl	1:03.09	55.79

13-14 Girls		13-14 Boys		
SCY	LCM		LCM	SCY
27.99	31.19	50fr	30.39	26.79
1:00.69	1:06.89	100fr	1:05.99	58.49
2:12.69	2:26.09	200fr	2:24.19	2:06.19
5:53.89	5:14.89	400M/500fr	5:15.59	5:56.49
12:01.69	10:47.99	800M/1000fr	10:29.39	11:36.39
20:02.99	20:39.79	1500M/1650fr	19:55.69	19:15.69
1:10.39	1:20.59	100ba	1:18.29	1:06.89
2:28.99	2:53.19	200ba	2:49.69	2:25.89
1:19.79	1:32.69	100br	1:28.09	1:15.59
2:54.49	3:22.39	200br	3:11.59	2:45.59
1:09.79	1:18.09	100fl	1:15.49	1:06.39
2:37.89	2:59.49	200fl	2:49.19	2:26.99
2:29.29	2:46.99	200im	2:44.99	2:26.39
5:25.49	6:14.79	400im	6:04.69	5:17.39

10 & Under Girls		10 & Under Boys		
SCY	LCM		LCM	SCY
34.79	37.89	50fr	39.19	34.49
1:18.09	1:25.19	100fr	1:29.89	1:18.29
2:52.39	3:06.19	200fr	3:12.09	2:47.99
7:35.49	6:47.89	400M/500fr	6:44.59	7:26.99
41.89	46.99	50ba	49.19	42.39
1:30.69	1:40.59	100ba	1:43.59	1:29.69
47.79	53.39	50br	53.29	46.59
1:44.79	1:56.49	100br	1:57.69	1:41.39
41.19	45.49	50fl	45.99	40.49
1:39.09	1:52.99	100fl	1:51.39	1:37.99
1:27.79	N/A	100im	N/A	1:29.39
3:15.59	3:33.29	200im	3:40.79	3:13.19

15-18 Girls		15-18 Boys		
SCY	LCM		LCM	SCY
27.89	31.79	50fr	29.69	25.99
1:00.29	1:08.49	100fr	1:02.39	54.79
2:14.49	2:32.99	200fr	2:19.49	2:02.79
6:08.09	5:28.49	400M/500fr	5:09.89	5:45.99
12:49.99	10:10.59	800M/1000fr	10:01.89	11:57.79
21:26.19	20:28.39	1500M/1650fr	19:13.39	20:02.89
1:10.09	1:20.99	100ba	1:14.69	1:03.49
2:32.39	2:55.59	200ba	2:41.39	2:19.19
1:20.69	1:32.49	100br	1:23.49	1:12.09
2:54.69	3:20.79	200br	3:02.49	2:36.59
1:08.69	1:17.59	100fl	1:11.09	1:02.79
2:34.89	2:53.69	200fl	2:40.39	2:20.59
2:32.69	2:56.69	200im	2:43.99	2:21.79
5:31.99	6:18.79	400im	5:47.29	5:05.59

11-12 Girls		11-12 Boys		
SCY	LCM		LCM	SCY
30.09	33.79	50fr	34.49	30.19
1:04.79	1:14.69	100fr	1:15.39	1:05.89
2:24.49	2:41.89	200fr	2:44.99	2:24.59
6:35.89	5:41.89	400M/500fr	5:48.69	6:27.49
12:51.69	11:35.69	800M/1000fr	11:30.99	12:42.89
21:39.59	22:20.69	1500M/1650fr	22:14.19	21:23.59
35.59	41.09	50ba	40.89	35.29
1:17.89	1:29.09	100ba	1:29.09	1:15.79
2:43.99	3:10.19	200ba	3:06.49	2:40.29
39.99	45.49	50br	45.39	39.59
1:27.39	1:41.39	100br	1:38.49	1:25.49
3:08.59	3:36.09	200br	3:28.69	3:00.99
33.99	37.89	50fl	38.69	34.19
1:18.29	1:28.49	100fl	1:26.29	1:16.49
2:47.89	3:10.19	200fl	3:07.69	2:43.99
1:16.29	N/A	100im	N/A	1:14.99
2:45.59	3:08.49	200im	3:09.29	2:44.19
5:56.79	6:48.29	400im	6:39.39	5:46.39