

# Sierra Nevada Swimming Senior+ Time Standards

Updated 4/1/2019

WOMEN		EVENT	MEN	
SCY	LCM		LCM	Men SCY
26.39	29.89	<b>50 Free</b>	28.29	24.69
55.99	1:04.59	<b>100 Free</b>	51.69	59.39
2:03.09	2:20.39	<b>200 Free</b>	1:53.96	2:10.74
5:29.09	4:54.49	<b>400/500</b>	5:08.06	4:38.69
11:31.59	10:20.99	<b>800/1000*</b>	9:56.29	10:58.09
19:12.89	19:48.09	<b>1650/1500</b>	18:58.89	18:19.79
1:03.39	1:13.89	<b>100 Back</b>	1:09.29	59.19
2:15.39	2:36.69	<b>200 Back</b>	2:30.09	2:09.09
1:12.89	1:23.99	<b>100 Breast</b>	1:17.89	1:06.89
2:35.32	2:59.16	<b>200 Breast</b>	2:49.49	2:26.49
1:03.19	1:11.69	<b>100 Fly</b>	1:06.79	58.69
2:19.69	2:38.79	<b>200 Fly</b>	2:29.69	2:10.09
2:18.19	2:38.99	<b>200 IM</b>	2:32.19	2:11.39
4:53.65	5:33.09	<b>400 IM</b>	5:22.59	4:40.79

