

Sierra Nevada Swimming  
2023 - 2024 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
30.19	34.49	50fr	31.99	27.79
1:05.49	1:14.79	100fr	1:09.89	1:00.89
2:21.29	2:41.79	200fr	2:32.29	2:12.79
6:18.69	5:40.59	400M/500fr	5:24.09	5:58.99
12:01.69	10:47.99	800M/1000fr	10:22.19	11:26.69
20:02.99	20:39.79	1500M/1650fr	19:48.39	19:07.59
1:11.19	1:23.59	100ba	1:17.89	1:06.39
2:34.89	2:58.69	200ba	2:49.09	2:25.09
1:21.69	1:34.79	100br	1:28.09	1:15.49
2:57.29	3:23.99	200br	3:10.79	2:43.99
1:10.89	1:20.39	100fl	1:15.49	1:06.09
2:36.89	2:59.19	200fl	2:47.99	2:26.89
2:37.59	3:01.79	200im	2:51.39	2:28.49
5:37.59	6:25.89	400im	6:04.69	5:17.09

10 & Under Girls			10 & Under Boys	
SCY	LCM		LCM	SCY
35.19	39.89	50fr	39.49	34.49
1:19.99	1:31.19	100fr	1:30.19	1:18.79
2:57.19	3:20.99	200fr	3:12.09	2:47.99
7:34.89	6:51.09	400M/500fr	6:44.49	7:26.99
41.89	48.89	50ba	49.19	42.29
1:30.69	1:45.99	100ba	1:43.09	1:29.29
47.49	53.99	50br	53.29	46.59
1:44.99	1:59.79	100br	1:55.99	1:41.69
41.79	47.09	50fl	45.99	40.49
1:39.09	1:52.99	100fl	1:50.79	1:37.09
1:31.69		100im		1:28.89
3:15.59	3:43.19	200im	3:40.79	3:13.19

15-18 Girls			15-18 Boys	
SCY	LCM		LCM	SCY
29.49	33.79	50fr	30.19	26.39
1:03.99	1:13.49	100fr	1:06.89	57.89
2:18.69	2:38.29	200fr	2:26.09	2:06.79
6:11.99	5:32.89	400M/500fr	5:09.89	5:44.09
11:50.79	10:35.39	800M/1000fr	10:00.09	11:02.59
19:47.29	20:20.49	1500M/1650fr	18:59.09	18:30.39
1:09.39	1:21.09	100ba	1:14.39	1:03.19
2:31.39	2:54.99	200ba	2:41.39	2:17.49
1:19.69	1:32.39	100br	1:23.49	1:11.09
2:52.79	3:20.49	200br	3:01.39	2:36.19
1:09.39	1:19.29	100fl	1:11.79	1:02.69
2:33.49	2:53.99	200fl	2:39.99	2:20.49
2:34.89	2:58.19	200im	2:43.99	2:20.89
5:30.49	6:18.79	400im	5:47.29	5:03.69

11-12 Girls			11-12 Boys	
SCY	LCM		LCM	SCY
31.29	35.69	50fr	34.69	30.29
1:08.29	1:18.09	100fr	1:15.49	1:05.89
2:28.99	2:49.19	200fr	2:44.89	2:23.49
6:38.19	5:56.49	400M/500fr	5:48.69	6:27.49
12:41.19	11:29.29	800M/1000fr	11:18.59	12:27.89
21:20.59	22:04.99	1500M/1650fr	21:37.39	20:52.99
35.39	40.79	50ba	40.39	34.99
1:18.09	1:30.99	100ba	1:27.99	1:15.69
2:43.99	3:09.89	200ba	3:05.19	2:39.69
39.99	45.49	50br	45.19	39.49
1:27.19	1:40.89	100br	1:38.39	1:24.49
3:06.59	3:35.99	200br	3:28.69	3:00.19
33.89	38.29	50fl	38.59	34.19
1:17.59	1:28.49	100fl	1:26.29	1:16.09
2:47.19	3:10.19	200fl	3:06.19	2:40.79
1:18.09		100im		1:14.99
2:47.29	3:11.39	200im	3:08.49	2:43.99
5:56.79	6:48.29	400im	6:39.19	5:46.39