

Sierra Nevada Swimming
SR+ Time Standards
Approved by the BOD 3/15/17

SC/LC Women	Senior + Time Standards	SC/LC Men
0:26.79/0:30.69	50 Free	0:24.69/0:28.29
0:58.19/1:06.69	100 Free	0:53.89/1:01.99
2:05.79/2:23.89	200 Free	1:57.49/2:14.79
5:36.29/5:01.59	400/500 Free	5:17.59/4:46.69
11:31.59/10:20.99	800/1000 Free	10:58.09/9:56.29
19:12.89/19:48.09	1650/1500 Free	18:19.79/18:58.89
1:03.39/1:13.89	100 Back	0:59.19/1:09.29
2:17.39/2:38.69	200 Back	2:09.09/2:30.09
1:12.89/1:23.99	100 Breast	1:06.89/1:17.89
2:37.69/3:01.89	200 Breast	2:26.49/2:49.49
1:03.19/1:11.69	100 Fly	0:58.69/1:06.79
2:19.69/2:38.79	200 Fly	2:10.09/2:29.69
2:20.89/2:42.19	200 Individual Medley	2:11.39/2:32.19
5:00.49/5:42.89	400 Individual Medley	4:40.79/5:22.59
<i>Revised 4/26/17</i>		
These are USA Swimming Motivational 13-14 "AA" Time Standards		These are USA Swimming Motivational 13-14 "AA" Time Standards