

<b>Short Course Yards</b>	<b>Women Long Course Meters</b>	<b>Sierra Nevada Junior<sup>+</sup> Time Standards</b>	<b>Men Long Course Meters</b>	<b>Short Course Yards</b>
:28.09	:31.99	50 Freestyle	:29.79	:26.09
1:01.09	1:09.49	100 Freestyle	1:04.99	:57.09
2:12.09	2:29.89	200 Freestyle	2:20.99	2:04.09
5:50.09	5:12.49	400/500 Freestyle	4:54.59	5:30.09
12:10.09	10:51.59	800/1000 Freestyle	10:15.99	11:30.09
19:35.09	19:58.59	1500/1650 Freestyle	18:52.29	18:30.09
1:11.09	1:20.09	100 Backstroke	1:16.79	1:08.09
2:30.09	2:48.99	200 Backstroke	2:46.79	2:28.09
1:20.09	1:30.89	100 Breaststroke	1:25.39	1:15.09
2:54.09	3:17.19	200 Breaststroke	3:06.09	2:44.09
1:09.09	1:18.09	100 Butterfly	1:13.59	1:05.09
2:35.09	2:54.79	200 Butterfly	2:45.89	2:27.09
2:30.09	2:49.79	200 I.M.	2:40.89	2:22.09
5:15.09	5:56.09	400 I.M.	5:39.49	5:00.09

*Established and approved by the BOD on 3/15/17*