

SNS Swimming SR+ Cuts Updated 2.8.26

Short Course Yards	Women Long Course Meters	Sierra Nevada Junior+ Time Standards	Men Long Course Meters	Short Course Yards
26.09	29.59	50 Freestyle	26.99	23.19
56.49	1:04.39	100 Freestyle	58.99	50.99
2:02.39	2:18.99	200 Freestyle	2:08.69	1:51.79
5:29.39	4:51.79	400/500 Freestyle	4:34.39	5:02.69
11:24.19	10:05.99	800/1000 Freestyle	9:29.99	10:33.99
19:06.69	19:21.09	1500/1650 Freestyle	18:11.09	17:56.89
28.99	33.89	50 Backstroke	31.09	26.09
1:01.39	1:11.39	100 Backstroke	1:05.19	55.49
2:13.29	2:33.39	200 Backstroke	2:21.49	2:01.29
33.79	37.89	50 Breaststroke	34.29	30.09
1:10.59	1:20.99	100 Breaststroke	1:13.49	1:03.19
2:32.79	2:54.49	200 Breaststroke	2:39.79	2:17.29
28.59	32.09	50 Butterfly	29.29	25.89
1:01.09	1:09.29	100 Butterfly	1:03.09	55.19
2:16.19	2:34.29	200 Butterfly	2:21.09	2:03.99
2:16.49	2:36.99	200 I.M.	2:24.69	2:03.99
4:51.59	5:32.49	400 I.M.	5:07.79	4:24.69

Established and approved by the BOD on 2/24/26