

SNS Swimming Jr+ Cuts Updated 2.8.26

Short Course Yards	Women Long Course Meters	Sierra Nevada Junior+ Time Standards	Men Long Course Meters	Short Course Yards
:27.89	:31.89	50 Freestyle	:29.39	:25.59
1:00.89	1:09.59	100 Freestyle	1:04.39	:55.60
2:11.69	2:30.29	200 Freestyle	2:20.59	2:02.19
5:53.39	5:15.49	400/500 Freestyle	4:58.69	5:30.59
12:09.49	10:56.59	800/1000 Freestyle	10:17.69	11:23.99
20:19.59	20:58.59	1500/1650 Freestyle	19:46.79	19:11.09
31.09	36.49	50 Backstroke	33.89	28.89
1:05.89	1:16.89	100 Backstroke	1:11.69	1:01.09
2:22.59	2:45.69	200 Backstroke	2:35.79	2:12.59
36.09	40.99	50 Breaststroke	37.69	33.09
1:15.99	1:27.69	100 Breaststroke	1:20.39	1:08.99
2:43.79	3:08.89	200 Breaststroke	2:53.79	2:29.89
30.69	34.29	50 Butterfly	31.89	28.39
1:05.89	1:14.79	100 Butterfly	1:08.89	1:00.39
2:26.69	2:47.79	200 Butterfly	2:33.99	2:14.39
2:27.19	2:48.99	200 I.M.	2:36.69	2:15.39
5:13.49	5:58.29	400 I.M.	5:34.89	4:49.49

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