

Sierra Nevada Swimming
2025 - 2028 LSC Championships
Time Standards 2% Cap Updated September 1st

8 & Under Girls				8 & Under Boys		
SCY	SCM	LCM	Spring Champs	LCM	SCM	SCY
19.29			25fr		21.39	19.29
42.39		47.99	50fr	49.39	47.79	43.09
23.59			25ba		26.99	24.29
26.19			25br		30.99	27.89
21.89			25fl		25.39	22.89
8 & Under Girls			Summer Champs	8 & Under Boys		
42.39		47.99	50fr	49.39	48.39	43.09
1:36.69		1:48.99	100fr	1:56.59	1:54.29	1:40.99
51.99		58.29	50ba	1:03.59	1:02.29	56.79
1:00.59		1:08.19	50br	1:11.49	1:10.09	1:02.69
53.19		59.69	50fl	1:03.09	1:01.79	55.79

10 & Under Girls				10 & Under Boys		
SCY	SCM	LCM		LCM	SCM	SCY
35.29		40.89	50fr	39.79		34.59
1:20.89		1:32.99	100fr	1:30.59		1:18.39
3:00.59		3:25.69	200fr	3:14.99		2:50.59
7:45.09		7:01.69	400M/500fr	6:52.49		7:33.79
43.29		49.69	50ba	49.29		42.89
1:33.99		1:48.09	100ba	1:44.49		1:30.09
48.69		55.49	50br	54.39		47.69
1:46.89		2:03.89	100br	1:59.19		1:42.29
42.69		48.09	50fl	46.39		41.29
1:41.39		1:55.39	100fl	1:52.89		1:38.99
1:33.19		N/A	100im	N/A		1:29.69
3:18.79		3:48.89	200im	3:43.69		3:15.99

11-12 Girls				11-12 Boys		
SCY	SCM	LCM		LCM	SCM	SCY
30.99		35.19	50fr	34.19		29.99
1:07.99		1:17.89	100fr	1:16.19		1:06.39
2:29.49		2:49.59	200fr	2:46.39		2:24.89
6:45.69		6:02.29	400M/500fr	5:53.89		6:29.99
12:53.79		11:44.19	800M/1000fr	11:25.89		12:37.29
21:32.09		22:22.99	1500M/1650fr	22:10.19		20:58.09
35.99		41.09	50ba	41.09		35.59
1:19.19		1:30.79	100ba	1:29.59		1:15.69
2:46.69		3:13.29	200ba	3:08.49		2:40.49
40.59		45.59	50br	45.89		40.09
1:28.49		1:39.99	100br	1:39.59		1:25.49
3:10.99		3:39.89	200br	3:31.59		3:02.39
33.59		37.99	50fl	38.69		34.19
1:18.89		1:30.49	100fl	1:27.29		1:16.09
2:50.29		3:15.99	200fl	3:10.19		2:43.99
1:17.49		N/A	100im	N/A		1:15.89
2:50.29		3:11.69	200im	3:08.99		2:45.79
6:03.69		6:56.79	400im	6:46.59		5:50.09

13-14 Girls				13-14 Boys		
SCY	SCM	LCM		LCM	SCM	SCY
29.59		33.89	50fr	31.19		27.09
1:04.59		1:13.89	100fr	1:08.39		59.09
2:19.79		2:39.49	200fr	2:29.19		2:09.59
6:18.29		5:39.19	400M/500fr	5:23.49		5:56.29
12:09.49		10:56.09	800M/1000fr	10:17.69		11:23.99
20:19.59		20:58.59	1500M/1650fr	19:46.79		19:11.09
33.09		38.49	50ba	36.69		31.29
1:10.19		1:21.59	100ba	1:17.69		1:06.19
2:32.59		2:58.39	200ba	2:48.79		2:23.69
37.99		44.19	50br	41.39		35.79
1:20.59		1:33.89	100br	1:26.49		1:14.79
2:57.39		3:24.59	200br	3:08.29		2:42.39
33.29		37.39	50fl	35.09		30.79
1:11.29		1:20.09	100fl	1:14.59		1:05.49
2:38.99		3:01.69	200fl	2:46.79		2:25.59
2:38.69		2:59.39	200im	2:46.79		2:25.49
5:39.69		6:28.19	400im	6:02.79		5:13.59

15-18 Girls				15-18 Boys		
SCY	SCM	LCM		LCM	SCM	SCY
28.89		32.79	50fr	29.99		25.79
1:02.49		1:11.29	100fr	1:05.39		56.39
2:15.59		2:33.99	200fr	2:22.49		2:05.39
6:12.39		5:29.89	400M/500fr	5:10.19		5:42.09
11:53.99		10:32.39	800M/1000fr	9:54.79		11:01.59
19:56.49		20:11.59	1500M/1650fr	18:58.49		18:22.79
31.79		37.69	50ba	34.99		29.69
1:07.99		1:20.69	100ba	1:13.69		1:02.69
2:30.59		2:53.39	200ba	2:39.99		2:17.09
36.79		43.09	50br	39.59		33.99
1:18.29		1:31.59	100br	1:23.09		1:11.39
2:52.69		3:17.29	200br	3:00.59		2:35.19
31.59		36.29	50fl	33.59		29.29
1:07.69		1:16.99	100fl	1:11.29		1:02.09
2:33.99		2:54.39	200fl	2:39.49		2:19.49
2:31.19		2:56.99	200im	2:41.69		2:20.19
5:29.69		6:15.79	400im	5:47.99		4:59.19

* Denotes these are "A" time standards