

SENIOR MEN
2009 Pacific senior time standards

SHORT COURSE YARDS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	27.59	25.89	23.99	23.29
100 Free	59.49	55.79	52.89	50.79
200 Free	2:09.99	2:01.79	1:54.09	1:50.69
500 Free	5:49.49	5:27.59	5:07.99	4:58.19
1000 Free	11:30.99	10:59.99	10:33.89	10:25.99
1650 Free	19:40.79	18:59.99	18:29.99	17:59.99
100 Back	1:11.69	1:07.19	1:01.69	58.79
200 Back	2:36.49	2:26.69	2:14.19	2:07.79
100 Breast	1:18.39	1:13.49	1:08.49	1:04.09
200 Breast	2:52.49	2:41.69	2:29.49	2:22.99
100 Fly	1:07.79	1:03.59	58.09	55.99
200 Fly	2:34.59	2:24.89	2:08.69	2:07.99
200 IM	2:29.59	2:20.19	2:10.49	2:04.29
400 IM	5:24.79	4:59.99	4:39.09	4:33.79

SENIOR MEN
LONG COURSE METERS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	31.39	29.49	27.29	26.89
100 Free	1:07.49	1:03.39	1:00.19	58.79
200 Free	2:26.99	2:17.99	2:09.49	2:07.39
400 Free	5:15.59	4:56.29	4:37.99	4:29.39
800 Free	10:25.49	9:57.99	9:33.79	9:26.89
1500 Free	20:13.39	19:29.99	18:59.99	18:29.99
100 Back	1:20.89	1:15.99	1:09.79	1:06.69
200 Back	2:56.19	2:45.39	2:31.59	2:24.59
100 Breast	1:28.29	1:22.89	1:17.29	1:12.59
200 Breast	3:13.79	3:01.89	2:52.39	2:40.59
100 Fly	1:16.59	1:11.99	1:05.89	1:03.59
200 Fly	2:54.09	2:43.39	2:25.49	2:24.79
200 IM	2:48.49	2:38.29	2:27.49	2:20.79
400 IM	6:05.29	5:42.99	5:14.99	5:09.19