

SENIOR WOMEN
2010 Pacific senior time standards

SHORT COURSE YARDS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	29.49	27.69	26.59	25.89
100 Free	1:03.79	59.79	58.19	55.99
200 Free	2:18.49	2:09.79	2:03.99	2:00.49
500 Free	6:01.79	5:42.29	5:26.99	5:19.29
1000 Free	12:19.49	11:49.99	11:18.39	10:59.99
1650 Free	20:47.89	19:35.99	19:13.99	18:59.99
100 Back	1:13.99	1:09.29	1:06.99	1:03.69
200 Back	2:37.99	2:28.09	2:22.19	2:15.69
100 Breast	1:23.89	1:18.69	1:15.99	1:11.49
200 Breast	3:02.59	2:51.19	2:42.39	2:35.89
100 Fly	1:12.39	1:07.59	1:03.99	1:01.99
200 Fly	2:42.39	2:32.29	2:20.79	2:17.99
200 IM	2:37.99	2:28.99	2:22.49	2:16.59
400 IM	5:35.99	5:14.99	5:01.99	4:51.59

SENIOR WOMEN
LONG COURSE METERS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	33.49	31.49	30.19	29.59
100 Free	1:12.19	1:07.79	1:05.99	1:03.79
200 Free	2:36.39	2:26.79	2:20.39	2:16.99
400 Free	5:26.39	5:09.29	4:55.79	4:46.19
800 Free	11:08.19	10:35.09	10:12.99	9:56.79
1500 Free	21:20.59	20:05.99	19:49.99	19:29.99
100 Back	1:23.39	1:18.29	1:15.69	1:12.09
200 Back	2:57.79	2:46.99	2:40.49	2:33.29
100 Breast	1:34.29	1:28.59	1:25.79	1:20.69
200 Breast	3:24.89	3:12.39	3:02.99	2:55.49
100 Fly	1:21.69	1:16.39	1:12.39	1:10.99
200 Fly	3:02.69	2:51.59	2:38.89	2:35.79
200 IM	2:58.19	2:46.89	2:40.69	2:34.29
400 IM	6:17.59	5:54.49	5:40.99	5:28.79