

2012 PACIFIC SENIOR LONG COURSE TIME STANDARDS**Senior Women
LONG COURSE METERS**

DISTANCE & STROKE	SENIOR I	SENIOR II	SENIOR III	SENIOR IV
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

**Senior Men
LONG COURSE METERS**

DISTANCE & STROKE	SENIOR I	SENIOR II	SENIOR III	SENIOR IV
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