

2012 PACIFIC SENIOR SHORT COURSE TIME STANDARDS**Senior Women
SHORT COURSE YARDS**

DISTANCE & STROKE	SENIOR I	SENIOR II	SENIOR III	SENIOR IV
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 Men
SHORT COURSE YARDS**

DISTANCE & STROKE	SENIOR I	SENIOR II	SENIOR III	SENIOR IV
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