



Pacific Swimming Senior Time Standards 2018-19 Short Course Yards



| Women | SENIOR OPEN | SENIOR 2 | SENIOR CIRCUIT | Western Zone Senior Meet | Sectionals Dec. 2018 | Futures Aug. 2019 | Jrs - Winter Dec. 2018 | Jrs - Summer Aug. 2019 | Nationals Aug. 2019 |
|------------|-------------|----------|----------------|--------------------------|----------------------|-------------------|------------------------|------------------------|---------------------|
| 50 Free | 29.99 | 27.69 | 25.39 | 26.09 | 24.59 | 24.09 | 23.49 | 22.79 | 22.29 |
| 100 Free | 1:04.99 | 59.99 | 54.99 | 56.49 | 53.49 | 52.09 | 50.89 | 49.69 | 48.89 |
| 200 Free | 2:19.99 | 2:09.29 | 1:58.49 | 2:01.89 | 1:55.29 | 1:52.59 | 1:49.69 | 1:47.39 | 1:45.89 |
| 500 Free | 6:12.69 | 5:43.99 | 5:15.39 | 5:27.49 | 5:08.79 | 5:03.49 | 4:53.09 | 4:48.09 | 4:43.79 |
| 1000 Free | 12:51.69 | 11:52.39 | 10:52.99 | 11:21.19 | 10:39.39 | 10:20.49 | 10:03.59 | 9:56.79 | 9:48.09 |
| 1650 Free | 21:27.19 | 19:48.19 | 18:09.19 | 18:57.79 | 17:43.29 | 17:14.39 | 16:46.19 | 16:32.59 | 16:18.09 |
| 100 Back | 1:10.79 | 1:05.39 | 59.89 | 1:01.99 | 58.99 | 58.09 | 56.09 | 54.49 | 53.29 |
| 200 Back | 2:32.99 | 2:21.19 | 2:09.49 | 2:14.79 | 2:07.19 | 2:04.99 | 2:01.29 | 1:57.69 | 1:55.39 |
| 100 Breast | 1:21.99 | 1:15.69 | 1:09.39 | 1:11.39 | 1:07.39 | 1:05.99 | 1:03.69 | 1:02.89 | 1:00.69 |
| 200 Breast | 2:56.39 | 2:42.79 | 2:29.29 | 2:34.59 | 2:25.09 | 2:22.69 | 2:19.79 | 2:15.49 | 2:11.69 |
| 100 Fly | 1:10.69 | 1:05.29 | 59.89 | 1:01.89 | 58.19 | 57.49 | 55.79 | 53.99 | 52.99 |
| 200 Fly | 2:34.89 | 2:22.99 | 2:10.99 | 2:16.99 | 2:08.89 | 2:05.39 | 2:02.69 | 1:59.39 | 1:57.79 |
| 200 IM | 2:36.79 | 2:24.79 | 2:12.69 | 2:16.69 | 2:09.29 | 2:08.29 | 2:03.09 | 2:00.59 | 1:58.29 |
| 400 IM | 5:32.89 | 5:07.29 | 4:41.69 | 4:51.89 | 4:33.39 | 4:30.69 | 4:23.29 | 4:15.19 | 4:12.09 |
| Men | SENIOR OPEN | SENIOR 2 | SENIOR CIRCUIT | Western Zone Senior Meet | Sectionals Dec. 2018 | Futures Aug. 2019 | Jrs - Winter Dec. 2018 | Jrs - Summer Aug. 2019 | Nationals Aug. 2019 |
| 50 Free | 26.89 | 24.79 | 22.79 | 23.29 | 22.09 | 21.39 | 20.89 | 20.49 | 19.79 |
| 100 Free | 58.69 | 54.19 | 49.69 | 50.99 | 47.79 | 46.49 | 45.39 | 44.39 | 43.09 |
| 200 Free | 2:08.39 | 1:58.59 | 1:48.69 | 1:51.59 | 1:45.59 | 1:41.79 | 1:39.79 | 1:38.39 | 1:35.59 |
| 500 Free | 5:47.89 | 5:21.19 | 4:54.39 | 5:05.59 | 4:46.59 | 4:37.09 | 4:31.49 | 4:28.29 | 4:19.39 |
| 1000 Free | 12:01.49 | 11:05.99 | 10:10.49 | 10:34.99 | 9:48.89 | 9:34.29 | 9:25.49 | 9:13.19 | 9:04.99 |
| 1650 Free | 20:13.29 | 18:39.99 | 17:06.69 | 17:44.09 | 16:41.59 | 16:05.49 | 15:46.99 | 15:34.19 | 15:10.09 |
| 100 Back | 1:04.69 | 59.79 | 54.79 | 56.19 | 53.49 | 52.09 | 50.79 | 49.69 | 46.79 |
| 200 Back | 2:20.69 | 2:09.89 | 1:59.09 | 2:03.09 | 1:55.89 | 1:52.79 | 1:50.59 | 1:47.99 | 1:44.79 |
| 100 Breast | 1:13.59 | 1:07.89 | 1:02.19 | 1:03.79 | 59.89 | 58.69 | 57.39 | 55.79 | 53.39 |
| 200 Breast | 2:40.49 | 2:28.09 | 2:15.79 | 2:18.59 | 2:09.89 | 2:08.59 | 2:05.69 | 2:01.19 | 1:58.29 |
| 100 Fly | 1:03.89 | 58.99 | 53.99 | 56.09 | 52.69 | 51.09 | 49.89 | 48.99 | 47.29 |
| 200 Fly | 2:22.29 | 2:11.39 | 2:00.39 | 2:04.39 | 1:55.79 | 1:53.69 | 1:52.09 | 1:47.89 | 1:45.09 |
| 200 IM | 2:23.29 | 2:12.29 | 2:01.29 | 2:04.79 | 1:57.09 | 1:55.09 | 1:51.49 | 1:48.89 | 1:45.19 |
| 400 IM | 5:07.69 | 4:43.99 | 4:20.39 | 4:29.99 | 4:11.19 | 4:07.59 | 4:00.19 | 3:52.69 | 3:46.99 |

Age Restrictions and Bonus Events

Please see Policies and Procedures, Section IX, or meet sheet, regarding age restrictions and bonus events.

* Times are to be only used as a guideline for Senior Times progression. Check with your individual team/coach for meets you will be attending.