



Pacific Swimming Senior Time Standards 2024-2025 Short Course Yards



Posted 9/1/24

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.24, 2.25, 7.25	Futures July 2025	Jrs. - Winter Dec. 2024	Jrs. - Summer July 2025	US Open Dec. 2024	Nationals June 2025
50 Free	29.99	27.69	26.09	24.89	To Be Announced	23.29	To Be Announced	22.79	To Be Announced
100 Free	1:04.99	59.99	56.59	53.99		50.39		49.69	
200 Free	2:19.99	2:09.29	2:02.69	1:56.29		1:49.09		1:47.39	
500 Free	6:12.69	5:43.99	5:29.09	5:10.69		4:53.59		4:48.09	
1000 Free	12:51.69	11:52.39	11:21.19	10:39.89		10:11.49		9:56.79	
1650 Free	21:27.19	19:48.19	18:57.79	17:46.59		17:02.19		16:32.59	
100 Back	1:10.79	1:05.39	1:01.39	59.49		55.09		54.49	
200 Back	2:32.99	2:21.19	2:13.89	2:08.59		1:59.39		1:57.69	
100 Breast	1:21.99	1:15.69	1:10.49	1:07.59		1:03.09		1:02.79	
200 Breast	2:56.39	2:42.79	2:32.79	2:28.19		2:17.19		2:15.49	
100 Fly	1:10.69	1:05.29	1:01.39	59.19		54.69		53.99	
200 Fly	2:34.89	2:22.99	2:15.79	2:10.09		2:01.69		1:59.39	
200 IM	2:36.79	2:24.79	2:16.99	2:10.49		2:02.19		2:00.59	
400 IM	5:32.89	5:07.29	4:52.29	4:39.09		4:21.69		4:15.19	
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.24, 2.25, 7.25	Futures July 2025	Jrs. - Winter Dec. 2024	Jrs. - Summer July 2025	US Open Dec. 2024	Nationals June 2025
50 Free	26.89	24.79	23.29	22.19	To Be Announced	20.59	To Be Announced	20.39	To Be Announced
100 Free	58.69	54.19	51.19	48.19		44.99		44.39	
200 Free	2:08.39	1:58.59	1:52.09	1:45.79		1:38.59		1:38.09	
500 Free	5:47.89	5:21.19	5:04.39	4:47.79		4:29.29		4:27.69	
1000 Free	12:01.49	11:05.99	10:34.99	9:59.49		9:24.29		9:13.19	
1650 Free	20:13.29	18:39.99	17:44.09	16:43.89		15:40.39		15:34.19	
100 Back	1:04.69	59.79	55.99	53.89		49.29		48.89	
200 Back	2:20.69	2:09.89	2:01.59	1:57.29		1:47.99		1:47.09	
100 Breast	1:13.59	1:07.89	1:02.89	1:00.89		55.69		55.29	
200 Breast	2:40.49	2:28.09	2:18.19	2:13.29		2:01.89		2:00.99	
100 Fly	1:03.89	58.99	55.49	52.89		48.79		48.39	
200 Fly	2:22.29	2:11.39	2:04.29	1:58.89		1:49.29		1:47.89	
200 IM	2:23.29	2:12.29	2:04.69	1:58.19		1:49.79		1:48.89	
400 IM	5:07.69	4:43.99	4:28.59	4:14.69		3:56.99		3:52.69	

**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.