



Pacific Swimming Senior Time Standards 2025-2026 Short Course Yards



Updated 10/23/25

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.25, 2.26, 7.26	Jrs. - Winter Dec. 2025	Futures - July 2026 18 & Under 19 & Over		Jrs. - Summer August 2026	US Open Dec. 2025	Nationals - July 2026 18 & Under 19 & Over	
50 Free	29.49	27.29	26.09	24.89	23.29	23.89	22.99	22.99	22.49	22.79	22.19
100 Free	1:03.79	58.89	56.49	53.99	50.39	51.89	49.99	49.99	48.99	49.49	48.49
200 Free	2:18.39	2:07.69	2:02.39	1:56.29	1:49.09	1:52.29	1:48.19	1:48.19	1:45.99	1:47.19	1:44.99
500 Free	6:12.39	5:43.69	5:29.39	5:10.69	4:53.59	5:02.59	4:49.99	4:49.99	4:44.49	4:46.29	4:41.99
1000 Free	12:53.49	11:53.99	11:24.19	10:39.89	10:11.49	10:20.49	10:04.69	10:04.69	9:53.19	9:55.99	9:45.79
1650 Free	21:36.19	19:57.49	19:06.69	17:46.59	17:02.19	17:14.39	16:50.99	16:50.99	16:24.29	16:37.99	16:10.39
50 Back						26.29	25.19	25.19	24.39	25.09	23.99
100 Back	1:09.39	1:04.09	1:01.39	59.49	55.09	57.09	54.39	54.39	52.99	53.69	52.29
200 Back	2:30.59	2:19.09	2:13.29	2:08.59	1:59.39	2:04.19	1:58.19	1:58.19	1:55.39	1:55.69	1:54.09
50 Breast						29.79	28.79	28.79	27.99	28.69	27.39
100 Breast	1:19.79	1:13.69	1:10.59	1:07.59	1:03.09	1:05.49	1:02.39	1:02.39	1:00.79	1:01.59	59.99
200 Breast	2:52.69	2:39.39	2:32.79	2:28.19	2:17.19	2:22.69	2:15.39	2:15.39	2:11.99	2:14.29	2:10.39
50 Fly						25.69	24.69	24.69	24.09	24.29	23.79
100 Fly	1:09.09	1:03.79	1:01.09	59.19	54.69	56.59	54.09	54.09	52.79	53.29	52.19
200 Fly	2:33.99	2:22.09	2:16.19	2:10.09	2:01.69	2:05.39	2:00.49	2:00.49	1:57.49	1:59.39	1:56.09
200 IM	2:34.29	2:22.39	2:16.49	2:10.49	2:02.19	2:06.39	2:01.09	2:01.09	1:58.39	1:58.99	1:57.09
400 IM	5:29.69	5:04.29	4:51.59	4:39.09	4:21.69	4:30.69	4:18.79	4:18.79	4:13.69	4:12.69	4:11.39
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.25, 2.26, 7.26	Jrs. - Winter Dec. 2025	Futures - July 2026 18 & Under 19 & Over		Jrs. - Summer August 2026	US Open Dec. 2025	Nationals - July 2026 18 & Under 19 & Over	
50 Free	26.29	24.19	23.19	22.19	20.49	21.29	20.39	20.39	19.69	20.09	19.39
100 Free	57.59	53.19	50.99	48.19	44.89	46.39	44.39	44.39	43.09	43.69	42.49
200 Free	2:06.29	1:56.59	1:51.79	1:45.79	1:38.39	1:41.59	1:37.59	1:37.59	1:34.99	1:36.19	1:33.69
500 Free	5:42.09	5:15.79	5:02.69	4:47.79	4:28.79	4:37.09	4:25.59	4:25.59	4:19.89	4:23.99	4:17.19
1000 Free	11:56.69	11:01.59	10:33.99	9:59.49	9:22.69	9:34.29	9:13.19	9:13.19	9:04.79	9:07.59	8:58.39
1650 Free	19:54.69	18:22.79	17:36.89	16:43.89	15:40.39	16:05.49	15:31.39	15:31.39	15:07.99	15:21.49	14:54.09
50 Back						23.69	22.49	22.49	21.49	22.39	21.09
100 Back	1:02.69	57.89	55.49	53.89	49.19	51.49	48.59	48.59	46.99	47.89	46.19
200 Back	2:17.09	2:06.59	2:01.29	1:57.29	1:47.79	1:52.79	1:46.49	1:46.49	1:43.29	1:44.79	1:41.69
50 Breast						26.29	25.29	25.29	24.39	25.19	23.89
100 Breast	1:11.39	1:05.89	1:03.19	1:00.89	55.49	57.99	54.99	54.99	53.29	53.99	52.49
200 Breast	2:35.19	2:23.19	2:17.29	2:13.29	2:01.59	2:07.99	2:00.39	2:00.39	1:56.39	1:57.99	1:54.59
50 Fly						22.89	21.99	21.99	21.19	21.89	20.89
100 Fly	1:02.39	57.59	55.19	52.89	48.69	50.59	48.19	48.19	46.69	47.49	45.99
200 Fly	2:19.49	2:08.79	2:03.39	1:58.89	1:49.09	1:53.69	1:47.89	1:47.89	1:44.79	1:45.89	1:43.39
200 IM	2:20.19	2:09.39	2:03.99	1:58.19	1:49.59	1:53.89	1:48.49	1:48.49	1:45.39	1:46.79	1:43.89
400 IM	4:59.19	4:36.19	4:24.69	4:14.69	3:56.49	4:06.99	3:52.69	3:52.69	3:47.69	3:49.79	3:45.19

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.