

## **Pacific Swimming Senior Time Standards 2025-2026 Short Course Yards**



## Posted 8/11/25

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.25, 2.26, 7.26	Futures July 2026	Jrs Winter Dec. 2025	Jrs Summer July 2026	US Open Dec. 2025	Nationals June 2026
50 Free	29.49	27.29	26.09	24.89	To Be Announced	23.29	To Be Announced	22.49	To Be Announced
100 Free	1:03.79	58.89	56.49	53.99		50.39		48.99	
200 Free	2:18.39	2:07.69	2:02.39	1:56.29		1:49.09		1:45.99	
500 Free	6:12.39	5:43.69	5:29.39	5:10.69		4:53.59		4:44.49	
1000 Free	12:53.49	11:53.99	11:24.19	10:39.89		10:11.49		9:53.19	
1650 Free	21:36.19	19:57.49	19:06.69	17:46.59		17:02.19		16.24.29	
100 Back	1:09.39	1:04.09	1:01.39	59.49		55.09		52.99	
200 Back	2:30.59	2:19.09	2:13.29	2:08.59		1:59.39		1:55.39	
100 Breast	1:19.79	1:13.69	1:10.59	1:07.59		1:03.09		1:00.79	
200 Breast	2:52.69	2:39.39	2:32.79	2:28.19		2:17.19		2:11.99	
100 Fly	1:09.09	1:03.79	1:01.09	59.19		54.69		52.79	
200 Fly	2:33.99	2:22.09	2:16.19	2:10.09		2:01.69		1:57.49	
200 IM	2:34.29	2:22.39	2:16.49	2:10.49		2:02.19		1:58.39	
400 IM	5:29.69	5:04.29	4:51.59	4:39.09		4:21.69		4:13.69	
Men	SENIOR OPEN	SENIOR 2							
Men	SENIOR OPEN	SENIOR 2	Western Zone	Sectionals	Futures	Jrs Winter	Jrs Summer	US Open	Nationals
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.25, 2.26, 7.26	Futures July 2026	Jrs Winter Dec. 2025	Jrs Summer July 2026	US Open Dec. 2025	Nationals June 2026
Men 50 Free	SENIOR OPEN 26.29	SENIOR 2 24.19							
			Senior Meet	12.25, 2.26, 7.26		Dec. 2025		Dec. 2025	
50 Free	26.29	24.19	Senior Meet 23.19	<b>12.25, 2.26, 7.26</b> 22.19		Dec. 2025 20.49		Dec. 2025 19.69	
50 Free 100 Free	26.29 57.59	24.19 53.19	23.19 50.99	12.25, 2.26, 7.26 22.19 48.19	July 2026	Dec. 2025 20.49 44.89	July 2026	Dec. 2025 19.69 43.09	June 2026
50 Free 100 Free 200 Free	26.29 57.59 2:06.29	24.19 53.19 1:56.59	23.19 50.99 1:51.79	12.25, 2.26, 7.26 22.19 48.19 1:45.79	July 2026	20.49 44.89 1:38.39	July 2026	19.69 43.09 1:34.99	June 2026
50 Free 100 Free 200 Free 500 Free	26.29 57.59 2:06.29 5:42.09	24.19 53.19 1:56.59 5:15.79	23.19 50.99 1:51.79 5:02.69	12.25, 2.26, 7.26 22.19 48.19 1:45.79 4:47.79	July 2026	20.49 44.89 1:38.39 4:28.79	July 2026	19.69 43.09 1:34.99 4:19.89	June 2026
50 Free 100 Free 200 Free 500 Free 1000 Free	26.29 57.59 2:06.29 5:42.09 11:56.69	24.19 53.19 1:56.59 5:15.79 11:01.59	23.19 50.99 1:51.79 5:02.69 10:33.99	22.19 48.19 1:45.79 4:47.79 9:59.49	July 2026	20.49 44.89 1:38.39 4:28.79 9:22.69	July 2026	19.69 43.09 1:34.99 4:19.89 9:04.79	June 2026
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free	26.29 57.59 2:06.29 5:42.09 11:56.69 19:54.69	24.19 53.19 1:56.59 5:15.79 11:01.59 18:22.79	23.19 50.99 1:51.79 5:02.69 10:33.99 17:36.89	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89	July 2026	20.49 44.89 1:38.39 4:28.79 9:22.69 15:40.39	July 2026  Announced	19.69 43.09 1:34.99 4:19.89 9:04.79 15:07.99	June 2026
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back	26.29 57.59 2:06.29 5:42.09 11:56.69 19:54.69 1:02.69	24.19 53.19 1:56.59 5:15.79 11:01.59 18:22.79 57.89	23.19 50.99 1:51.79 5:02.69 10:33.99 17:36.89 55.49	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89	July 2026	20.49 44.89 1:38.39 4:28.79 9:22.69 15:40.39 49.19	July 2026  Announced	19.69 43.09 1:34.99 4:19.89 9:04.79 15:07.99 46.99	June 2026 Papunonuced
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back	26.29 57.59 2:06.29 5:42.09 11:56.69 19:54.69 1:02.69 2:17.09	24.19 53.19 1:56.59 5:15.79 11:01.59 18:22.79 57.89 2:06.59	23.19 50.99 1:51.79 5:02.69 10:33.99 17:36.89 55.49 2:01.29	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29	July 2026	20.49 44.89 1:38.39 4:28.79 9:22.69 15:40.39 49.19 1:47.79	July 2026  Announced	19.69 43.09 1:34.99 4:19.89 9:04.79 15:07.99 46.99 1:43.29	June 2026  Paunonuced
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back	26.29 57.59 2:06.29 5:42.09 11:56.69 19:54.69 1:02.69 2:17.09 1:11.39	24.19 53.19 1:56.59 5:15.79 11:01.59 18:22.79 57.89 2:06.59 1:05.89	23.19 50.99 1:51.79 5:02.69 10:33.99 17:36.89 55.49 2:01.29 1:03.19	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29 1:00.89		20.49 44.89 1:38.39 4:28.79 9:22.69 15:40.39 49.19 1:47.79 55.49	July 2026	19.69 43.09 1:34.99 4:19.89 9:04.79 15:07.99 46.99 1:43.29 53.29	June 2026
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back 100 Breast 200 Breast	26.29 57.59 2:06.29 5:42.09 11:56.69 19:54.69 1:02.69 2:17.09 1:11.39 2:35.19	24.19 53.19 1:56.59 5:15.79 11:01.59 18:22.79 57.89 2:06.59 1:05.89 2:23.19	23.19 50.99 1:51.79 5:02.69 10:33.99 17:36.89 55.49 2:01.29 1:03.19 2:17.29	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29 1:00.89 2:13.29	July 2026	20.49 44.89 1:38.39 4:28.79 9:22.69 15:40.39 49.19 1:47.79 55.49 2:01.59	July 2026  Announced	19.69 43.09 1:34.99 4:19.89 9:04.79 15:07.99 46.99 1:43.29 53.29 1:56.39	June 2026  Paunonuced
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back 100 Breast 200 Breast	26.29 57.59 2:06.29 5:42.09 11:56.69 19:54.69 1:02.69 2:17.09 1:11.39 2:35.19 1:02.39	24.19 53.19 1:56.59 5:15.79 11:01.59 18:22.79 57.89 2:06.59 1:05.89 2:23.19 57.59	23.19 50.99 1:51.79 5:02.69 10:33.99 17:36.89 55.49 2:01.29 1:03.19 2:17.29 55.19	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29 1:00.89 2:13.29 52.89	July 2026	20.49 44.89 1:38.39 4:28.79 9:22.69 15:40.39 49.19 1:47.79 55.49 2:01.59 48.69	July 2026  Announced	19.69 43.09 1:34.99 4:19.89 9:04.79 15:07.99 46.99 1:43.29 53.29 1:56.39 46.69	June 2026 Papunonuced

Age Restrictions and Bonus Events

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

<sup>\*</sup> 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.