



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	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	26.29	24.19	23.19	22.19	To Be Announced	20.49	To Be Announced	19.69	To Be Announced
100 Free	57.59	53.19	50.99	48.19		44.89		43.09	
200 Free	2:06.29	1:56.59	1:51.79	1:45.79		1:38.39		1:34.99	
500 Free	5:42.09	5:15.79	5:02.69	4:47.79		4:28.79		4:19.89	
1000 Free	11:56.69	11:01.59	10:33.99	9:59.49		9:22.69		9:04.79	
1650 Free	19:54.69	18:22.79	17:36.89	16:43.89		15:40.39		15:07.99	
100 Back	1:02.69	57.89	55.49	53.89		49.19		46.99	
200 Back	2:17.09	2:06.59	2:01.29	1:57.29		1:47.79		1:43.29	
100 Breast	1:11.39	1:05.89	1:03.19	1:00.89		55.49		53.29	
200 Breast	2:35.19	2:23.19	2:17.29	2:13.29		2:01.59		1:56.39	
100 Fly	1:02.39	57.59	55.19	52.89		48.69		46.69	
200 Fly	2:19.49	2:08.79	2:03.39	1:58.89		1:49.09		1:44.79	
200 IM	2:20.19	2:09.39	2:03.99	1:58.19		1:49.59		1:45.39	
400 IM	4:59.19	4:36.19	4:24.69	4:14.69		3:56.49		3:47.69	

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.