



Pacific Swimming Senior Time Standards 2026-2027 Short Course Yards



Posted 8/5/26

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.26, 2.27, 7.27	Jrs. - Winter Dec. 2026	Futures - July 2027 <i>18 & Under</i> 19 & Over		Jrs. - Summer August 2027	US Open Dec. 2026	Nationals - July 2027 <i>18 & Under</i> 19 & Over	
50 Free	29.49	27.29	26.09	24.89	23.29	<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>	22.49	<i>To Be Announced</i>	<i>To Be Announced</i>
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		
50 Back	32.69	30.19	28.99	27.59					24.39		
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		
50 Breast	38.19	35.19	33.79	30.99					27.99		
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		
50 Fly	32.29	29.79	28.59	27.09					24.09		
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 12.26, 2.27, 7.27	Jrs. - Winter Dec. 2026	Futures - July 2027 <i>18 & Under</i> 19 & Over		Jrs. - Summer August 2027	US Open Dec. 2026	Nationals - July 2027 <i>18 & Under</i> 19 & Over	
50 Free	26.29	24.19	23.19	22.19	20.49	<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>	19.69	<i>To Be Announced</i>	<i>To Be Announced</i>
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		
50 Back	29.49	27.19	26.09	24.79					21.49		
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		
50 Breast	34.09	31.39	30.09	27.69					24.39		
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		
50 Fly	29.29	27.09	25.89	24.09					21.19		
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.