



# Pacific Swimming Senior Time Standards 2021-22 Long Course Meters



Updated 9/1/21

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.21, 3.22, 7.22	Futures July 2021	Jrs - Winter Dec. 2021	US Open Dec. 2021	18 & Under Spring Cup
50 Free	34.29	31.69	29.89	28.69	27.39	26.89	26.59	To be Determined
100 Free	1:14.09	1:08.39	1:04.49	1:01.89	59.39	58.19	57.39	
200 Free	2:39.49	2:27.19	2:19.09	2:12.99	2:07.79	2:04.99	2:03.89	
500 Free	5:34.69	5:08.89	4:52.99	4:39.69	4:28.79	4:23.79	4:19.89	
1000 Free	11:30.19	10:37.09	10:08.99	9:36.09	9:13.79	9:06.69	8:52.89	
1650 Free	22:09.69	20:27.39	19:29.59	18:22.99	17:40.19	17:25.59	17:02.39	
100 Back	1:22.29	1:15.99	1:12.49	1:09.49	1:06.89	1:04.79	1:04.19	
200 Back	2:55.79	2:42.29	2:35.29	2:29.19	2:23.99	2:19.59	2:17.99	
100 Breast	1:33.89	1:26.69	1:21.79	1:18.79	1:15.99	1:13.79	1:12.89	
200 Breast	3:21.19	3:05.69	2:57.69	2:49.69	2:43.39	2:38.59	2:37.49	
100 Fly	1:19.99	1:13.89	1:10.29	1:07.19	1:04.69	1:02.69	1:02.19	
200 Fly	2:55.89	2:42.29	2:34.59	2:27.99	2:21.89	2:18.99	2:16.69	
200 IM	3:00.29	2:46.39	2:37.49	2:31.09	2:26.39	2:22.09	2:20.59	
400 IM	6:18.79	5:49.69	5:33.09	5:20.09	5:07.29	5:00.99	4:56.89	
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.21, 3.22, 7.22	Futures July 2021	Jrs - Winter Dec. 2021	US Open Dec. 2021	18 & Under Spring Cup
50 Free	30.19	27.89	26.29	25.89	24.89	24.29	23.49	To be Determined
100 Free	1:07.39	1:02.19	58.59	56.09	53.79	52.89	51.49	
200 Free	2:27.89	2:16.49	2:08.79	2:03.09	1:58.09	1:55.69	1:52.89	
500 Free	5:12.79	4:48.69	4:33.69	4:21.09	4:09.99	4:05.29	4:00.29	
1000 Free	10:50.69	10:00.69	9:35.39	9:04.69	8:40.69	8:33.79	8:19.39	
1650 Free	20:43.39	19:07.79	18:11.69	17:13.49	16:38.99	16:14.99	15:56.29	
100 Back	1:15.49	1:09.69	1:06.09	1:03.29	1:00.79	58.89	58.19	
200 Back	2:41.39	2:28.89	2:22.69	2:17.39	2:11.89	2:08.49	2:05.89	
100 Breast	1:25.49	1:18.89	1:13.79	1:11.29	1:08.69	1:06.59	1:05.09	
200 Breast	3:04.09	2:49.99	2:41.39	2:35.79	2:29.09	2:24.99	2:21.69	
100 Fly	1:12.69	1:07.09	1:03.59	1:00.89	58.39	57.09	55.69	
200 Fly	2:41.49	2:29.09	2:21.89	2:15.89	2:10.19	2:06.89	2:03.89	
200 IM	2:45.49	2:32.79	2:24.39	2:18.39	2:12.79	2:09.79	2:07.39	
400 IM	5:51.59	5:24.49	5:06.99	4:55.09	4:42.39	4:36.99	4:31.19	

**Age Restrictions and Bonus Events**

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

Updated 9/1/21

\* 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.