



Pacific Swimming Senior Time Standards 2025-2026 Long Course Meters



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	33.49	30.89	29.59	28.69	26.89	27.39	26.59	26.59	26.19	26.19	25.69
100 Free	1:12.79	1:07.19	1:04.39	1:01.89	58.19	59.29	57.69	57.69	56.79	56.69	55.89
200 Free	2:37.09	2:25.09	2:18.99	2:12.99	2:04.99	2:07.79	2:04.99	2:04.99	2:03.09	2:03.19	2:01.19
400 Free	5:29.89	5:04.49	4:51.79	4:39.69	4:26.69	4:28.79	4:23.59	4:23.59	4:20.29	4:19.89	4:16.89
800 Free	11:25.09	10:32.39	10:05.99	9:36.09	9:06.79	9:13.79	9:06.79	9:06.79	8:56.79	8:57.89	8:46.79
1500 Free	21:52.49	20:11.59	19:21.09	18:22.99	17:26.79	17:40.19	17:26.79	17:26.79	17:07.99	17:10.79	16:49.19
50 Back						30.89	29.79	29.79	29.19	29.69	28.59
100 Back	1:20.69	1:14.49	1:11.39	1:09.49	1:04.79	1:06.79	1:04.29	1:04.29	1:03.29	1:03.19	1:02.19
200 Back	2:53.39	2:40.09	2:33.39	2:29.19	2:19.59	2:23.99	2:19.29	2:19.29	2:16.99	2:16.69	2:14.59
50 Breast						34.79	33.69	33.69	33.19	33.29	32.29
100 Breast	1:31.59	1:24.49	1:20.99	1:18.79	1:13.79	1:15.99	1:13.29	1:13.29	1:11.79	1:11.29	1:10.29
200 Breast	3:17.29	3:02.09	2:54.49	2:49.69	2:38.59	2:43.39	2:38.59	2:38.59	2:35.49	2:34.19	2:32.39
50 Fly						29.49	28.39	28.39	28.19	28.09	27.59
100 Fly	1:18.29	1:12.29	1:09.29	1:07.19	1:02.69	1:04.69	1:02.49	1:02.49	1:01.39	1:01.39	1:00.19
200 Fly	2:54.39	2:40.99	2:34.29	2:27.99	2:18.39	2:21.89	2:18.39	2:18.39	2:16.49	2:17.59	2:14.59
200 IM	2:57.49	2:43.89	2:36.99	2:31.09	2:22.09	2:26.19	2:21.29	2:21.29	2:19.09	2:18.19	2:16.89
400 IM	6:15.79	5:46.89	5:32.49	5:20.09	5:00.29	5:07.29	5:00.29	5:00.29	4:56.09	4:52.69	4:51.79
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	30.59	28.19	26.99	25.89	24.09	24.59	23.79	23.79	23.29	23.19	22.69
100 Free	1:06.69	1:01.49	58.99	56.09	52.59	53.59	51.99	51.99	50.89	51.09	49.69
200 Free	2:25.39	2:14.29	2:08.69	2:03.09	1:55.29	1:57.79	1:54.09	1:54.09	1:51.99	1:52.09	1:49.89
400 Free	5:10.19	4:46.39	4:34.39	4:21.09	4:04.99	4:09.99	4:02.19	4:02.19	3:59.09	3:58.39	3:55.59
800 Free	10:44.39	9:54.79	9:29.99	9:04.69	8:28.19	8:40.69	8:23.09	8:23.09	8:15.39	8:16.99	8:07.59
1500 Free	20:33.39	18:58.49	18:11.09	17:13.49	16:14.79	16:38.99	16:05.09	16:05.09	15:51.39	15:52.69	15:37.69
50 Back						27.89	26.69	26.69	26.09	26.39	25.49
100 Back	1:13.69	1:07.99	1:05.19	1:03.29	58.79	1:00.59	58.19	58.19	56.89	56.89	55.69
200 Back	2:39.99	2:27.69	2:21.49	2:17.39	2:08.29	2:11.89	2:06.99	2:06.99	2:04.59	2:03.59	2:02.09
50 Breast						30.89	29.59	29.59	29.19	29.19	28.29
100 Breast	1:23.09	1:16.69	1:13.49	1:11.29	1:05.89	1:08.19	1:05.09	1:05.09	1:03.69	1:03.29	1:02.09
200 Breast	3:00.59	2:46.69	2:39.79	2:35.79	2:24.09	2:29.09	2:22.39	2:22.39	2:19.39	2:18.09	2:16.09
50 Fly						26.29	25.39	25.39	24.89	24.99	24.39
100 Fly	1:11.29	1:05.79	1:03.09	1:00.89	56.49	57.99	55.89	55.89	54.69	54.69	53.49
200 Fly	2:39.49	2:27.19	2:21.09	2:15.89	2:06.39	2:10.19	2:05.09	2:05.09	2:02.99	2:02.89	2:00.89
200 IM	2:43.59	2:30.99	2:24.69	2:18.39	2:09.29	2:12.79	2:07.99	2:07.99	2:05.49	2:04.69	2:02.89
400 IM	5:47.99	5:21.19	5:07.79	4:55.09	4:35.89	4:42.39	4:33.09	4:33.09	4:28.89	4:25.39	4:24.69

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.