



Pacific Swimming Senior Time Standards 2025-26 Long Course Meters



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	33.49	30.89	29.59	28.69	To Be Announced	26.89	To Be Announced	26.19	To Be Announced
100 Free	1:12.79	1:07.19	1:04.39	1:01.89		58.19		56.79	
200 Free	2:37.09	2:25.09	2:18.99	2:12.99		2:04.99		2:03.09	
400 Free	5:29.89	5:04.49	4:51.79	4:39.69		4:26.69		4:20.29	
800 Free	11:25.09	10:32.39	10:05.99	9:36.09		9:06.79		8:56.79	
1500 Free	21:52.49	20:11.59	19:21.09	18:22.99		17:26.79		17:07.99	
100 Back	1:20.69	1:14.49	1:11.39	1:09.49		1:04.79		1:03.29	
200 Back	2:53.39	2:40.09	2:33.39	2:29.19		2:19.59		2:16.99	
100 Breast	1:31.59	1:24.49	1:20.99	1:18.79		1:13.79		1:11.79	
200 Breast	3:17.29	3:02.09	2:54.49	2:49.69		2:38.59		2:35.49	
100 Fly	1:18.29	1:12.29	1:09.29	1:07.19		1:02.69		1:01.39	
200 Fly	2:54.39	2:40.99	2:34.29	2:27.99		2:18.39		2:16.49	
200 IM	2:57.49	2:43.89	2:36.99	2:31.09		2:22.09		2:19.09	
400 IM	6:15.79	5:46.89	5:32.49	5:20.09		5:00.29		4:56.09	
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	30.59	28.19	26.99	25.89	To Be Announced	24.09	To Be Announced	23.29	To Be Announced
100 Free	1:06.69	1:01.49	58.99	56.09		52.59		50.89	
200 Free	2:25.39	2:14.29	2:08.69	2:03.09		1:55.29		1:51.99	
400 Free	5:10.19	4:46.39	4:34.39	4:21.09		4:04.99		3:59.09	
800 Free	10:44.39	9:54.79	9:29.99	9:04.69		8:28.19		8:15.39	
1500 Free	20:33.39	18:58.49	18:11.09	17:13.49		16:14.79		15:51.39	
100 Back	1:13.69	1:07.99	1:05.19	1:03.29		58.79		56.89	
200 Back	2:39.99	2:27.69	2:21.49	2:17.39		2:08.29		2:04.59	
100 Breast	1:23.09	1:16.69	1:13.49	1:11.29		1:05.89		1:03.69	
200 Breast	3:00.59	2:46.69	2:39.79	2:35.79		2:24.09		2:19.39	
100 Fly	1:11.29	1:05.79	1:03.09	1:00.89		56.49		54.69	
200 Fly	2:39.49	2:27.19	2:21.09	2:15.89		2:06.39		2:02.99	
200 IM	2:43.59	2:30.99	2:24.69	2:18.39		2:09.29		2:05.49	
400 IM	5:47.99	5:21.19	5:07.79	4:55.09		4:35.89		4:28.89	

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.