



Pacific Swimming Senior Time Standards 2026-2027 Long Course Meters



As of 7/14/26

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	33.49	30.89	29.59	28.69	26.89	<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>	26.19	<i>To Be Announced</i>	<i>To Be Announced</i>
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		
50 Back	38.29	35.29	33.89	32.39					29.19		
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		
50 Breast	42.89	39.59	37.89	36.59					33.19		
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		
50 Fly	36.19	33.49	32.09	31.19					28.19		
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 12.26, 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	30.59	28.19	26.99	25.89	24.09	<i>To Be Announced</i>	<i>To Be Announced</i>	<i>To Be Announced</i>	23.29	<i>To Be Announced</i>	<i>To Be Announced</i>
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		
50 Back	35.09	32.39	31.09	29.29					26.09		
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		
50 Breast	38.79	35.79	34.29	32.89					29.19		
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		
50 Fly	33.09	30.59	29.29	28.19					24.89		
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.