



Pacific Swimming Senior Time Standards 2026-2027 Short Course Yards



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	29.49	27.29	26.09	24.89	23.29	To Be Announced	To Be Announced	To Be Announced	22.49	To Be Announced	To Be Announced
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	To Be Announced	To Be Announced	To Be Announced	19.69	To Be Announced	To Be Announced
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.