



Pacific Swimming Senior Time Standards 2019-20 Long Course Meters



Updated 12/5/19

Women	SENIOR OPEN	SENIOR 2	SENIOR CIRCUIT	Western Zone Senior Meet	Sectionals 12.19, 2.20, 7.20	Futures Aug. 2020	Jrs - Winter Dec. 2019	US Open Dec. 2019	USA Swimming Summer Invite		Olympic Trials June 2020
									18 & Under	19 & Over	
50 Free	34.29	31.69	29.09	29.89	28.69	27.39	26.89	26.69	26.59	25.99	25.99
100 Free	1:14.09	1:08.39	1:02.69	1:04.49	1:01.89	59.39	58.19	57.69	57.59	56.29	56.29
200 Free	2:39.49	2:27.19	2:14.99	2:19.09	2:12.99	2:07.79	2:04.99	2:04.59	2:04.29	2:01.69	2:01.69
400 Free	5:34.69	5:08.89	4:43.19	4:52.99	4:39.69	4:28.79	4:23.79	4:20.79	4:21.39	4:16.89	4:16.89
800 Free	11:30.19	10:37.09	9:44.09	10:08.99	9:36.09	9:13.79	9:03.49	8:54.49	8:58.69	8:48.09	8:48.09
1500 Free	22:09.69	20:27.39	18:45.09	19:29.59	18:22.99	17:40.19	17:20.49	17:06.69	17:11.29	16:49.19	16:49.19
100 Back	1:22.29	1:15.99	1:09.69	1:12.49	1:09.49	1:06.89	1:05.19	1:04.59	1:04.39	1:02.69	1:02.69
200 Back	2:55.79	2:42.29	2:28.79	2:35.29	2:29.19	2:23.99	2:20.39	2:18.69	2:18.29	2:14.69	2:14.69
100 Breast	1:33.89	1:26.69	1:19.39	1:21.79	1:18.79	1:15.99	1:13.79	1:13.49	1:13.29	1:10.99	1:10.99
200 Breast	3:21.19	3:05.69	2:50.19	2:57.69	2:49.69	2:43.39	2:39.09	2:38.69	2:38.29	2:33.29	2:33.29
100 Fly	1:19.99	1:13.89	1:07.69	1:10.29	1:07.19	1:04.69	1:02.99	1:02.59	1:02.39	1:00.69	1:00.69
200 Fly	2:55.89	2:42.29	2:28.79	2:34.59	2:27.99	2:21.89	2:18.99	2:17.39	2:16.99	2:14.59	2:14.59
200 IM	3:00.29	2:46.39	2:32.59	2:37.49	2:31.09	2:26.39	2:22.09	2:21.39	2:20.99	2:17.39	2:17.39
400 IM	6:18.79	5:49.69	5:20.49	5:33.09	5:20.09	5:07.29	5:00.99	4:58.09	4:57.29	4:51.79	4:51.79
Men	SENIOR OPEN	SENIOR 2	SENIOR CIRCUIT	Western Zone Senior Meet	Sectionals 12.19, 2.20, 7.20	Futures Aug. 2020	Jrs - Winter Dec. 2019	US Open Dec. 2019	USA Swimming Summer Invite		Olympic Trials June 2020
									18 & Under	19 & Over	
50 Free	30.19	27.89	25.59	26.29	25.89	24.89	24.29	23.59	23.99	23.19	23.19
100 Free	1:07.39	1:02.19	56.99	58.59	56.09	53.79	52.89	51.79	51.99	50.49	50.49
200 Free	2:27.89	2:16.49	2:05.09	2:08.79	2:03.09	1:58.09	1:55.69	1:53.29	1:54.29	1:50.79	1:50.79
400 Free	5:12.79	4:48.69	4:24.69	4:33.69	4:21.09	4:09.99	4:05.29	4:01.09	4:02.79	3:57.29	3:57.29
800 Free	10:50.69	10:00.69	9:10.59	9:35.39	9:04.69	8:40.69	8:33.79	8:21.49	8:23.09	8:12.99	8:12.99
1500 Free	20:43.39	19:07.79	17:32.09	18:11.69	17:13.49	16:38.99	16:14.99	15:59.99	16:05.09	15:44.89	15:44.89
100 Back	1:15.49	1:09.69	1:03.89	1:06.09	1:03.29	1:00.79	58.89	58.59	58.79	56.59	56.59
200 Back	2:41.39	2:28.89	2:16.49	2:22.69	2:17.39	2:11.89	2:08.99	2:06.69	2:06.99	2:02.99	2:02.99
100 Breast	1:25.49	1:18.89	1:12.29	1:13.79	1:11.29	1:08.69	1:06.99	1:05.59	1:06.09	1:03.29	1:03.29
200 Breast	3:04.09	2:49.99	2:35.79	2:41.39	2:35.79	2:29.09	2:25.79	2:22.89	2:23.29	2:17.89	2:17.89
100 Fly	1:12.69	1:07.09	1:01.49	1:03.59	1:00.89	58.39	57.09	55.99	56.49	54.19	54.19
200 Fly	2:41.49	2:29.09	2:16.69	2:21.89	2:15.89	2:10.19	2:07.69	2:04.59	2:05.09	2:01.19	2:01.19
200 IM	2:45.49	2:32.79	2:20.09	2:24.39	2:18.39	2:12.79	2:09.79	2:08.19	2:08.29	2:04.09	2:04.09
400 IM	5:51.59	5:24.49	4:57.49	5:06.99	4:55.09	4:42.39	4:37.29	4:32.59	4:33.09	4:25.99	4:25.99

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

Updated 12/5/19

* 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.