



# Pacific Swimming Senior Time Standards 2022-23 Long Course Meters



Published 11/30/22

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.22, 3.23, 7.23	Futures July 2023	Jrs - Winter Dec. 2022	Jrs - Summer July 2023	US Open Nov. 2022	Nationals June 2023
50 Free	34.29	31.69	29.89	28.69	27.39	26.89	26.59	26.49	25.79
100 Free	1:14.09	1:08.39	1:04.99	1:01.89	59.39	58.19	57.59	57.29	55.89
200 Free	2:39.49	2:27.19	2:20.09	2:12.99	2:07.79	2:04.99	2:04.29	2:03.69	2:01.29
400 Free	5:34.69	5:08.89	4:54.49	4:39.69	4:28.79	4:23.79	4:21.39	4:19.89	4:16.09
800 Free	11:30.19	10:37.09	10:08.99	9:36.09	9:13.79	9:04.09	8:58.69	8:52.89	8:48.09
1500 Free	22:09.69	20:27.39	19:29.59	18:22.99	17:40.19	17:21.69	17:11.29	17:02.39	16:49.19
100 Back	1:22.29	1:15.99	1:11.79	1:09.49	1:06.89	1:04.79	1:04.39	1:04.09	1:02.09
200 Back	2:55.79	2:42.29	2:34.79	2:29.19	2:23.99	2:19.59	2:18.29	2:17.69	2:14.19
100 Breast	1:33.89	1:26.69	1:21.69	1:18.79	1:15.99	1:13.79	1:13.29	1:12.79	1:10.39
200 Breast	3:21.19	3:05.69	2:57.39	2:49.69	2:43.39	2:38.59	2:38.29	2:37.19	2:32.39
100 Fly	1:19.99	1:13.89	1:10.09	1:07.19	1:04.69	1:02.69	1:02.39	1:02.09	1:00.39
200 Fly	2:55.89	2:42.29	2:33.89	2:27.99	2:21.89	2:18.39	2:16.99	2:16.39	2:14.19
200 IM	3:00.29	2:46.39	2:37.59	2:31.09	2:26.39	2:22.09	2:20.99	2:20.29	2:16.59
400 IM	6:18.79	5:49.69	5:35.09	5:20.09	5:07.29	5:00.29	4:57.29	4:56.29	4:50.79
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.22, 3.23, 7.23	Futures July 2023	Jrs - Winter Dec. 2022	Jrs - Summer July 2023	US Open Nov. 2022	Nationals June 2023
50 Free	30.19	27.89	26.79	25.89	24.89	24.29	23.99	23.49	22.79
100 Free	1:07.39	1:02.19	59.19	56.09	53.79	52.59	51.99	51.39	49.89
200 Free	2:27.89	2:16.49	2:09.29	2:03.09	1:58.09	1:55.49	1:54.29	1:52.89	1:50.09
400 Free	5:12.79	4:48.69	4:34.19	4:21.09	4:09.99	4:05.29	4:02.79	4:00.29	3:55.79
800 Free	10:50.69	10:00.69	9:35.09	9:04.69	8:40.69	8:33.79	8:23.09	8:19.09	8:12.99
1500 Free	20:43.39	19:07.79	18:11.69	17:13.49	16:38.99	16:14.79	16:05.09	15:56.29	15:44.89
100 Back	1:15.49	1:09.69	1:05.89	1:03.29	1:00.79	58.89	58.79	57.99	55.89
200 Back	2:41.39	2:28.89	2:22.69	2:17.39	2:11.89	2:08.29	2:06.99	2:05.59	2:02.39
100 Breast	1:25.49	1:18.89	1:13.79	1:11.29	1:08.69	1:06.59	1:05.89	1:04.89	1:02.49
200 Breast	3:04.09	2:49.99	2:40.49	2:35.79	2:29.09	2:24.79	2:23.29	2:21.29	2:16.29
100 Fly	1:12.69	1:07.09	1:03.59	1:00.89	58.39	57.09	56.49	55.69	53.69
200 Fly	2:41.49	2:29.09	2:21.49	2:15.89	2:10.19	2:06.39	2:05.09	2:03.79	2:00.79
200 IM	2:45.49	2:32.79	2:25.09	2:18.39	2:12.79	2:09.59	2:08.29	2:06.89	2:03.49
400 IM	5:51.59	5:24.49	5:07.29	4:55.09	4:42.39	4:35.89	4:33.09	4:30.69	4:25.79

**Age Restrictions and Bonus Events**

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

Updated 11/30/22

\* 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.