



Pacific Swimming Senior Time Standards 2022-23 Short Course Yards



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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	29.99	27.69	26.09	24.89	24.09	23.29	22.79	22.69	22.29
100 Free	1:04.99	59.99	56.59	53.99	52.09	50.49	49.69	49.49	48.59
200 Free	2:19.99	2:09.29	2:02.69	1:56.29	1:52.59	1:49.19	1:47.39	1:47.09	1:45.29
500 Free	6:12.69	5:43.99	5:29.09	5:10.69	5:03.49	4:53.09	4:48.09	4:47.09	4:41.59
1000 Free	12:51.69	11:52.39	11:21.19	10:39.89	10:20.49	10:06.79	9:56.79	9:54.69	9:51.69
1650 Free	21:27.19	19:48.19	18:57.79	17:46.59	17:14.39	16:51.29	16:32.59	16:28.99	16:17.59
100 Back	1:10.79	1:05.39	1:01.39	59.49	58.09	55.19	54.49	54.19	52.59
200 Back	2:32.99	2:21.19	2:13.89	2:08.59	2:04.99	1:59.59	1:57.69	1:57.19	1:54.09
100 Breast	1:21.99	1:15.69	1:10.49	1:07.59	1:05.99	1:03.19	1:02.79	1:02.29	1:00.19
200 Breast	2:56.39	2:42.79	2:32.79	2:28.19	2:22.69	2:17.69	2:15.49	2:14.59	2:10.09
100 Fly	1:10.69	1:05.29	1:01.39	59.19	57.49	54.89	53.99	53.79	52.49
200 Fly	2:34.89	2:22.99	2:15.79	2:10.09	2:05.39	2:01.79	1:59.39	1:58.99	1:56.39
200 IM	2:36.79	2:24.79	2:16.99	2:10.49	2:08.29	2:02.39	2:00.59	2:00.09	1:56.99
400 IM	5:32.89	5:07.29	4:52.29	4:39.09	4:30.69	4:21.89	4:15.19	4:14.49	4:10.49
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	26.89	24.79	23.29	22.19	21.39	20.69	20.49	20.29	19.59
100 Free	58.69	54.19	51.19	48.19	46.49	45.29	44.39	43.89	42.89
200 Free	2:08.39	1:58.59	1:52.09	1:45.79	1:41.79	1:38.99	1:38.39	1:37.29	1:34.29
500 Free	5:47.89	5:21.19	5:04.39	4:47.79	4:37.09	4:30.09	4:28.29	4:24.79	4:17.99
1000 Free	12:01.49	11:05.99	10:34.99	9:59.49	9:34.29	9:25.49	9:13.19	9:09.99	9:06.79
1650 Free	20:13.29	18:39.99	17:44.09	16:43.89	16:05.49	15:43.89	15:34.19	15:24.59	15:03.59
100 Back	1:04.69	59.79	55.99	53.89	52.09	49.59	49.39	48.39	46.49
200 Back	2:20.69	2:09.89	2:01.59	1:57.29	1:52.79	1:48.79	1:47.99	1:46.59	1:42.09
100 Breast	1:13.59	1:07.89	1:02.89	1:00.89	58.69	56.19	55.79	54.89	52.89
200 Breast	2:40.49	2:28.09	2:18.19	2:13.29	2:08.59	2:02.99	2:01.19	1:59.79	1:55.09
100 Fly	1:03.89	58.99	55.49	52.89	51.09	49.19	48.99	48.29	46.29
200 Fly	2:22.29	2:11.39	2:04.29	1:58.89	1:53.69	1:49.99	1:47.89	1:46.79	1:43.69
200 IM	2:23.29	2:12.29	2:04.69	1:58.19	1:55.09	1:50.39	1:48.89	1:47.49	1:44.49
400 IM	5:07.69	4:43.99	4:28.59	4:14.69	4:07.59	3:58.19	3:52.69	3:50.49	3:45.99

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.