



# Pacific Swimming Senior Time Standards 2015-2016 Long Course Meters



Women	Sr2 Bon./11-12 NMT BB	Sr2/Sr Cir Bon. NMT A	Sr Circuit NMT AAA	WZ Senior Clovis	Sectional Canyons/ELAC	Futures West-Mt Hood	Jrs - Winter West-Austin	Jrs - Summer San Antonio
September 2015 through 2016				7/29-8/2/2015	July 16-20/2015	7/30-8/2/2015	Dec. 9-12/2015	7/30-8/3/2015
50 Free	34.29	31.69	29.09	29.89	28.59	27.49	26.99	26.69
100 Free	1:14.09	1:08.39	1:02.69	1:04.49	1:01.79	59.59	58.39	57.79
200 Free	2:39.49	2:27.19	2:14.99	2:19.09	2:13.19	2:08.19	2:05.39	2:04.69
400 Free	5:34.69	5:08.89	4:43.19	4:55.99	4:39.79	4:28.79	4:23.79	4:22.19
800 Free	11:30.19	10:37.09	9:44.09	10:10.59	9:36.39	9:13.79	9:03.49	9:00.29
1500 Free	22:09.69	20:27.39	18:45.09	19:36.29	18:23.59	17:40.19	17:20.49	17:14.29
100 Back	1:22.29	1:15.99	1:09.69	1:12.79	1:08.99	1:07.29	1:05.59	1:04.59
200 Back	2:55.79	2:42.29	2:28.79	2:35.49	2:27.99	2:24.79	2:20.69	2:18.69
100 Breast	1:33.89	1:26.69	1:19.39	1:23.09	1:18.39	1:16.19	1:14.29	1:13.49
200 Breast	3:21.19	3:05.69	2:50.19	2:57.99	2:49.19	2:43.79	2:40.09	2:38.69
100 Fly	1:19.99	1:13.89	1:07.69	1:10.79	1:06.89	1:05.19	1:03.39	1:02.59
200 Fly	2:55.89	2:42.29	2:28.79	2:35.59	2:26.59	2:21.89	2:19.59	2:17.39
200 IM	3:00.29	2:46.39	2:32.59	2:37.49	2:30.79	2:26.39	2:22.49	2:21.39
400 IM	6:18.79	5:49.69	5:20.49	5:35.09	5:17.89	5:07.29	5:01.89	4:58.09
Men	Sr2 Bon./11-12 NMT BB	Sr2/Sr Cir Bon. NMT A	Sr Circuit NMT AAA	WZ Senior Clovis	Sectional Canyons/ELAC	Futures West-Mt Hood	Jrs - Winter West-Austin	Jrs - Summer San Antonio
September 2015 through 2016				7/29-8/2/2015	July 16-20/2015	7/30-8/2/2015	Dec. 9-12/2015	7/30-8/3/2015
50 Free	30.19	27.89	25.59	26.29	25.89	24.89	24.39	24.09
100 Free	1:07.39	1:02.19	56.99	58.59	55.89	53.79	52.89	52.19
200 Free	2:27.89	2:16.49	2:05.09	2:08.79	2:02.59	1:58.09	1:56.29	1:54.69
400 Free	5:12.79	4:48.69	4:24.69	4:36.69	4:20.09	4:09.99	4:06.29	4:03.59
800 Free	10:50.69	10:00.69	9:10.59	9:35.69	8:58.69	8:40.69	8:33.79	8:24.69
1500 Free	20:43.39	19:07.79	17:32.09	18:19.89	17:13.39	16:38.99	16:14.99	16:08.09
100 Back	1:15.49	1:09.69	1:03.89	1:06.79	1:03.09	1:00.79	59.69	58.99
200 Back	2:41.39	2:28.89	2:16.49	2:22.69	2:16.09	2:11.89	2:09.59	2:07.39
100 Breast	1:25.49	1:18.89	1:12.29	1:15.59	1:10.79	1:08.69	1:07.59	1:06.29
200 Breast	3:04.09	2:49.99	2:35.79	2:42.89	2:33.39	2:29.09	2:27.19	2:23.69
100 Fly	1:12.69	1:07.09	1:01.49	1:04.29	1:00.59	58.39	57.39	56.69
200 Fly	2:41.49	2:29.09	2:16.69	2:22.89	2:14.09	2:10.19	2:08.19	2:05.49
200 IM	2:45.49	2:32.79	2:20.09	2:24.39	2:17.39	2:12.79	2:10.49	2:08.69
400 IM	5:51.59	5:24.49	4:57.49	5:10.99	4:52.19	4:42.39	4:38.39	4:33.89

\* 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.