



Pacific Swimming Senior Time Standards 2015-2016 Short Course Yards



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	29.99	27.69	25.39	26.09	24.59	24.39	23.49	22.89
100 Free	1:04.99	59.99	54.99	56.49	53.49	52.19	50.99	49.89
200 Free	2:19.99	2:09.29	1:58.49	2:01.89	1:55.29	1:52.99	1:49.79	1:47.79
500 Free	6:12.69	5:43.99	5:15.39	5:29.69	5:08.79	5:03.49	4:52.09	4:49.09
1000 Free	12:51.69	11:52.39	10:52.99	11:22.69	10:39.39	10:20.49	10:03.59	9:58.79
1650 Free	21:27.19	19:48.19	18:09.19	18:59.69	17:43.29	17:14.39	16:46.19	16:35.89
100 Back	1:10.79	1:05.39	59.89	1:02.69	58.49	58.49	56.59	54.69
200 Back	2:32.99	2:21.19	2:09.49	2:15.29	2:06.19	2:05.79	2:01.29	1:58.09
100 Breast	1:21.99	1:15.69	1:09.39	1:12.49	1:07.39	1:06.29	1:04.29	1:03.09
200 Breast	2:56.39	2:42.79	2:29.29	2:35.99	2:25.09	2:23.09	2:19.79	2:15.89
100 Fly	1:10.69	1:05.29	59.89	1:02.59	57.99	57.89	55.99	54.19
200 Fly	2:34.89	2:22.99	2:10.99	2:16.99	2:07.49	2:06.19	2:03.29	1:59.59
200 IM	2:36.79	2:24.79	2:12.69	2:16.69	2:09.19	2:08.29	2:03.79	2:00.99
400 IM	5:32.89	5:07.29	4:41.69	4:54.49	4:32.39	4:30.69	4:23.69	4:15.59
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	26.89	24.79	22.79	23.29	22.09	21.49	20.99	20.59
100 Free	58.69	54.19	49.69	50.99	47.79	46.69	45.79	44.59
200 Free	2:08.39	1:58.59	1:48.69	1:51.59	1:45.59	1:42.09	1:40.29	1:38.79
500 Free	5:47.89	5:21.19	4:54.39	5:07.79	4:46.59	4:37.09	4:32.69	4:29.29
1000 Free	12:01.49	11:05.99	10:10.49	10:38.29	9:48.89	9:34.29	9:25.49	9:15.19
1650 Free	20:13.29	18:39.99	17:06.69	17:52.29	16:41.59	16:05.49	15:46.99	15:37.49
100 Back	1:04.69	59.79	54.79	57.29	53.49	52.49	50.99	49.89
200 Back	2:20.69	2:09.89	1:59.09	2:04.49	1:55.89	1:53.59	1:50.69	1:48.39
100 Breast	1:13.59	1:07.89	1:02.19	1:05.09	59.89	58.89	57.69	55.99
200 Breast	2:40.49	2:28.09	2:15.79	2:21.99	2:09.89	2:08.59	2:05.89	2:01.59
100 Fly	1:03.89	58.99	53.99	56.49	52.69	51.59	50.09	49.19
200 Fly	2:22.29	2:11.39	2:00.39	2:05.89	1:55.79	1:53.69	1:51.59	1:48.29
200 IM	2:23.29	2:12.29	2:01.29	2:04.79	1:56.89	1:55.09	1:52.49	1:49.29
400 IM	5:07.69	4:43.99	4:20.39	4:32.19	4:09.09	4:07.59	4:00.19	3:53.49

* 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.