

Pacific Swimming Senior Time Standards 2024-2025 Short Course Yards



Posted 9/1/24

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.24, 2.25, 7.25	Futures July 2025	Jrs Winter Dec. 2024	Jrs Summer July 2025	US Open Dec. 2024	Nationals June 2025
50 Free	29.99	27.69	26.09	24.89	To Be Announced	23.29	To Be Announced	22.79	To Be Announced
100 Free	1:04.99	59.99	56.59	53.99		50.39		49.69	
200 Free	2:19.99	2:09.29	2:02.69	1:56.29		1:49.09		1:47.39	
500 Free	6:12.69	5:43.99	5:29.09	5:10.69		4:53.59		4:48.09	
1000 Free	12:51.69	11:52.39	11:21.19	10:39.89		10:11.49		9:56.79	
1650 Free	21:27.19	19:48.19	18:57.79	17:46.59		17:02.19		16.32.59	
100 Back	1:10.79	1:05.39	1:01.39	59.49		55.09		54.49	
200 Back	2:32.99	2:21.19	2:13.89	2:08.59		1:59.39		1:57.69	
100 Breast	1:21.99	1:15.69	1:10.49	1:07.59		1:03.09		1:02.79	
200 Breast	2:56.39	2:42.79	2:32.79	2:28.19		2:17.19		2:15.49	
100 Fly	1:10.69	1:05.29	1:01.39	59.19		54.69		53.99	
200 Fly	2:34.89	2:22.99	2:15.79	2:10.09		2:01.69		1:59.39	
200 IM	2:36.79	2:24.79	2:16.99	2:10.49		2:02.19		2:00.59	
400 IM	5:32.89	5:07.29	4:52.29	4:39.09		4:21.69		4:15.19	
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.24, 2.25, 7.25	Futures July 2025	Jrs Winter Dec. 2024	Jrs Summer July 2025	US Open Dec. 2024	Nationals June 2025
Men 50 Free	SENIOR OPEN 26.89	SENIOR 2 24.79							
			Senior Meet	12.24, 2.25, 7.25		Dec. 2024		Dec. 2024	
50 Free	26.89	24.79	Senior Meet 23.29	12.24, 2.25, 7.25 22.19		Dec. 2024 20.59		Dec. 2024 20.39	
50 Free 100 Free	26.89 58.69	24.79 54.19	23.29 51.19	12.24, 2.25, 7.25 22.19 48.19	July 2025	Dec. 2024 20.59 44.99	July 2025	Dec. 2024 20.39 44.39	June 2025
50 Free 100 Free 200 Free	26.89 58.69 2:08.39	24.79 54.19 1:58.59	23.29 51.19 1:52.09	22.19 48.19 1:45.79	July 2025	20.59 44.99 1:38.59	July 2025	20.39 44.39 1:38.09	June 2025
50 Free 100 Free 200 Free 500 Free	26.89 58.69 2:08.39 5:47.89	24.79 54.19 1:58.59 5:21.19	23.29 51.19 1:52.09 5:04.39	12.24, 2.25, 7.25 22.19 48.19 1:45.79 4:47.79	July 2025	20.59 44.99 1:38.59 4:29.29	July 2025	20.39 44.39 1:38.09 4:27.69	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free	26.89 58.69 2:08.39 5:47.89 12:01.49	24.79 54.19 1:58.59 5:21.19 11:05.99	23.29 51.19 1:52.09 5:04.39 10:34.99	22.19 48.19 1:45.79 4:47.79 9:59.49	July 2025	20.59 44.99 1:38.59 4:29.29 9:24.29	July 2025	20.39 44.39 1:38.09 4:27.69 9:13.19	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free	26.89 58.69 2:08.39 5:47.89 12:01.49 20:13.29	24.79 54.19 1:58.59 5:21.19 11:05.99 18:39.99	23.29 51.19 1:52.09 5:04.39 10:34.99 17:44.09	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89	July 2025	20.59 44.99 1:38.59 4:29.29 9:24.29 15:40.39	July 2025	20.39 44.39 1:38.09 4:27.69 9:13.19 15:34.19	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back	26.89 58.69 2:08.39 5:47.89 12:01.49 20:13.29 1:04.69	24.79 54.19 1:58.59 5:21.19 11:05.99 18:39.99 59.79	23.29 51.19 1:52.09 5:04.39 10:34.99 17:44.09 55.99	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89	July 2025	20.59 44.99 1:38.59 4:29.29 9:24.29 15:40.39 49.29	July 2025 Announced	20.39 44.39 1:38.09 4:27.69 9:13.19 15:34.19 48.89	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back	26.89 58.69 2:08.39 5:47.89 12:01.49 20:13.29 1:04.69 2:20.69	24.79 54.19 1:58.59 5:21.19 11:05.99 18:39.99 59.79 2:09.89	23.29 51.19 1:52.09 5:04.39 10:34.99 17:44.09 55.99 2:01.59	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29	July 2025	20.59 44.99 1:38.59 4:29.29 9:24.29 15:40.39 49.29 1:47.99	July 2025 Announced	20.39 44.39 1:38.09 4:27.69 9:13.19 15:34.19 48.89 1:47.09	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back	26.89 58.69 2:08.39 5:47.89 12:01.49 20:13.29 1:04.69 2:20.69 1:13.59	24.79 54.19 1:58.59 5:21.19 11:05.99 18:39.99 59.79 2:09.89 1:07.89	23.29 51.19 1:52.09 5:04.39 10:34.99 17:44.09 55.99 2:01.59 1:02.89	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29 1:00.89		20.59 44.99 1:38.59 4:29.29 9:24.29 15:40.39 49.29 1:47.99 55.69	July 2025	20.39 44.39 1:38.09 4:27.69 9:13.19 15:34.19 48.89 1:47.09 55.29	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back 100 Breast 200 Breast	26.89 58.69 2:08.39 5:47.89 12:01.49 20:13.29 1:04.69 2:20.69 1:13.59 2:40.49	24.79 54.19 1:58.59 5:21.19 11:05.99 18:39.99 59.79 2:09.89 1:07.89 2:28.09	23.29 51.19 1:52.09 5:04.39 10:34.99 17:44.09 55.99 2:01.59 1:02.89 2:18.19	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29 1:00.89 2:13.29	July 2025	20.59 44.99 1:38.59 4:29.29 9:24.29 15:40.39 49.29 1:47.99 55.69 2:01.89	July 2025 Announced	20.39 44.39 1:38.09 4:27.69 9:13.19 15:34.19 48.89 1:47.09 55.29 2:00.99	June 2025
50 Free 100 Free 200 Free 500 Free 1000 Free 1650 Free 100 Back 200 Back 100 Breast 200 Breast	26.89 58.69 2:08.39 5:47.89 12:01.49 20:13.29 1:04.69 2:20.69 1:13.59 2:40.49 1:03.89	24.79 54.19 1:58.59 5:21.19 11:05.99 18:39.99 59.79 2:09.89 1:07.89 2:28.09 58.99	23.29 51.19 1:52.09 5:04.39 10:34.99 17:44.09 55.99 2:01.59 1:02.89 2:18.19 55.49	22.19 48.19 1:45.79 4:47.79 9:59.49 16:43.89 53.89 1:57.29 1:00.89 2:13.29 52.89	July 2025	20.59 44.99 1:38.59 4:29.29 9:24.29 15:40.39 49.29 1:47.99 55.69 2:01.89 48.79	July 2025 Announced	20.39 44.39 1:38.09 4:27.69 9:13.19 15:34.19 48.89 1:47.09 55.29 2:00.99 48.39	June 2025

Age Restrictions and Bonus Events

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

^{*} 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.