



# 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	<b>To Be Announced</b>	23.29	<b>To Be Announced</b>	22.79	<b>To Be Announced</b>
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
50 Free	26.89	24.79	23.29	22.19	<b>To Be Announced</b>	20.59	<b>To Be Announced</b>	20.39	<b>To Be Announced</b>
100 Free	58.69	54.19	51.19	48.19		44.99		44.39	
200 Free	2:08.39	1:58.59	1:52.09	1:45.79		1:38.59		1:38.09	
500 Free	5:47.89	5:21.19	5:04.39	4:47.79		4:29.29		4:27.69	
1000 Free	12:01.49	11:05.99	10:34.99	9:59.49		9:24.29		9:13.19	
1650 Free	20:13.29	18:39.99	17:44.09	16:43.89		15:40.39		15:34.19	
100 Back	1:04.69	59.79	55.99	53.89		49.29		48.89	
200 Back	2:20.69	2:09.89	2:01.59	1:57.29		1:47.99		1:47.09	
100 Breast	1:13.59	1:07.89	1:02.89	1:00.89		55.69		55.29	
200 Breast	2:40.49	2:28.09	2:18.19	2:13.29		2:01.89		2:00.99	
100 Fly	1:03.89	58.99	55.49	52.89		48.79		48.39	
200 Fly	2:22.29	2:11.39	2:04.29	1:58.89		1:49.29		1:47.89	
200 IM	2:23.29	2:12.29	2:04.69	1:58.19		1:49.79		1:48.89	
400 IM	5:07.69	4:43.99	4:28.59	4:14.69		3:56.99		3:52.69	

**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.