



Pacific Swimming Senior Time Standards 2024-25 Long Course Meters



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	34.29	31.69	29.89	28.69	To Be Announced	26.89	To Be Announced	26.59	To Be Announced
100 Free	1:14.09	1:08.39	1:04.99	1:01.89		58.19		57.59	
200 Free	2:39.49	2:27.19	2:20.09	2:12.99		2:04.99		2:04.29	
400 Free	5:34.69	5:08.89	4:54.49	4:39.69		4:26.69		4:21.39	
800 Free	11:30.19	10:37.09	10:08.99	9:36.09		9:06.79		8:58.69	
1500 Free	22:09.69	20:27.39	19:29.59	18:22.99		17:26.79		17:11.29	
100 Back	1:22.29	1:15.99	1:11.79	1:09.49		1:04.79		1:04.39	
200 Back	2:55.79	2:42.29	2:34.79	2:29.19		2:19.59		2:18.29	
100 Breast	1:33.89	1:26.69	1:21.69	1:18.79		1:13.79		1:13.29	
200 Breast	3:21.19	3:05.69	2:57.39	2:49.69		2:38.59		2:38.29	
100 Fly	1:19.99	1:13.89	1:10.09	1:07.19		1:02.69		1:02.39	
200 Fly	2:55.89	2:42.29	2:33.89	2:27.99		2:18.39		2:16.99	
200 IM	3:00.29	2:46.39	2:37.59	2:31.09		2:22.09		2:20.99	
400 IM	6:18.79	5:49.69	5:35.09	5:20.09		5:00.29		4:57.29	
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	30.19	27.89	26.79	25.89	To Be Announced	24.09	To Be Announced	23.79	To Be Announced
100 Free	1:07.39	1:02.19	59.19	56.09		52.59		51.99	
200 Free	2:27.89	2:16.49	2:09.29	2:03.09		1:55.29		1:54.09	
400 Free	5:12.79	4:48.69	4:34.19	4:21.09		4:05.29		4:02.79	
800 Free	10:50.69	10:00.69	9:35.09	9:04.69		8:28.19		8:23.09	
1500 Free	20:43.39	19:07.79	18:11.69	17:13.49		16:14.79		16:05.09	
100 Back	1:15.49	1:09.69	1:05.89	1:03.29		58.79		58.19	
200 Back	2:41.39	2:28.89	2:22.69	2:17.39		2:08.29		2:06.99	
100 Breast	1:25.49	1:18.89	1:13.79	1:11.29		1:05.99		1:05.29	
200 Breast	3:04.09	2:49.99	2:40.49	2:35.79		2:24.39		2:22.89	
100 Fly	1:12.69	1:07.09	1:03.59	1:00.89		56.59		55.99	
200 Fly	2:41.49	2:29.09	2:21.49	2:15.89		2:06.39		2:05.09	
200 IM	2:45.49	2:32.79	2:25.09	2:18.39		2:09.49		2:08.19	
400 IM	5:51.59	5:24.49	5:07.29	4:55.09		4:35.89		4:33.09	

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.