



Pacific Swimming Senior Time Standards 2023-24 Short Course Yards



Revised 10/23/23

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.23, 2.24, 7.24	18U Spring Cup May 2024	Futures - July 2024		Jrs - Winter Dec. 2023	US Open Nov. 2023	Summer Champs - July 2024	
						18 & Under	19 & Over			18 & Under	19 & Over
50 Free	29.99	27.69	26.09	24.89	23.89	23.89	23.69	23.29	22.59	22.79	22.29
100 Free	1:04.99	59.99	56.59	53.99	51.89	51.89	51.49	50.39	49.29	49.69	48.89
200 Free	2:19.99	2:09.29	2:02.69	1:56.29	1:52.89	1:52.29	1:51.49	1:49.09	1:46.69	1:47.39	1:45.89
500 Free	6:12.69	5:43.99	5:29.09	5:10.69	5:02.59	5:02.59	5:00.89	4:53.09	4:45.99	4:48.09	4:43.79
1000 Free	12:51.69	11:52.39	11:21.19	10:39.89	10:20.49	10:20.49	10:19.69	10:08.19	9:52.49	9:56.79	9:48.09
1650 Free	21:27.19	19:48.19	18:57.79	17:46.59	17:14.39	17:14.39	17:10.29	16:54.79	16:25.39	16:32.59	16:18.09
100 Back	1:10.79	1:05.39	1:01.39	59.49	57.09	57.09	56.69	55.09	53.89	54.49	53.29
200 Back	2:32.99	2:21.19	2:13.89	2:08.59	2:04.19	2:04.19	2:03.49	1:59.39	1:56.59	1:57.69	1:55.39
100 Breast	1:21.99	1:15.69	1:10.49	1:07.59	1:05.49	1:05.49	1:04.99	1:03.09	1:01.79	1:02.79	1:00.69
200 Breast	2:56.39	2:42.79	2:32.79	2:28.19	2:22.69	2:22.69	2:22.09	2:17.19	2:13.59	2:15.49	2:11.69
100 Fly	1:10.69	1:05.29	1:01.39	59.19	56.59	56.59	56.19	54.69	53.49	53.99	52.99
200 Fly	2:34.89	2:22.99	2:15.79	2:10.09	2:05.39	2:05.39	2:05.39	2:01.69	1:58.59	1:59.39	1:57.79
200 IM	2:36.79	2:24.79	2:16.99	2:10.49	2:06.39	2:06.39	2:05.49	2:02.19	1:59.49	2:00.59	1:58.29
400 IM	5:32.89	5:07.29	4:52.29	4:39.09	4:30.69	4:30.69	4:30.39	4:21.69	4:13.69	4:15.19	4:12.09
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.23, 2.24, 7.24	18U Spring Cup May 2024	Futures - July 2024		Jrs - Winter Dec. 2023	US Open Nov. 2023	Summer Champs - July 2024	
						18 & Under	19 & Over			18 & Under	19 & Over
50 Free	26.89	24.79	23.29	22.19	21.29	21.29	20.89	20.59	20.09	20.39	19.79
100 Free	58.69	54.19	51.19	48.19	46.39	46.39	45.59	45.09	43.49	44.39	43.99
200 Free	2:08.39	1:58.59	1:52.09	1:45.79	1:41.59	1:41.59	1:40.29	1:38.79	1:36.49	1:38.09	1:35.59
500 Free	5:47.89	5:21.19	5:04.39	4:47.79	4:37.09	4:37.09	4:36.19	4:29.49	4:22.09	4:27.69	4:19.39
1000 Free	12:01.49	11:05.99	10:34.99	9:59.49	9:34.29	9:34.29	9:31.89	9:25.49	9:07.49	9:13.19	9:04.99
1650 Free	20:13.29	18:39.99	17:44.09	16:43.89	16:05.49	16:05.49	15:51.89	15:40.39	15:17.39	15:34.19	15:10.09
100 Back	1:04.69	59.79	55.99	53.89	51.49	51.49	50.69	49.39	47.59	48.89	46.79
200 Back	2:20.69	2:09.89	2:01.59	1:57.29	1:52.79	1:52.79	1:51.99	1:48.29	1:45.49	1:47.09	1:44.39
100 Breast	1:13.59	1:07.89	1:02.89	1:00.89	57.99	57.99	57.09	55.89	54.19	55.29	53.39
200 Breast	2:40.49	2:28.09	2:18.19	2:13.29	2:07.99	2:07.99	2:05.99	2:02.29	1:58.79	2:00.99	1:57.69
100 Fly	1:03.89	58.99	55.49	52.89	50.59	50.59	49.79	48.99	47.79	48.39	47.19
200 Fly	2:22.29	2:11.39	2:04.29	1:58.89	1:53.69	1:53.69	1:52.79	1:49.59	1:45.99	1:47.89	1:45.09
200 IM	2:23.29	2:12.29	2:04.69	1:58.19	1:53.89	1:53.89	1:52.29	1:50.09	1:46.39	1:48.89	1:45.19
400 IM	5:07.69	4:43.99	4:28.59	4:14.69	4:06.99	4:06.99	4:05.09	3:57.59	3:48.79	3:52.69	3:46.99

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.