



Pacific Swimming Senior Time Standards 2019-20 Short Course Yards



Updated 12/5/19

Women	SENIOR OPEN	SENIOR 2	SENIOR CIRCUIT	Western Zone Senior Meet	Sectionals 12.19, 2.20, 7.20	Futures Aug. 2020	Jrs - Winter Dec. 2019	US Open Dec. 2019	USA Swimming Summer Invite	
									18 & Under	19 & Over
50 Free	29.99	27.69	25.39	26.09	24.89	24.09	23.39	22.89	22.79	22.29
100 Free	1:04.99	59.99	54.99	56.49	53.99	52.09	50.69	49.89	49.69	48.89
200 Free	2:19.99	2:09.29	1:58.49	2:01.89	1:56.29	1:52.59	1:49.29	1:47.79	1:47.39	1:45.89
500 Free	6:12.69	5:43.99	5:15.39	5:27.49	5:10.69	5:03.49	4:53.09	4:49.09	4:48.09	4:43.79
1000 Free	12:51.69	11:52.39	10:52.99	11:21.19	10:39.89	10:20.49	10:03.59	9:58.79	9:56.79	9:48.09
1650 Free	21:27.19	19:48.19	18:09.19	18:57.79	17:46.59	17:14.39	16:46.19	16:35.89	16:32.59	16:18.09
100 Back	1:10.79	1:05.39	59.89	1:01.99	59.49	58.09	55.79	54.69	54.49	53.29
200 Back	2:32.99	2:21.19	2:09.49	2:14.79	2:08.59	2:04.99	2:00.99	1:58.09	1:57.69	1:55.39
100 Breast	1:21.99	1:15.69	1:09.39	1:11.39	1:07.59	1:05.99	1:03.19	1:03.09	1:02.89	1:00.69
200 Breast	2:56.39	2:42.79	2:29.29	2:34.59	2:28.19	2:22.69	2:18.79	2:15.89	2:15.49	2:11.69
100 Fly	1:10.69	1:05.29	59.89	1:01.89	59.19	57.49	55.39	54.19	53.99	52.99
200 Fly	2:34.89	2:22.99	2:10.99	2:16.99	2:10.09	2:05.39	2:02.09	1:59.59	1:59.39	1:57.79
200 IM	2:36.79	2:24.79	2:12.69	2:16.69	2:10.49	2:08.29	2:02.69	2:00.99	2:00.59	1:58.29
400 IM	5:32.89	5:07.29	4:41.69	4:51.89	4:39.09	4:30.69	4:22.39	4:15.59	4:15.19	4:12.09
Men	SENIOR OPEN	SENIOR 2	SENIOR CIRCUIT	Western Zone Senior Meet	Sectionals 12.19, 2.20, 7.20	Futures Aug. 2020	Jrs - Winter Dec. 2019	US Open Dec. 2019	USA Swimming Summer Invite	
									18 & Under	19 & Over
50 Free	26.89	24.79	22.79	23.29	22.19	21.39	20.79	20.59	20.49	19.79
100 Free	58.69	54.19	49.69	50.99	48.19	46.49	45.39	44.59	44.39	43.09
200 Free	2:08.39	1:58.59	1:48.69	1:51.59	1:45.79	1:41.79	1:39.39	1:38.79	1:38.39	1:35.59
500 Free	5:47.89	5:21.19	4:54.39	5:05.59	4:47.79	4:37.09	4:30.49	4:28.89	4:28.29	4:19.39
1000 Free	12:01.49	11:05.99	10:10.49	10:34.99	9:59.49	9:34.29	9:25.49	9:15.19	9:13.19	9:04.99
1650 Free	20:13.29	18:39.99	17:06.69	17:44.09	16:43.89	16:05.49	15:46.99	15:34.89	15:34.19	15:10.09
100 Back	1:04.69	59.79	54.79	56.19	53.89	52.09	49.99	49.89	49.69	46.79
200 Back	2:20.69	2:09.89	1:59.09	2:03.09	1:57.29	1:52.79	1:49.99	1:48.39	1:47.99	1:44.79
100 Breast	1:13.59	1:07.89	1:02.19	1:03.79	1:00.89	58.69	56.99	55.99	55.79	53.39
200 Breast	2:40.49	2:28.09	2:15.79	2:18.59	2:13.29	2:08.59	2:04.59	2:01.59	2:01.19	1:58.29
100 Fly	1:03.89	58.99	53.99	56.09	52.89	51.09	49.59	49.19	48.99	47.29
200 Fly	2:22.29	2:11.39	2:00.39	2:04.39	1:58.89	1:53.69	1:51.59	1:48.29	1:47.89	1:45.09
200 IM	2:23.29	2:12.29	2:01.29	2:04.79	1:58.19	1:55.09	1:50.79	1:49.29	1:48.89	1:45.19
400 IM	5:07.69	4:43.99	4:20.39	4:29.99	4:14.69	4:07.59	3:59.09	3:53.49	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.
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Updated 12/5/19

* 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.