



# Pacific Swimming Senior Time Standards 2021-22 Short Course Yards



Updated 9/1/21

Women	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.21, 3.22, 7.22	Futures July 2021	Jrs - Winter Dec. 2021	US Open Dec. 2021	18 & Under Spring Cup
50 Free	29.99	27.69	26.09	24.89	24.09	23.39	22.79	To be Determined
100 Free	1:04.99	59.99	56.49	53.99	52.09	50.69	49.69	
200 Free	2:19.99	2:09.29	2:01.89	1:56.29	1:52.59	1:49.29	1:47.39	
500 Free	6:12.69	5:43.99	5:27.49	5:10.69	5:03.49	4:53.09	4:47.79	
1000 Free	12:51.69	11:52.39	11:21.19	10:39.89	10:20.49	10:06.79	9:56.19	
1650 Free	21:27.19	19:48.19	18:57.79	17:46.59	17:14.39	16:51.29	16:31.49	
100 Back	1:10.79	1:05.39	1:01.99	59.49	58.09	55.39	54.39	
200 Back	2:32.99	2:21.19	2:14.79	2:08.59	2:04.99	2:00.19	1:57.49	
100 Breast	1:21.99	1:15.69	1:11.39	1:07.59	1:05.99	1:03.19	1:02.49	
200 Breast	2:56.39	2:42.79	2:34.59	2:28.19	2:22.69	2:18.29	2:14.89	
100 Fly	1:10.69	1:05.29	1:01.89	59.19	57.49	55.09	53.89	
200 Fly	2:34.89	2:22.99	2:16.99	2:10.09	2:05.39	2:02.09	1:59.19	
200 IM	2:36.79	2:24.79	2:16.69	2:10.49	2:08.29	2:02.69	2:00.39	
400 IM	5:32.89	5:07.29	4:51.89	4:39.09	4:30.69	4:22.39	4:14.79	
Men	SENIOR OPEN	SENIOR 2	Western Zone Senior Meet	Sectionals 12.21, 3.22, 7.22	Futures July 2021	Jrs - Winter Dec. 2021	US Open Dec. 2021	18 & Under Spring Cup
50 Free	26.89	24.79	23.29	22.19	21.39	20.79	20.39	To be Determined
100 Free	58.69	54.19	50.99	48.19	46.49	45.39	44.29	
200 Free	2:08.39	1:58.59	1:51.59	1:45.79	1:41.79	1:39.39	1:37.99	
500 Free	5:47.89	5:21.19	5:05.59	4:47.79	4:37.09	4:30.49	4:26.59	
1000 Free	12:01.49	11:05.99	10:34.99	9:59.49	9:34.29	9:25.49	9:12.69	
1650 Free	20:13.29	18:39.99	17:44.09	16:43.89	16:05.49	15:46.99	15:28.69	
100 Back	1:04.69	59.79	56.19	53.89	52.09	49.99	49.19	
200 Back	2:20.69	2:09.89	2:03.09	1:57.29	1:52.79	1:49.49	1:47.49	
100 Breast	1:13.59	1:07.89	1:03.79	1:00.98	58.69	56.59	55.39	
200 Breast	2:40.49	2:28.09	2:18.59	2:13.29	2:08.59	2:03.79	2:00.79	
100 Fly	1:03.89	58.99	56.09	52.89	51.09	49.59	48.79	
200 Fly	2:22.29	2:11.39	2:04.39	1:58.89	1:53.69	1:50.79	1:47.49	
200 IM	2:23.29	2:12.29	2:04.79	1:58.19	1:55.09	1:50.69	1:48.29	
400 IM	5:07.69	4:43.99	4:29.99	4:14.69	4:07.59	3:58.79	3:51.89	

**Age Restrictions and Bonus Events**

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

Updated 9/1/21

\* 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.