



Pacific Swimming Senior Time Standards 2023-24 Long Course Meters



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		Olympic Trials June 2024
						18 & Under	19 & Over			18 & Under	19 & Over	
50 Free	34.29	31.69	29.89	28.69	27.39	27.39	27.29	26.89	26.29	26.59	25.99	25.69
100 Free	1:14.09	1:08.39	1:04.99	1:01.89	59.29	59.29	59.19	58.19	56.99	57.59	56.39	55.79
200 Free	2:39.49	2:27.19	2:20.09	2:12.99	2:07.79	2:07.79	2:07.79	2:04.99	2:03.09	2:04.29	2:01.79	2:00.89
400 Free	5:34.69	5:08.89	4:54.49	4:39.69	4:28.79	4:28.79	4:28.79	4:23.79	4:19.19	4:21.39	4:16.89	4:15.49
800 Free	11:30.19	10:37.09	10:08.99	9:36.09	9:13.79	9:13.79	9:13.79	9:04.09	8:52.89	8:58.69	8:48.09	8:45.79
1500 Free	22:09.69	20:27.39	19:29.59	18:22.99	17:40.19	17:40.19	17:40.19	17:21.69	17:00.29	17:11.29	16:49.19	16:45.69
100 Back	1:22.29	1:15.99	1:11.79	1:09.49	1:06.79	1:06.79	1:06.79	1:04.79	1:03.69	1:04.39	1:02.89	1:01.89
200 Back	2:55.79	2:42.29	2:34.79	2:29.19	2:23.99	2:23.99	2:23.99	2:19.59	2:16.99	2:18.29	2:15.59	2:13.59
100 Breast	1:33.89	1:26.69	1:21.69	1:18.79	1:15.99	1:15.99	1:15.99	1:13.79	1:12.19	1:13.29	1:10.99	1:10.29
200 Breast	3:21.19	3:05.69	2:57.39	2:49.69	2:43.39	2:43.39	2:43.39	2:38.59	2:36.09	2:38.29	2:33.79	2:31.69
100 Fly	1:19.99	1:13.89	1:10.09	1:07.19	1:04.69	1:04.69	1:04.59	1:02.69	1:01.69	1:02.39	1:00.89	1:00.19
200 Fly	2:55.89	2:42.29	2:33.89	2:27.99	2:21.89	2:21.89	2:21.89	2:18.39	2:15.79	2:16.99	2:14.59	2:13.69
200 IM	3:00.29	2:46.39	2:37.59	2:31.09	2:26.19	2:26.19	2:26.29	2:22.09	2:19.49	2:20.99	2:17.99	2:16.09
400 IM	6:18.79	5:49.69	5:35.09	5:20.09	5:07.29	5:07.29	5:07.29	5:00.29	4:55.29	4:57.29	4:53.19	4:49.89
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		Olympic Trials June 2024
						18 & Under	19 & Over			18 & Under	19 & Over	
50 Free	30.19	27.89	26.79	25.89	24.59	24.59	24.29	24.29	23.39	23.79	23.09	22.79
100 Free	1:07.39	1:02.19	59.19	56.09	53.59	53.59	53.09	52.59	50.99	51.99	50.49	49.99
200 Free	2:27.89	2:16.49	2:09.29	2:03.09	1:57.79	1:57.79	1:56.99	1:55.49	1:52.19	1:54.09	1:51.29	1:49.99
400 Free	5:12.79	4:48.69	4:34.19	4:21.09	4:09.99	4:09.99	4:09.99	4:05.29	3:59.29	4:02.79	3:57.79	3:55.59
800 Free	10:50.69	10:00.69	9:35.09	9:04.69	8:40.69	8:40.69	8:40.69	8:30.99	8:16.09	8:23.09	8:12.99	8:09.69
1500 Free	20:43.39	19:07.79	18:11.69	17:13.49	16:38.99	16:38.99	16:38.99	16:14.79	15:50.99	16:05.09	15:44.89	15:39.89
100 Back	1:15.49	1:09.69	1:05.89	1:03.29	1:00.59	1:00.59	1:00.29	58.89	57.29	58.19	56.59	55.69
200 Back	2:41.39	2:28.89	2:22.69	2:17.39	2:11.89	2:11.89	2:11.89	2:08.29	2:04.49	2:06.99	2:03.29	2:01.69
100 Breast	1:25.49	1:18.89	1:13.79	1:11.29	1:08.19	1:08.19	1:07.59	1:06.59	1:04.09	1:05.29	1:03.29	1:02.19
200 Breast	3:04.09	2:49.99	2:40.49	2:35.79	2:29.09	2:29.09	2:29.09	2:24.79	2:19.69	2:22.89	2:18.09	2:15.99
100 Fly	1:12.69	1:07.09	1:03.59	1:00.89	57.99	57.99	57.49	57.09	55.09	55.99	54.39	53.59
200 Fly	2:41.49	2:29.09	2:21.49	2:15.89	2:10.19	2:10.19	2:10.19	2:06.39	2:02.79	2:05.09	2:01.69	2:00.49
200 IM	2:45.49	2:32.79	2:25.09	2:18.39	2:12.79	2:12.79	2:12.59	2:09.59	2:05.79	2:08.19	2:04.69	2:03.49
400 IM	5:51.59	5:24.49	5:07.29	4:55.09	4:42.39	4:42.39	4:42.39	4:35.89	4:28.79	4:33.09	4:26.89	4:25.19

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.