



Pacific Swimming Senior Time Standards 2015-2016 Short Course



Women	Sr2 Bon./11-12	Sr2/Sr Cir Bon.	Sr Circuit	WZ Senior	Sectional	Futures	Jrs Winter	Jrs Summer
	NMT BB	NMT A	NMT AAA	Clovis	Canyons/ELAC	West-Mt Hood	West-Austin	San Antonio
	2015-16	2015-16	2015-16	2015	2015	2015	2015	2015
50 Free	29.99	27.69	25.39	26.09	24.59	24.39	23.49	22.89
100 Free	1.04.99	59.99	54.99	56.49	53.49	52.19	50.99	49.89
200 Free	2.19.99	2.09.29	1.58.49	2.01.89	1.55.29	1.52.99	1.49.79	1.47.79
500 Free	6.12.69	5.43.99	5.15.39	5.29.69	5.08.79	5.03.49	4.52.09	4.49.09
1000 Free	12.51.69	11.52.39	10.52.99	11.22.69	10.39.39	10.20.49	10.03.59	9.58.79
1650 Free	21.27.19	19.48.19	18.09.19	18.59.69	17.43.29	17.14.39	16.46.19	16.35.89
100 Back	1.10.79	1.05.39	59.89	1.02.69	58.49	58.49	56.59	54.69
200 Back	2.32.99	2.21.19	2.09.49	2.15.29	2.06.19	2.05.79	2.01.29	1.58.09
100 Breast	1.21.99	1.15.69	1.09.39	1.12.49	1.07.39	1.06.29	1.04.29	1.03.09
200 Breast	2.56.39	2.42.79	2.29.29	2.35.99	2.25.09	2.23.09	2.19.79	2.15.89
100 Fly	1.10.69	1.05.29	59.89	1.02.59	57.99	57.89	55.99	54.19
200 Fly	2.34.89	2.22.99	2.10.99	2.16.99	2.07.49	2.06.19	2.03.29	1.59.59
200 IM	2.36.79	2.24.79	2.12.69	2.16.69	2.09.19	2.08.29	2.03.79	2.00.99
400 IM	5.32.89	5.07.29	4.41.69	4.54.49	4.32.39	4.30.69	4.23.69	4.15.59
Men	Sr2 Bon./11-12	Sr2/Sr Cir Bon.	Sr Circuit	WZ Senior	Sectional	Futures	Jrs Winter	Jrs Summer
	NMT BB	NMT A	NMT AAA	Clovis	Canyons/ELAC	West-Mt Hood	West-Austin	San Antonio
	2015-16	2015-16	2015-16	2015	2015	2015	2015	2015
50 Free	26.89	24.79	22.79	23.29	22.09	21.49	20.99	20.59
100 Free	58.69	54.19	49.69	50.99	47.49	46.69	45.79	44.59
200 Free	2.08.39	1.58.59	1.48.69	1.51.59	1.45.59	1.42.09	1.40.29	1.38.79
500 Free	5.47.89	5.12.19	4.54.39	5.07.79	4.46.59	4.37.09	4.32.69	4.29.29
1000 Free	12.01.49	11.05.99	10.10.49	10.38.29	9.48.89	9.34.29	9.25.49	9.15.19
1650 Free	20.13.29	18.39.99	17.06.69	17.52.29	16.41.59	16.05.49	15.46.99	15.37.49
100 Back	1.04.69	59.79	54.79	57.29	53.49	52.49	50.99	49.89
200 Back	2.20.69	2.09.89	1.59.09	2.04.49	1.55.89	1.53.59	1.50.69	1.48.39
100 Breast	1.13.59	1.07.89	1.02.19	1.05.09	59.89	58.89	57.69	55.99
200 Breast	2.40.49	2.28.09	2.15.79	2.21.99	2.09.89	2.08.59	2.05.89	2.01.59
100 Fly	1.03.89	58.99	53.99	56.49	52.69	51.59	50.09	49.19
200 Fly	2.22.29	2.11.39	2.00.39	2.05.89	1.55.79	1.53.69	1.51.59	1.48.29
200 IM	2.23.29	2.12.29	2.01.29	2.04.79	1.56.89	1.55.09	1.52.49	1.49.29
400 IM	5.07.69	4.43.99	4.20.39	4.32.19	4.09.09	4.07.59	4.00.19	3.53.49