MINNESOTA SWIMMING 2016-2017 TIME STANDARDS
SHORT COURSE YARDS
Effective 10/18/2016

KEY: "A" time in **bold** is NOT a NAG Time Standard
* See MSI Website for Junior National Bonus Event Cuts for both Winter 2016 and Summer 2017 meets
All C, 8 & Under, 100 IM times are not National Age Group Motivational Time Standards (referred to as NAG).
CH times are for MSI State meets
Zone times are the 2017-2020 "AAA" NAG Time standard

Adopted: 10/18/16
Last saved: 1/24/17

C	B	BB	A	CH	ZONE	Distance	Stroke	ZONE	CH	A	BB	B	C
GIRLS 8 & UNDER								**BOYS 8 & UNDER**					
				10&U	**10&U**			**10&U**	**10&U**				
55.29	48.09	44.69	41.49	31.39	28.89	**50**	**Free**	28.59	31.09	41.49	44.69	48.09	55.29
2:03.49	1:47.39	1:39.79	1:32.79	1:07.89	1:04.19	**100**	**Free**	1:03.69	1:07.29	1:32.79	1:39.79	1:47.39	2:03.49
1:03.89	55.59	51.69	47.99	37.29	33.29	**50**	**Back**	33.59	37.09	47.99	51.69	55.59	1:03.89
1:12.29	1:02.89	58.49	54.39	42.29	37.99	**50**	**Breast**	37.29	42.79	54.39	58.49	1:02.89	1:12.29
1:08.29	59.39	55.19	51.29	36.29	32.49	**50**	**Fly**	31.99	35.99	51.29	55.19	59.39	1:08.29
2:17.69	1:59.79	1:51.39	1:43.59	1:19.29		**100**	**IM**		1:18.29	1:43.59	1:51.39	1:59.79	2:17.69
GIRLS 10 & UNDER / GIRLS 9-10								**BOYS 10 & UNDER / BOYS 9-10**					
44.79	38.89	35.19	31.49	31.39	28.89	**50**	**Free**	28.59	31.09	**31.19**	34.49	38.09	43.79
1:42.99	1:29.59	1:19.99	1:10.49	1:07.89	1:04.19	**100**	**Free**	1:03.69	1:07.29	1:09.69	1:18.79	1:27.79	1:40.99
3:48.99	3:19.19	2:57.39	2:35.59	2:26.29	2:20.99	**200**	**Free**	2:16.89	2:24.99	2:29.39	2:47.99	3:06.69	3:34.59
9:41.79	8:26.09	7:35.49	6:44.89	6:31.39	6:11.09	**500**	**Free**	6:04.19	6:42.29	**6:42.39**	7:26.99	8:16.69	9:30.99
54.09	46.99	41.89	**37.39**	37.29	33.29	**50**	**Back**	33.59	37.09	**37.19**	42.39	47.69	54.89
1:57.29	1:41.99	1:30.69	1:19.29	1:18.49	1:11.79	**100**	**Back**	1:12.19	1:18.29	1:19.19	1:29.69	1:40.19	1:55.19
1:01.29	53.29	47.49	**42.39**	42.29	37.99	**50**	**Breast**	37.29	42.79	**42.89**	46.59	52.09	59.89
2:15.79	1:58.09	1:44.99	1:31.89	1:30.09	1:23.09	**100**	**Breast**	1:22.39	1:29.59	1:30.19	1:41.89	1:53.59	2:10.59
54.49	47.39	41.79	**36.39**	36.29	32.49	**50**	**Fly**	31.99	35.99	**36.09**	40.49	45.69	52.59
2:11.09	1:53.99	1:39.09	1:24.09	1:22.79	1:14.19	**100**	**Fly**	1:13.89	1:20.99	1:23.49	1:37.99	1:52.39	2:09.19
1:57.99	1:42.59	1:31.69	1:20.79	1:19.29		**100**	**IM**		1:18.29	1:19.49	1:29.39	1:39.39	1:54.29
4:11.19	3:38.49	3:15.59	2:52.69	2:46.29	2:37.39	**200**	**IM**	2:36.19	2:45.39	2:50.99	3:13.19	3:35.49	4:07.69
GIRLS 11-12								**BOYS 11-12**					
38.89	33.79	31.49	29.09	27.49	26.79	**50**	**Free**	25.59	26.99	27.89	30.29	32.59	37.49
1:24.59	1:13.59	1:08.29	1:03.09	59.19	57.79	**100**	**Free**	55.79	57.89	1:00.89	1:05.89	1:10.99	1:21.59
3:05.29	2:41.19	2:29.69	2:18.19	2:08.29	2:06.69	**200**	**Free**	2:02.39	2:05.19	2:13.49	2:24.59	2:35.69	2:58.99
8:13.29	7:09.09	6:38.39	6:07.79	5:39.69	5:37.09	**500**	**Free**	5:27.89	5:28.39	5:57.69	6:27.49	6:57.29	7:59.69
17:00.79	14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	**1000**	**Free**	11:25.59	11:57.89	12:27.89	13:30.19	14:32.59	16:42.99
28:38.29	24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	**1650**	**Free**	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89	28:00.39
44.09	38.29	35.59	32.89	31.99	30.09	**50**	**Back**	29.39	31.79	32.29	35.29	38.19	43.89
1:37.99	1:25.19	1:18.49	1:11.79	1:07.49	1:05.09	**100**	**Back**	1:02.79	1:06.99	1:09.29	1:15.79	1:22.19	1:34.49
3:22.99	2:56.59	2:43.99	2:31.39	2:24.39	2:18.79	**200**	**Back**	2:15.69	2:22.89	2:27.99	2:40.29	2:52.69	3:18.49
49.59	43.09	39.99	36.89	36.29	33.89	**50**	**Breast**	32.79	36.29	**36.39**	39.59	42.89	49.29
1:48.59	1:34.39	1:27.39	1:20.39	1:17.49	1:13.49	**100**	**Breast**	1:11.29	1:17.09	1:18.39	1:25.49	1:32.49	1:46.39
3:53.49	3:23.09	3:08.59	2:54.09	2:46.99	2:39.59	**200**	**Breast**	2:33.19	2:42.29	2:47.09	3:00.99	3:14.89	3:44.09
42.19	36.69	34.09	31.49	30.49	28.89	**50**	**Fly**	28.19	30.29	31.19	34.19	37.09	42.69
1:37.89	1:25.09	1:18.29	1:11.49	1:07.49	1:04.69	**100**	**Fly**	1:02.79	1:06.09	1:09.59	1:16.49	1:23.29	1:35.79
3:27.99	3:00.89	2:47.89	**2:37.49**	2:37.39	2:22.09	**200**	**Fly**	2:18.79	2:31.09	2:31.39	2:43.99	2:56.59	3:22.99
1:37.09	1:24.39	1:18.39	1:12.29	1:08.19		**100**	**IM**		1:07.39	1:09.09	1:14.99	1:20.89	1:32.99
3:27.69	3:00.69	2:47.79	2:34.89	2:25.49	2:21.99	**200**	**IM**	2:17.49	2:22.09	2:30.89	2:44.19	2:57.59	3:24.19
7:21.59	6:24.19	5:56.79	5:29.29	5:19.19	5:01.89	**400**	**IM**	4:53.19	5:12.19	5:19.79	5:46.39	6:13.09	7:08.89
GIRLS 13-14								**BOYS 13-14**					
37.59	32.69	30.29	27.99	26.09	25.69	**50**	**Free**	23.59	24.49	25.69	27.89	29.99	34.49
1:21.39	1:10.79	1:05.79	1:00.69	55.79	55.69	**100**	**Free**	51.59	52.29	56.29	1:00.89	1:05.59	1:15.39
2:56.09	2:33.19	2:22.19	2:11.29	2:00.49	2:00.39	**200**	**Free**	1:52.39	1:52.69	2:02.59	2:12.79	2:22.99	2:44.39
7:50.59	6:49.39	6:20.09	5:50.89	5:23.19	5:21.69	**500**	**Free**	5:03.79	5:05.69	5:31.39	5:58.99	6:26.59	7:24.39
16:07.89	14:01.99	13:01.79	12:01.69	11:04.39	11:01.59	**1000**	**Free**	10:29.49	10:41.09	11:26.69	12:23.89	13:21.19	15:20.99
26:53.29	23:23.49	21:43.19	20:02.99	18:37.99	18:22.79	**1650**	**Free**	17:31.99	17:59.09	19:07.59	20:43.19	22:18.89	25:38.99
1:28.79	1:17.19	1:11.69	1:06.19	1:03.39	1:00.59	**100**	**Back**	56.59	1:00.29	1:01.79	1:06.89	1:12.09	1:22.89
3:12.29	2:47.29	2:35.39	2:23.39	2:16.09	2:11.49	**200**	**Back**	2:03.49	2:08.99	2:14.69	2:25.89	2:37.09	3:00.59
1:41.99	1:28.69	1:22.39	1:15.99	1:12.89	1:09.69	**100**	**Breast**	1:03.99	1:08.09	1:09.79	1:15.59	1:21.39	1:33.59
3:40.69	3:11.99	2:58.29	2:44.59	2:37.19	2:30.89	**200**	**Breast**	2:20.09	2:25.49	2:32.89	2:45.59	2:58.39	3:25.09
1:28.39	1:16.89	1:11.39	1:05.99	1:02.59	1:00.49	**100**	**Fly**	56.09	59.09	1:01.29	1:06.39	1:11.49	1:22.19
3:15.59	2:50.09	2:37.89	2:25.79	2:24.99	2:13.59	**200**	**Fly**	2:04.39	2:11.39	2:15.69	2:26.99	2:38.29	3:01.99
1:33.49	1:21.29	1:15.59	1:09.49	1:05.29		**100**	**IM**		1:02.49	1:04.49	1:10.09	1:15.39	1:26.69
3:17.19	2:51.49	2:39.19	2:26.99	2:16.79	2:14.69	**200**	**IM**	2:05.69	2:07.89	2:17.19	2:28.59	2:39.99	3:03.89
7:00.49	6:05.79	5:39.69	5:13.59	4:51.79	4:47.39	**400**	**IM**	4:28.59	4:37.09	4:52.99	5:17.39	5:41.79	6:32.89

C	B	BB	A	CH	Winter Junior Nationals	Summer Junior Nationals	Distance	Stroke	Summer Junior Nationals	Winter Junior Nationals	CH	A	BB	B	C
GIRLS 15-16 / GIRLS 17 & OVER / SENIOR									**BOYS 15-16 / BOYS 17 & OVER / SENIOR**						
36.89	32.09	29.79	27.49	25.49	23.49	22.89	**50**	**Free**	20.59	20.99	23.09	24.79	26.79	28.89	33.29
1:19.99	1:09.59	1:04.59	59.59	54.29	50.99	49.89	**100**	**Free**	44.59	45.79	49.59	53.89	58.39	1:02.89	1:12.29
2:52.29	2:29.89	2:19.19	2:08.49	1:56.49	1:49.79	1:47.79	**200**	**Free**	1:38.79	1:40.29	1:47.49	1:57.69	2:07.49	2:17.29	2:37.89
7:40.59	6:40.69	6:12.09	5:43.49	5:15.89	4:52.09	4:49.09	**500**	**Free**	4:29.29	4:32.69	4:53.19	5:19.39	5:45.99	6:12.59	7:08.29
15:53.09	13:49.19	12:49.99	11:50.79	11:03.89	10:03.59	9:58.79	**1000**	**Free**	9:15.19	9:25.49	10:33.19	11:02.59	11:57.79	12:52.99	14:48.49
26:32.19	23:05.19	21:26.19	19:47.29	18:32.99	16:46.19	16:35.89	**1650**	**Free**	15:37.49	15:46.99	17:54.99	18:30.39	20:02.89	21:35.39	24:48.99
1:26.69	1:15.39	1:10.09	1:04.69	1:01.49	56.59	54.69	**100**	**Back**	49.89	50.99	57.09	58.59	1:03.49	1:08.39	1:18.69
3:08.69	2:44.09	2:32.39	2:20.69	2:12.89	2:01.29	1:58.09	**200**	**Back**	1:48.39	1:50.69	2:05.79	2:08.49	2:19.19	2:29.89	2:52.29
1:39.89	1:26.89	1:20.69	1:14.49	1:10.69	1:04.29	1:03.09	**100**	**Breast**	55.99	33:36.00	1:04.19	1:06.49	1:12.09	1:17.59	1:29.19
3:36.39	3:08.19	2:54.69	2:41.29	2:34.19	2:19.79	2:15.89	**200**	**Breast**	2:01.59	2:05.89	2:21.29	2:24.59	2:36.59	2:48.69	3:13.89
1:26.69	1:15.39	1:09.99	1:04.59	1:00.49	55.99	54.19	**100**	**Fly**	49.19	50.09	55.79	58.59	1:03.39	1:08.29	1:18.49
3:11.79	2:46.79	2:34.89	2:22.89	2:19.79	2:03.29	1:59.79	**200**	**Fly**	1:48.29	1:51.59	2:08.79	2:09.79	2:20.59	2:31.39	2:36.09
1:31.19	1:19.29	1:13.69	1:07.79	1:03.69			**100**	**IM**			59.69	1:01.59	1:06.99	1:12.09	1:22.89
3:13.39	2:48.19	2:36.19	2:24.19	2:13.59	2:03.79	2:00.99	**200**	**IM**	1:49.29	1:52.49	2:02.09	2:10.89	2:21.79	2:32.69	2:55.59
6:51.09	5:57.59	5:31.99	5:06.49	4:47.19	4:23.69	4:15.99	**400**	**IM**	3:53.49	4:00.19	4:31.49	4:42.09	5:05.59	5:29.09	6:18.29