

MINNESOTA SWIMMING 2017-2018 TIME STANDARDS

LONG COURSE METERS

Effective: 10/17/17

KEY: * See MSI Website for Junior National Bonus Event Cuts for both Winter 2017 and Summer 2018 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
 New faster "CH" time
 CH time in bold is slower than previous CH
 "A" and "CH" time are the same

Adopted: 10/17/17
 Last saved: 10/19/17

| GIRLS 8 & UNDER | | | | | | | | | | | | | BOYS 8 & UNDER | | | | | | | | | | | | | | | | |
|-------------------------------|----------|----------|----------------|----------------|----------|--|----------|--------|----------|-----------------|----------|----------|-----------------------------|----------|----------|----------|----------------|-----------------|----------------|---------|--------|----------|----------------|-----------------|----------------|----------|----------|----------|---------|
| C | B | BB | A | CH | ZONE | | Distance | Stroke | ZONE | CH | A | BB | B | C | C | B | BB | A | CH | ZONE | | Distance | Stroke | ZONE | CH | A | BB | B | C |
| 10&U | | | | | | | | | | | | | 10&U | | | | | | | | | | | | | | | | |
| 1:03.39 | 55.09 | 51.19 | 47.59 | 35.59 | 32.79 | | 50 | Free | 32.79 | 35.49 | 47.59 | 51.19 | 55.09 | 1:03.39 | 1:03.39 | 55.09 | 51.19 | 47.59 | 35.49 | 32.79 | | 50 | Free | 32.79 | 35.49 | 47.59 | 51.19 | 55.09 | 1:03.39 |
| 2:07.89 | 1:51.19 | 1:43.39 | 1:36.09 | 1:20.59 | 1:13.29 | | 100 | Free | 1:12.99 | 1:19.89 | 1:36.09 | 1:43.39 | 1:51.19 | 2:07.89 | 2:07.89 | 1:51.19 | 1:43.39 | 1:36.09 | 1:19.89 | 1:12.99 | | 100 | Free | 1:12.99 | 1:19.89 | 1:36.09 | 1:43.39 | 1:51.19 | 2:07.89 |
| 1:15.09 | 1:05.29 | 1:00.69 | 56.39 | 42.89 | 38.89 | | 50 | Back | 38.89 | 42.89 | 56.39 | 1:00.69 | 1:05.29 | 1:15.09 | 1:15.09 | 1:05.29 | 1:00.69 | 56.39 | 42.89 | 38.89 | | 50 | Back | 38.89 | 42.89 | 56.39 | 1:00.69 | 1:05.29 | 1:15.09 |
| 1:25.59 | 1:14.39 | 1:09.19 | 1:04.29 | 47.49 | 43.09 | | 50 | Breast | 42.69 | 46.99 | 1:04.29 | 1:09.19 | 1:14.39 | 1:25.59 | 1:25.59 | 1:14.39 | 1:09.19 | 1:04.29 | 46.99 | 42.69 | | 50 | Breast | 42.69 | 46.99 | 1:04.29 | 1:09.19 | 1:14.39 | 1:25.59 |
| 1:23.59 | 1:12.69 | 1:07.59 | 1:02.79 | 40.99 | 36.69 | | 50 | Fly | 36.29 | 40.19 | 1:02.79 | 1:07.59 | 1:12.69 | 1:23.59 | 1:23.59 | 1:12.69 | 1:07.59 | 1:02.79 | 40.19 | 36.29 | | 50 | Fly | 36.29 | 40.19 | 1:02.79 | 1:07.59 | 1:12.69 | 1:23.59 |
| GIRLS 10 & UNDER / GIRLS 9-10 | | | | | | | | | | | | | BOYS 10 & UNDER / BOYS 9-10 | | | | | | | | | | | | | | | | |
| 50.69 | 44.09 | 39.89 | 35.59 | 35.59 | 32.79 | | 50 | Free | 32.79 | 35.49 | 39.49 | 43.59 | 50.19 | 50.19 | 43.59 | 39.49 | 35.49 | 32.79 | | 50 | Free | 32.79 | 35.49 | 39.49 | 43.59 | 50.19 | | | |
| 1:57.69 | 1:42.39 | 1:31.49 | 1:20.59 | 1:20.59 | 1:13.29 | | 100 | Free | 1:12.99 | 1:19.89 | 1:30.29 | 1:40.69 | 1:57.79 | 1:57.79 | 1:40.69 | 1:30.29 | 1:19.89 | 1:12.99 | | 100 | Free | 1:12.99 | 1:19.89 | 1:30.29 | 1:40.69 | 1:57.79 | | | |
| 4:19.59 | 3:45.79 | 3:20.99 | 2:56.29 | 2:56.29 | 2:39.79 | | 200 | Free | 2:36.59 | 2:50.79 | 3:12.09 | 3:33.49 | 4:05.39 | 4:05.39 | 3:33.49 | 3:12.09 | 2:50.79 | 2:36.59 | | 200 | Free | 2:36.59 | 2:50.79 | 3:12.09 | 3:33.49 | 4:05.39 | | | |
| 8:45.09 | 7:36.79 | 6:51.09 | 6:05.39 | 6:05.39 | 5:34.99 | | 400 | Free | 5:29.69 | 5:59.59 | 6:44.59 | 7:29.49 | 8:36.69 | 8:36.69 | 7:29.49 | 6:44.59 | 5:59.59 | 5:29.69 | | 400 | Free | 5:29.69 | 5:59.59 | 6:44.59 | 7:29.49 | 8:36.69 | | | |
| 1:03.09 | 54.89 | 48.89 | 42.89 | 42.89 | 38.89 | | 50 | Back | 38.89 | 42.99 | 42.99 | 49.19 | 55.29 | 1:03.59 | 1:03.59 | 55.29 | 49.19 | 42.99 | 38.89 | | 50 | Back | 38.89 | 42.99 | 42.99 | 49.19 | 55.29 | 1:03.59 | |
| 2:17.09 | 1:59.19 | 1:45.99 | 1:32.69 | 1:32.69 | 1:23.89 | | 100 | Back | 1:23.39 | 1:31.49 | 1:43.59 | 1:55.69 | 2:12.99 | 2:12.99 | 1:55.69 | 1:43.59 | 1:31.49 | 1:23.39 | | 100 | Back | 1:23.39 | 1:31.49 | 1:43.59 | 1:55.69 | 2:12.99 | | | |
| 1:09.59 | 1:00.49 | 53.99 | 47.49 | 47.49 | 43.09 | | 50 | Breast | 42.69 | 46.99 | 53.29 | 59.69 | 1:08.69 | 1:08.69 | 59.69 | 53.29 | 46.99 | 42.69 | | 50 | Breast | 42.69 | 46.99 | 53.29 | 59.69 | 1:08.69 | | | |
| 2:37.19 | 2:16.69 | 2:01.49 | 1:46.29 | 1:46.29 | 1:36.19 | | 100 | Breast | 1:35.09 | 1:44.19 | 1:57.69 | 2:11.29 | 2:30.99 | 2:30.99 | 2:11.29 | 1:57.69 | 1:44.19 | 1:35.09 | | 100 | Breast | 1:35.09 | 1:44.19 | 1:57.69 | 2:11.29 | 2:30.99 | | | |
| 1:01.59 | 53.59 | 47.29 | 40.99 | 40.99 | 36.69 | | 50 | Fly | 36.29 | 40.19 | 40.19 | 51.79 | 59.59 | 59.59 | 51.79 | 40.19 | 40.19 | 36.29 | | 50 | Fly | 36.29 | 40.19 | 40.19 | 51.79 | 59.59 | | | |
| 2:29.49 | 2:09.99 | 1:52.99 | 1:35.99 | 1:35.99 | 1:24.59 | | 100 | Fly | 1:23.99 | 1:34.99 | 1:51.39 | 2:07.79 | 2:26.89 | 2:26.89 | 2:07.79 | 1:51.39 | 1:34.99 | 1:23.99 | | 100 | Fly | 1:23.99 | 1:34.99 | 1:51.39 | 2:07.79 | 2:26.89 | | | |
| 4:46.69 | 4:09.39 | 3:43.19 | 3:17.09 | 3:17.09 | 2:59.59 | | 200 | IM | 2:58.39 | 3:15.39 | 3:40.79 | 4:06.19 | 4:42.99 | 4:42.99 | 4:06.19 | 3:40.79 | 3:15.39 | 2:58.39 | | 200 | IM | 2:58.39 | 3:15.39 | 3:40.79 | 4:06.19 | 4:42.99 | | | |
| GIRLS 11-12 | | | | | | | | | | | | | BOYS 11-12 | | | | | | | | | | | | | | | | |
| 44.29 | 38.49 | 35.79 | 33.19 | 31.49 | 30.49 | | 50 | Free | 29.39 | 31.49 | 32.09 | 34.69 | 37.39 | 42.99 | 42.99 | 37.39 | 32.09 | 31.49 | 29.39 | | 50 | Free | 29.39 | 31.49 | 32.09 | 34.69 | 37.39 | 42.99 | |
| 1:37.19 | 1:24.49 | 1:18.49 | 1:12.49 | 1:07.99 | 1:06.39 | | 100 | Free | 1:03.99 | 1:07.99 | 1:09.89 | 1:15.69 | 1:21.49 | 1:33.69 | 1:33.69 | 1:21.49 | 1:09.89 | 1:07.99 | 1:03.99 | | 100 | Free | 1:03.99 | 1:07.99 | 1:09.89 | 1:15.69 | 1:21.49 | 1:33.69 | |
| 3:30.99 | 3:03.49 | 2:50.39 | 2:37.29 | 2:27.29 | 2:24.19 | | 200 | Free | 2:19.79 | 2:27.29 | 2:32.49 | 2:45.19 | 2:57.89 | 3:24.49 | 3:24.49 | 2:57.89 | 2:32.49 | 2:27.29 | 2:19.79 | | 200 | Free | 2:19.79 | 2:27.29 | 2:32.49 | 2:45.19 | 2:57.89 | 3:24.49 | |
| 7:21.29 | 6:23.89 | 5:56.49 | 5:29.09 | 5:09.79 | 5:01.69 | | 400 | Free | 4:55.09 | 5:09.79 | 5:21.89 | 5:48.69 | 6:15.49 | 7:11.59 | 7:11.59 | 6:15.49 | 5:21.89 | 5:09.79 | 4:55.09 | | 400 | Free | 4:55.09 | 5:09.79 | 5:21.89 | 5:48.69 | 6:15.49 | 7:11.59 | |
| 15:27.39 | 13:26.79 | 12:29.19 | 11:31.59 | 11:03.59 | 10:33.99 | | 800 | Free | 10:22.09 | 11:03.59 | 11:18.59 | 12:15.19 | 13:11.69 | 15:09.99 | 15:09.99 | 13:11.69 | 11:18.59 | 11:03.59 | 10:22.09 | | 800 | Free | 10:22.09 | 11:03.59 | 11:18.59 | 12:15.19 | 13:11.69 | 15:09.99 | |
| 29:36.79 | 25:45.79 | 23:55.39 | 22:04.99 | 21:09.79 | 20:14.59 | | 1500 | Free | 19:49.19 | 20:43.29 | 21:37.39 | 23:25.49 | 25:13.59 | 28:59.79 | 28:59.79 | 25:13.59 | 21:37.39 | 20:43.29 | 19:49.19 | | 1500 | Free | 19:49.19 | 20:43.29 | 21:37.39 | 23:25.49 | 25:13.59 | 28:59.79 | |
| 50.99 | 44.29 | 41.19 | 37.99 | 37.39 | 34.79 | | 50 | Back | 34.09 | 37.39 | 37.49 | 40.89 | 44.19 | 50.79 | 50.79 | 44.19 | 37.49 | 37.39 | 34.09 | | 50 | Back | 34.09 | 37.39 | 37.49 | 40.89 | 44.19 | 50.79 | |
| 1:53.69 | 1:38.89 | 1:31.09 | 1:23.29 | 1:19.49 | 1:15.49 | | 100 | Back | 1:13.89 | 1:19.49 | 1:21.49 | 1:29.09 | 1:36.79 | 1:51.29 | 1:51.29 | 1:36.79 | 1:21.49 | 1:19.49 | 1:13.89 | | 100 | Back | 1:13.89 | 1:19.49 | 1:21.49 | 1:29.09 | 1:36.79 | 1:51.29 | |
| 3:55.39 | 3:24.79 | 3:10.19 | 2:55.59 | 2:48.59 | 2:40.89 | | 200 | Back | 2:37.79 | 2:48.59 | 2:52.19 | 3:06.49 | 3:20.79 | 3:50.79 | 3:50.79 | 3:20.79 | 2:52.19 | 2:48.59 | 2:37.79 | | 200 | Back | 2:37.79 | 2:48.59 | 2:52.19 | 3:06.49 | 3:20.79 | 3:50.79 | |
| 56.39 | 48.99 | 45.49 | 41.99 | 41.59 | 38.49 | | 50 | Breast | 37.69 | 41.59 | 41.59 | 45.39 | 49.29 | 56.69 | 56.69 | 49.29 | 41.59 | 41.59 | 37.69 | | 50 | Breast | 37.69 | 41.59 | 41.59 | 45.39 | 49.29 | 56.69 | |
| 2:05.89 | 1:49.49 | 1:41.39 | 1:33.39 | 1:30.39 | 1:25.29 | | 100 | Breast | 1:22.19 | 1:30.39 | 1:38.49 | 1:46.69 | 2:02.69 | 2:02.69 | 1:46.69 | 1:38.49 | 1:30.39 | 1:22.19 | | 100 | Breast | 1:22.19 | 1:30.39 | 1:38.49 | 1:46.69 | 2:02.69 | | | |
| 4:27.49 | 3:52.69 | 3:36.09 | 3:19.49 | 3:12.59 | 3:02.79 | | 200 | Breast | 2:56.59 | 3:12.59 | 3:28.69 | 3:44.69 | 4:18.29 | 4:18.29 | 3:44.69 | 3:28.69 | 3:12.59 | 2:56.59 | | 200 | Breast | 2:56.59 | 3:12.59 | 3:28.69 | 3:44.69 | 4:18.29 | | | |
| 47.49 | 41.29 | 38.29 | 35.39 | 34.79 | 32.49 | | 50 | Fly | 31.99 | 34.79 | 35.29 | 38.69 | 41.99 | 48.29 | 48.29 | 41.99 | 35.29 | 34.79 | 31.99 | | 50 | Fly | 31.99 | 34.79 | 35.29 | 38.69 | 41.99 | 48.29 | |
| 1:50.59 | 1:36.19 | 1:28.49 | 1:20.79 | 1:18.29 | 1:13.19 | | 100 | Fly | 1:10.89 | 1:18.29 | 1:26.29 | 1:33.99 | 1:38.09 | 1:38.09 | 1:33.99 | 1:26.29 | 1:18.29 | 1:10.89 | | 100 | Fly | 1:10.89 | 1:18.29 | 1:26.29 | 1:33.99 | 1:38.09 | | | |
| 3:55.59 | 3:24.89 | 3:10.69 | 2:55.59 | 2:55.59 | 2:40.99 | | 200 | Fly | 2:38.79 | 2:53.19 | 3:07.69 | 3:22.09 | 3:52.29 | 3:52.29 | 3:22.09 | 3:07.69 | 2:53.19 | 2:38.79 | | 200 | Fly | 2:38.79 | 2:53.19 | 3:07.69 | 3:22.09 | 3:52.29 | | | |
| 3:57.19 | 3:26.29 | 3:11.49 | 2:56.79 | 2:46.79 | 2:42.09 | | 200 | IM | 2:38.49 | 2:46.79 | 3:09.29 | 3:24.69 | 3:55.29 | 3:55.29 | 3:24.69 | 3:09.29 | 2:46.79 | 2:38.49 | | 200 | IM | 2:38.49 | 2:46.79 | 3:09.29 | 3:24.69 | 3:55.29 | | | |
| 8:25.39 | 7:19.69 | 6:48.29 | 6:16.89 | 6:04.59 | 5:45.49 | | 400 | IM | 5:37.99 | 6:04.59 | 6:39.39 | 7:10.19 | 8:14.49 | 8:14.49 | 7:10.19 | 6:39.39 | 6:04.59 | 5:37.99 | | 400 | IM | 5:37.99 | 6:04.59 | 6:39.39 | 7:10.19 | 8:14.49 | | | |
| GIRLS 13-14 | | | | | | | | | | | | | BOYS 13-14 | | | | | | | | | | | | | | | | |
| 42.89 | 37.29 | 34.59 | 31.99 | 29.49 | 29.29 | | 50 | Free | 27.09 | 27.99 | 29.49 | 31.99 | 34.39 | 39.59 | 39.59 | 34.39 | 29.49 | 27.99 | 27.09 | | 50 | Free | 27.09 | 27.99 | 29.49 | 31.99 | 34.39 | 39.59 | |
| 1:33.39 | 1:21.19 | 1:15.39 | 1:09.59 | 1:03.79 | 1:03.79 | | 100 | Free | 59.29 | 1:00.29 | 1:04.59 | 1:09.99 | 1:15.39 | 1:26.69 | 1:26.69 | 1:15.39 | 1:04.59 | 1:00.29 | 59.29 | | 100 | Free | 59.29 | 1:00.29 | 1:04.59 | 1:09.99 | 1:15.39 | 1:26.69 | |
| 3:21.29 | 2:55.09 | 2:42.59 | 2:30.09 | 2:17.59 | 2:17.59 | | 200 | Free | 2:08.89 | 2:10.49 | 2:20.59 | 2:32.29 | 2:44.09 | 3:08.69 | 3:08.69 | 2:44.09 | 2:20.59 | 2:10.49 | 2:08.89 | | 200 | Free | 2:08.89 | 2:10.49 | 2:20.59 | 2:32.29 | 2:44.09 | 3:08.69 | |
| 7:02.09 | 6:07.19 | 5:40.89 | 5:14.69 | 4:50.49 | 4:48.49 | | 400 | Free | 4:34.29 | 4:38.09 | 4:59.19 | 5:24.09 | 5:49.09 | 6:41.29 | 6:41.29 | 5:49.09 | 4:59.19 | 4:38.09 | 4:34.29 | | 400 | Free | 4:34.29 | 4:38.09 | 4:59.19 | 5:24.09 | 5:49.09 | 6:41.29 | |
| 14:28.99 | 12:35.99 | 11:41.99 | 10:47.99 | 9:58.49 | 9:53.99 | | 800 | Free | 9:30.29 | 9:56.29 | 10:22.19 | 11:13.99 | | | | | | | | | | | | | | | | | |