

MINNESOTA SWIMMING 2019-2020 TIME STANDARDS

LONG COURSE METERS

Effective: 10/1/19

Adopted: 10/15/19

BRNZ	SLVR	GOLD	CH	ZONE	Event	ZONE	CH	GOLD	SLVR	BRNZ
Girls 8 & Under					Boys 8 & Under					
1:07.39	:58.09	:51.09	:46.49	:32.79	50 Free	:32.79	:50.29	:55.29	1:02.79	1:12.89
2:39.29	2:17.39	2:00.89	1:49.85	1:13.29	100 Free	1:12.99	1:55.09	2:06.59	2:23.79	2:46.79
1:19.29	1:08.39	1:00.19	:54.69	:38.89	50 Back	:38.89	:58.05	1:03.89	1:12.59	1:24.19
1:32.69	1:19.89	1:10.29	1:03.89	:43.09	50 Breast	:42.69	1:07.29	1:13.99	1:24.09	1:37.59
1:31.19	1:18.59	1:09.19	1:02.89	:36.69	50 Fly	:36.29	1:11.49	1:18.69	1:29.39	1:43.69
Girls 10 & Under/Girls 9-10					Boys 10 & Under/Boys 9-10					
:51.99	:44.79	:39.39	:35.79	:32.79	50 Free	:32.79	:36.79	:41.39	:45.89	:53.29
1:56.39	1:40.29	1:28.29	1:20.29	1:13.29	100 Free	1:12.99	1:22.09	1:30.29	1:42.59	1:58.99
4:18.09	3:42.49	3:15.79	2:57.99	2:39.79	200 Free	2:36.59	3:02.19	3:20.49	3:47.79	4:24.19
9:19.89	8:02.69	7:04.79	6:26.19	5:34.99	400 Free	5:29.69	6:17.59	6:55.39	7:51.99	9:07.49
1:02.29	:53.69	:47.29	:42.99	:38.89	50 Back	:38.89	:44.59	:48.99	:55.69	1:04.59
2:15.09	1:56.49	1:42.49	1:33.19	1:23.89	100 Back	1:23.39	1:35.19	1:44.69	1:58.99	2:17.99
1:12.09	1:02.19	:54.69	:49.69	:43.09	50 Breast	:42.69	:53.39	:58.79	1:06.79	1:17.49
2:35.79	2:14.29	1:58.19	1:47.49	1:36.19	100 Breast	1:35.09	1:54.39	2:05.89	2:22.99	2:45.89
1:00.79	:52.49	:46.19	:41.99	:36.69	50 Fly	:36.29	:46.59	:51.29	:58.19	1:07.59
2:29.79	2:09.09	1:53.59	1:43.29	1:24.59	100 Fly	1:23.99	2:01.59	2:13.79	2:31.99	2:56.29
4:54.29	4:13.69	3:43.19	3:22.89	2:59.59	200 IM	2:58.39	3:31.69	3:52.79	4:24.59	5:06.89
Girls 11-12					Boys 11-12					
:44.89	:38.69	:33.99	:30.99	:30.49	50 Free	:29.39	:31.69	:34.79	:39.59	:45.89
1:37.99	1:24.49	1:14.39	1:07.99	1:06.39	100 Free	1:03.99	1:09.39	1:16.39	1:26.79	1:40.69
3:38.29	3:08.19	2:45.59	2:30.49	2:24.19	200 Free	2:19.79	2:34.49	2:49.89	3:13.09	3:43.99
7:48.59	6:43.99	5:55.49	5:23.19	5:01.69	400 Free	4:55.09	5:25.29	5:57.89	6:46.69	7:51.69
15:30.59	13:22.29	11:45.99	10:41.79	10:33.99	800 Free	10:22.09	11:36.79	12:46.49	14:30.99	16:50.39
32:13.29	27:46.69	24:26.69	22:13.29	20:14.59	1500 Free	19:49.19	21:45.49	23:56.09	27:11.89	31:32.99
:53.19	:45.89	:40.39	:36.69	:34.79	50 Back	:34.09	:38.19	:41.99	:47.69	:55.39
1:53.79	1:38.09	1:26.29	1:18.49	1:15.49	100 Back	1:13.89	1:22.69	1:30.89	1:43.29	1:59.89
4:02.19	3:28.79	3:03.79	2:47.09	2:40.89	200 Back	2:37.79	2:57.09	3:14.79	3:41.29	4:16.69
:59.99	:51.69	:45.49	:41.39	:38.49	50 Breast	:37.69	:43.69	:48.09	:54.59	1:03.39
2:12.69	1:54.39	1:40.69	1:31.49	1:25.29	100 Breast	1:22.19	1:34.99	1:44.49	1:58.69	2:17.69
4:41.39	4:02.59	3:33.49	3:14.09	3:02.79	200 Breast	2:56.59	3:22.29	3:42.49	4:12.79	4:53.29
:49.49	:42.59	:37.49	:34.09	:32.49	50 Fly	:31.99	:35.89	:39.49	:44.79	:51.99
1:52.69	1:37.09	1:25.49	1:17.69	1:13.19	100 Fly	1:10.89	1:22.29	1:30.49	1:42.79	1:59.29
4:27.39	3:50.49	3:22.89	3:04.39	2:40.99	200 Fly	2:38.79	3:01.89	3:20.09	3:47.39	4:23.69
4:11.49	3:36.79	3:10.79	2:53.49	2:42.09	200 IM	2:38.49	2:55.19	3:12.69	3:38.99	4:13.99
9:13.49	7:57.09	6:59.89	6:21.69	5:45.49	400 IM	5:37.99	6:22.89	7:01.19	7:58.59	9:15.09
Girls 13-14					Boys 13-14					
:42.39	:36.59	:32.19	:29.29	:29.29	50 Free	:27.09	:27.79	:30.59	:34.79	:40.29
1:32.49	1:19.79	1:10.19	1:03.79	1:03.79	100 Free	:59.29	1:01.29	1:07.39	1:16.59	1:28.89
3:20.19	2:52.59	2:31.89	2:18.09	2:17.59	200 Free	2:08.89	2:14.69	2:28.19	2:48.39	3:15.29
7:04.79	6:06.19	5:22.29	4:52.99	4:48.49	400 Free	4:34.29	4:52.59	5:21.89	6:05.79	7:04.29
14:22.99	12:23.99	10:54.69	9:55.19	9:53.99	800 Free	9:30.29	9:41.19	10:39.39	12:06.49	14:02.79
27:55.39	24:04.29	21:10.99	19:15.39	18:56.49	1500 Free	18:09.39	19:00.89	20:54.89	23:46.09	27:34.19
1:45.99	1:31.39	1:20.49	1:13.09	1:10.69	100 Back	1:06.29	1:12.19	1:19.39	1:30.19	1:44.59
3:47.69	3:16.29	2:52.69	2:36.99	2:31.79	200 Back	2:23.59	2:35.49	2:51.09	3:14.39	3:45.49
2:02.19	1:45.39	1:32.69	1:24.29	1:20.39	100 Breast	1:14.59	1:21.89	1:30.09	1:42.29	1:58.69
4:24.89	3:48.39	3:20.99	3:02.69	2:53.99	200 Breast	2:42.09	2:58.79	3:16.69	3:43.49	4:19.19
1:44.19	1:29.79	1:19.09	1:11.89	1:08.59	100 Fly	1:03.89	1:10.19	1:17.19	1:27.79	1:41.79
3:59.29	3:26.29	3:01.49	2:44.99	2:31.89	200 Fly	2:23.19	2:42.39	2:58.59	3:22.99	3:55.39
3:50.09	3:18.39	2:54.59	2:38.69	2:35.19	200 IM	2:25.59	2:32.89	2:48.19	3:11.19	3:41.69
8:16.69	7:08.19	6:16.79	5:42.59	5:27.99	400 IM	5:08.59	5:36.29	6:09.89	7:00.29	8:07.59
Girls 15-16/Girls 17 & Over/Senior					Boys 15-16/Boys 17 & Over/Senior					
:42.49	:36.69	:32.29	:29.29		50 Free	:26.79	:29.49	:33.49	:38.89	
1:31.09	1:18.49	1:09.09	1:02.79		100 Free	:57.69	1:03.49	1:12.19	1:23.69	
3:15.79	2:48.79	2:28.49	2:14.99		200 Free	2:04.09	2:16.59	2:35.19	2:59.99	
6:54.29	5:57.19	5:14.29	4:45.69		400 Free	4:26.89	4:53.59	5:33.69	6:27.09	
14:19.19	12:20.69	10:51.79	9:52.49		800 Free	9:14.59	10:10.09	11:33.29	13:24.19	
28:04.39	24:11.99	21:17.79	19:21.59		1500 Free	17:58.39	19:46.29	22:27.99	26:03.69	
1:45.49	1:30.89	1:19.99	1:12.69		100 Back	1:07.49	1:17.29	1:24.39	1:37.89	
3:45.39	3:14.29	2:50.99	2:35.39		200 Back	2:25.19	2:39.79	3:01.49	3:30.59	
2:02.59	1:45.69	1:32.99	1:24.49		100 Breast	1:16.29	1:23.99	1:35.39	1:50.69	
4:19.49	3:43.69	3:16.79	2:58.89		200 Breast	2:44.29	3:00.79	3:25.39	3:58.29	
1:41.99	1:27.89	1:17.39	1:10.29		100 Fly	1:03.99	1:10.39	1:19.99	1:32.79	
3:52.89	3:20.79	2:56.69	2:40.59		200 Fly	2:25.39	2:39.99	3:01.79	3:30.89	
3:42.79	3:11.99	2:48.99	2:33.59		200 IM	2:21.39	2:35.59	2:56.79	3:25.09	
7:58.69	6:52.69	6:03.19	5:30.09		400 IM	5:06.69	5:37.39	6:23.39	7:24.79	

CH times are for MNSI State Meets. SILVER Standard is the minimum for MRC
 ZONE times are the 2017-2020 "AAA" National Age Group (NAG) Time Standard

See Senior Time Standards for Futures and Junior National Cuts and Bonus Cuts for Winter and Summer

See USA Swimming Website for NAG Time Standards