

# MINNESOTA SWIMMING 2018-2019 TIME STANDARDS

## LONG COURSE METERS

Effective: 10/1/2018

**KEY:** CH times are for MSI State meets

Zone times are the 2017-2020 "AAA" National Age Group (NAG) Time standard

MAC Meet Qualifying time will be Verified Times up to the MRC Time Standard

\* See MSI Website for Junior National Bonus Event Cuts for both Winter 2018 and Summer 2019 meets

\* See USA Swimming Website for NAG Time Standards

Adopted: 9/18/18

Last saved: 10/9/18

MRC	CH	ZONE		Distance	Stroke	ZONE	CH	MRC	
GIRLS 8 & UNDER									
			8&U	10&U					
BOYS 8 & UNDER									
			10&U	8&U					
55.09	44.99	32.79		50	Free	32.79	44.99	55.09	
1:51.19	1:41.89	1:13.29		100	Free	1:12.99	1:41.89	1:51.19	
1:05.29	52.39	38.89		50	Back	38.89	52.39	1:05.29	
1:14.39	58.69	43.09		50	Breast	42.69	58.69	1:14.39	
1:12.69	57.49	36.69		50	Fly	36.29	57.49	1:12.69	
GIRLS 10 & UNDER / GIRLS 9-10									
44.09	35.59	32.79		50	Free	32.79	35.49	43.59	
1:42.39	1:20.59	1:13.29		100	Free	1:12.99	1:19.89	1:40.69	
3:45.79	2:56.29	2:39.79		200	Free	2:36.59	2:50.79	3:33.49	
7:36.79	6:05.39	5:34.99		400	Free	5:29.69	5:59.59	7:29.49	
54.89	42.89	38.89		50	Back	38.89	42.99	55.29	
1:59.19	1:32.69	1:23.89		100	Back	1:23.39	1:31.49	1:55.69	
1:00.49	47.49	43.09		50	Breast	42.69	46.99	59.69	
2:16.69	1:46.29	1:36.19		100	Breast	1:35.09	1:44.19	2:11.29	
53.59	40.99	36.69		50	Fly	36.29	40.19	51.79	
2:09.99	1:35.99	1:24.59		100	Fly	1:23.99	1:34.99	2:07.79	
4:09.39	3:17.09	2:59.59		200	IM	2:58.39	3:15.39	4:06.19	
GIRLS 11-12									
38.49	31.49	30.49		50	Free	29.39	31.49	37.39	
1:24.49	1:07.99	1:06.39		100	Free	1:03.99	1:07.99	1:21.49	
3:03.49	2:27.29	2:24.19		200	Free	2:19.79	2:27.29	2:57.89	
6:23.89	5:09.79	5:01.69		400	Free	4:55.09	5:09.79	6:15.49	
13:26.79	11:03.59	10:33.99		800	Free	10:22.09	11:03.59	13:11.69	
25:45.79	21:09.79	20:14.59		1500	Free	19:49.19	20:43.29	25:13.59	
44.29	37.39	34.79		50	Back	34.09	37.39	44.19	
1:38.89	1:19.49	1:15.49		100	Back	1:13.89	1:19.49	1:36.79	
3:24.79	2:48.59	2:40.89		200	Back	2:37.79	2:48.59	3:20.79	
48.99	41.59	38.49		50	Breast	37.69	41.59	49.29	
1:49.49	1:30.39	1:25.29		100	Breast	1:22.19	1:30.39	1:46.69	
3:52.69	3:12.59	3:02.79		200	Breast	2:56.59	3:12.59	3:44.69	
41.29	34.79	32.49		50	Fly	31.99	34.79	41.99	
1:36.19	1:18.29	1:13.19		100	Fly	1:10.89	1:18.29	1:33.99	
3:24.89	2:55.59	2:40.99		200	Fly	2:38.79	2:53.19	3:22.09	
3:26.29	2:46.79	2:42.09		200	IM	2:38.49	2:46.79	3:24.69	
7:19.69	6:04.59	5:45.49		400	IM	5:37.99	6:04.59	7:10.19	
GIRLS 13-14									
37.29	29.59	29.29		50	Free	27.09	27.89	34.39	
1:21.19	1:03.79	1:03.79		100	Free	59.29	1:00.19	1:15.39	
2:55.09	2:17.69	2:17.59		200	Free	2:08.89	2:11.89	2:44.09	
6:07.19	4:50.79	4:48.49		400	Free	4:34.29	4:42.89	5:49.09	
12:35.99	10:02.69	9:53.99		800	Free	9:30.29	9:49.49	12:05.89	
24:06.39	19:28.19	18:56.49		1500	Free	18:09.39	18:54.99	23:06.49	
1:26.99	1:13.79	1:10.69		100	Back	1:06.29	1:11.09	1:24.39	
3:13.19	2:37.49	2:31.79		200	Back	2:23.59	2:31.79	3:02.69	
1:42.29	1:25.29	1:20.39		100	Breast	1:14.59	1:20.19	1:34.89	
3:41.39	3:02.09	2:53.99		200	Breast	2:42.09	2:51.89	3:26.29	
1:27.29	1:11.89	1:08.59		100	Fly	1:03.89	1:07.79	1:21.29	
3:13.29	2:44.99	2:31.89		200	Fly	2:23.19	2:34.59	3:02.19	
3:17.39	2:37.09	2:35.19		200	IM	2:25.59	2:28.29	3:05.29	
6:57.39	5:35.39	5:27.99		400	IM	5:08.59	5:20.59	6:32.69	
GIRLS 15-16 / GIRLS 17 & OVER / GIRLS SENIOR									
MRC	CH	Futures	Winter Junior Nationals	2019 Junior Nationals	2019 Junior Nationals	Winter Junior Nationals	Futures	CH	MRC
36.39	29.29	27.39	26.99	26.59	23.99	24.39	24.89	26.79	32.59
1:19.29	1:02.79	59.39	58.39	57.59	51.99	52.89	53.79	57.69	1:12.29
2:50.89	2:14.99	2:07.79	2:05.39	2:04.29	1:54.29	1:56.09	1:58.09	2:04.09	2:37.39
5:58.49	4:45.69	4:28.79	4:23.79	4:21.39	4:02.79	4:06.29	4:09.99	4:26.89	5:33.69
12:21.29	9:52.49	9:13.79	9:03.49	8:58.69	8:23.09	8:33.79	8:40.69	9:14.59	11:40.49
23:43.89	19:21.59	17:40.19	17:20.49	17:11.29	16:05.09	16:14.99	16:38.99	17:58.39	22:08.99
1:28.29	1:12.69	1:06.89	1:05.49	1:04.39	58.79	59.69	1:00.79	1:07.49	1:20.39
3:09.09	2:35.39	2:23.99	2:20.69	2:18.29	2:06.99	2:09.59	2:11.89	2:25.19	2:53.79
1:39.59	1:24.49	1:15.99	1:14.29	1:13.29	1:06.09	1:07.19	1:08.69	1:16.29	1:29.89
3:36.29	2:58.89	2:43.39	2:40.09	2:38.29	2:23.29	2:26.89	2:29.09	2:44.29	3:16.49
1:25.59	1:10.29	1:04.69	1:03.39	1:02.39	56.49	57.39	58.39	1:03.99	1:17.39
3:08.19	2:40.59	2:21.89	2:19.59	2:16.99	2:05.09	2:08.19	2:10.19	2:25.39	2:52.69
3:13.49	2:33.59	2:26.39	2:22.49	2:20.99	2:08.29	2:10.49	2:12.79	2:21.39	2:56.59
6:47.89	5:30.09	5:07.29	5:01.89	4:57.29	4:33.09	4:38.39	4:42.39	5:06.69	6:14.09
BOYS 15-16 / BOYS 17 & OVER / BOYS SENIOR									