

MINNESOTA SWIMMING 2018-2019 TIME STANDARDS SHORT COURSE YARDS

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					BOYS 8 & UNDER						
		8&U	10&U			10&U	8&U				
48.09	37.99		28.89	50	Free	28.59	37.99	48.09			
1:47.39	1:27.09	1:04.19		100	Free	1:03.69	1:27.09	1:47.39			
55.59	44.89	33.29		50	Back	33.59	44.89	55.59			
1:02.89	51.49	37.99		50	Breast	37.29	51.49	1:02.89			
59.39	47.79	32.49		50	Fly	31.99	47.79	59.39			
1:59.79	1:38.69			100	IM		1:38.69	1:59.79			
GIRLS 10 & UNDER / GIRLS 9-10					BOYS 10 & UNDER / BOYS 9-10						
38.89	31.39	28.89		50	Free	28.59	30.99	38.09			
1:29.59	1:10.49	1:04.19		100	Free	1:03.69	1:09.69	1:27.79			
3:19.19	2:35.59	2:20.99		200	Free	2:16.89	2:29.39	3:06.69			
8:26.09	6:44.89	6:11.09		500	Free	6:04.19	6:37.39	8:16.69			
46.99	36.69	33.29		50	Back	33.59	37.09	47.69			
1:41.99	1:19.29	1:11.79		100	Back	1:12.19	1:19.19	1:40.19			
53.29	41.79	37.99		50	Breast	37.29	40.99	52.09			
1:58.09	1:31.89	1:23.09		100	Breast	1:22.39	1:30.19	1:53.59			
47.39	36.19	32.49		50	Fly	31.99	35.39	45.69			
1:53.99	1:24.09	1:14.19		100	Fly	1:13.89	1:23.49	1:52.39			
1:42.59	1:20.79			100	IM		1:19.49	1:39.39			
3:38.49	2:52.69	2:37.39		200	IM	2:36.19	2:50.99	3:35.49			
GIRLS 11-12					BOYS 11-12						
33.79	27.49	26.79		50	Free	25.59	27.49	32.59			
1:13.59	58.99	57.79		100	Free	55.79	58.99	1:10.99			
2:41.19	2:07.89	2:06.69		200	Free	2:02.39	2:07.89	2:35.69			
7:09.09	5:42.79	5:37.09		500	Free	5:27.89	5:42.79	6:57.29			
14:48.09	12:09.49	11:37.79		1000	Free	11:25.59	12:09.49	14:32.59			
24:53.99	20:27.19	19:33.89		1650	Free	19:08.59	20:00.79	24:21.89			
38.29	31.89	30.09		50	Back	29.39	31.89	38.19			
1:25.19	1:07.29	1:05.09		100	Back	1:02.79	1:07.29	1:22.19			
2:56.59	2:23.99	2:18.79		200	Back	2:15.69	2:23.99	2:52.69			
43.09	36.19	33.89		50	Breast	32.79	36.19	42.89			
1:34.39	1:17.29	1:13.49		100	Breast	1:11.29	1:17.29	1:32.49			
3:23.09	2:46.19	2:39.59		200	Breast	2:33.19	2:46.19	3:14.89			
36.69	30.49	28.89		50	Fly	28.19	30.49	37.09			
1:25.09	1:07.29	1:04.69		100	Fly	1:02.79	1:07.29	1:23.29			
3:00.89	2:34.99	2:22.09		200	Fly	2:18.79	2:31.39	2:56.59			
1:24.39	1:07.99			100	IM		1:07.99	1:20.89			
3:00.69	2:24.99	2:21.99		200	IM	2:17.49	2:24.99	2:57.59			
6:24.19	5:19.19	5:01.89		400	IM	4:53.19	5:19.19	6:13.09			
GIRLS 13-14					BOYS 13-14						
32.69	25.99	25.69		50	Free	23.59	24.39	29.99			
1:10.79	55.69	55.69		100	Free	51.59	52.09	1:05.59			
2:33.19	2:00.39	2:00.39		200	Free	1:52.39	1:53.69	2:22.99			
6:49.39	5:21.69	5:21.69		500	Free	5:03.79	5:09.89	6:26.59			
14:01.99	11:10.69	11:01.59		1000	Free	10:29.49	10:58.09	13:21.19			
23:23.49	18:52.19	18:22.79		1650	Free	17:31.99	18:19.79	22:18.89			
1:17.19	1:02.59	1:00.59		100	Back	56.59	59.99	1:12.09			
2:47.29	2:14.29	2:11.49		200	Back	2:03.49	2:11.09	2:37.09			
1:28.69	1:12.39	1:09.69		100	Breast	1:03.99	1:07.89	1:21.39			
3:11.99	2:35.79	2:30.89		200	Breast	2:20.09	2:26.49	2:58.39			
1:16.89	1:01.99	1:00.49		100	Fly	56.09	58.69	1:11.49			
2:50.09	2:20.49	2:13.59		200	Fly	2:04.39	2:11.29	2:38.29			
1:21.29	1:05.29			100	IM		1:02.49	1:15.39			
2:51.49	2:15.99	2:14.69		200	IM	2:05.69	2:07.79	2:39.99			
6:05.79	4:49.49	4:47.39		400	IM	4:28.59	4:38.49	5:41.79			
GIRLS 15-16 / GIRLS 17 & OVER / SENIOR					BOYS 15-16 / BOYS 17 & OVER / SENIOR						
MRC	CH	Futures	Winter Junior Nationals	2019 Junior Nationals	Distance	Stroke	2019 Junior Nationals	Winter Junior Nationals	Futures	CH	MRC
32.09	25.39	24.09	23.49	22.79	50	Free	20.49	20.89	21.39	23.09	28.89
1:09.59	54.29	52.09	50.89	49.69	100	Free	44.39	45.39	46.49	49.59	1:02.89
2:29.89	1:56.39	1:52.59	1:49.69	1:47.39	200	Free	1:38.39	1:39.79	1:41.79	1:47.39	2:17.29
6:40.69	5:13.19	5:03.49	4:53.09	4:48.09	500	Free	4:28.29	4:31.49	4:37.09	4:53.19	6:12.59
13:49.19	11:03.09	10:20.49	10:03.59	9:56.79	1000	Free	9:13.19	9:25.49	9:34.29	10:21.39	12:52.99
23:05.19	18:45.29	17:14.39	16:46.19	16:32.59	1650	Free	15:34.19	15:46.99	16:05.49	17:40.99	21:35.39
1:15.39	1:01.29	58.09	56.09	54.49	100	Back	49.69	50.79	52.09	56.79	1:08.39
2:44.09	2:12.69	2:04.99	2:01.29	1:57.69	200	Back	1:47.99	1:50.59	1:52.79	2:04.39	2:29.89
1:26.89	1:10.69	1:05.99	1:03.69	1:02.89	100	Breast	55.79	57.39	58.69	1:03.99	1:17.59
3:08.19	2:33.69	2:22.69	2:19.79	2:15.49	200	Breast	2:01.19	2:05.69	2:08.59	2:20.29	2:48.69
1:15.39	1:00.29	57.49	55.79	53.99	100	Fly	48.99	49.89	51.09	55.09	1:08.29
2:46.79	2:18.29	2:05.39	2:02.69	1:59.39	200	Fly	1:47.89	1:52.09	1:53.69	2:06.29	2:31.39
1:19.29	1:04.09				100	IM				59.09	1:12.09
2:48.19	2:12.39	2:08.29	2:03.09	2:00.59	200	IM	1:48.89	1:51.49	1:55.09	2:00.89	2:32.69
5:57.59	4:45.59	4:30.69	4:23.29	4:15.19	400	IM	3:52.69	4:00.19	4:07.59	4:26.79	5:29.09