# MINNESOTA SWIMMING | SUMMER MEETS

See Supplemental Documents for Qualifying Time Standards

## STATE

**July 20-23, 2023**
University of Minnesota
15-Over

**July 27-30, 2023**
Rochester, MN
14-Under

## MRC

**Minnesota Regional Championship**

**July 14-16, 2023**
Rochester, MN

## MAC

**Minnesota Achievement Championship**

**July 8-9, 2023**
Hutchinson, MN

USA SWIMMING | MINNESOTA SWIMMING

Rochester SWIM CLUB

# 8-UNDER

## LONG COURSE
## CHAMPIONSHIP MEETS & TIME STANDARDS

# STATE

**July 27-30, 2023**
Rochester, MN

**Qualifying standards can be achieved anytime through MRC meet.*

| | Girls | Boys |
|---|---|---|
| **50 Free** | :47.46 | :51.39 |
| **100 Free** | 1:50.59 | 1:57.49 |
| **50 Back** | :55.69 | :59.29 |
| **50 Breast** | 1:05.19 | 1:07.29 |
| **50 Fly** | 1:04.19 | 1:10.09 |

# MRC

**Minnesota Regional Championship**

**July 14-16, 2023**
Rochester, MN

**Once Champ time is attained, the event cannot be swam at the MRC.*

**Qualifying standards can be achieved anytime through MAC meet.*

| | Girls | Boys |
|---|---|---|
| **50 Free** | :59.39 | 1:04.19 |
| **100 Free** | 2.18.29 | 2:26.79 |
| **50 Back** | 1:09.59 | 1:14.09 |
| **50 Breast** | 1:21.49 | 1:24.19 |
| **50 Fly** | 1:20.29 | 1:27.59 |

# MAC

**Minnesota Achievement Championship**

**July 8-9, 2023**
Hutchinson,MN

**All times slower than MRC times qualify to swim in the MAC meet.*

USA SWIMMING | MINNESOTA SWIMMING

Rochester SWIM CLUB

# 9-10 YR

# LONG COURSE
# CHAMPIONSHIP MEETS & TIME STANDARDS

## STATE

**July 27-30, 2023**
Rochester, MN

**Qualifying standards can be achieved anytime through MRC meet.*

| | Girls | Boys |
|---|---|---|
| **50 Free** | :36.59 | :37.49 |
| **100 Free** | 1:23.49 | 1:23.79 |
| **200 Free** | 3:03.39 | 3:05.89 |
| **400 Free** | 6:33.09 | 6:29.19 |
| **50 Back** | :43.89 | :45.49 |
| **100 Back** | 1:35.09 | 1:37.19 |
| **50 Breast** | :50.69 | :54.49 |
| **100 Breast** | 1:52.69 | 1:56.69 |
| **50 Fly** | :42.89 | :47.59 |
| **100 Fly** | 1:45.39 | 1:59.99 |
| **200 IM** | 3.26.99 | 3:35.99 |

## MRC

**Minnesota Regional Championship**

**July 14-16, 2023**
Rochester, MN

***Once Champ time is attained, the event cannot be swam at the MRC.*

**Qualifying standards can be achieved anytime through MAC meet.*

| | Girls | Boys |
|---|---|---|
| **50 Free** | :45.69 | :46.99 |
| **100 Free** | 1:44.39 | 1:44.69 |
| **200 Free** | 3:49.29 | 3:52.39 |
| **400 Free** | 8:11.39 | 8:06.49 |
| **50 Back** | :54.89 | :56.89 |
| **100 Back** | 1:58.89 | 2:01.39 |
| **50 Breast** | 1:03.39 | 1:08.09 |
| **100 Breast** | 2:20.89 | 2:25.89 |
| **50 Fly** | :53.59 | :59.49 |
| **100 Fly** | 2:11.79 | 2:29.99 |
| **200 IM** | 4:18.79 | 4:29.99 |

## MAC

**Minnesota Achievement Championship**

**July 8-9, 2023**
Hutchinson, MN

**All times slower than MRC times qualify to swim in the MAC meet.*

USA SWIMMING | MINNESOTA SWIMMING

Rochester SWIM CLUB

# 11-12 YR

# LONG COURSE
# CHAMPIONSHIP MEETS & TIME STANDARDS

## STATE

**July 27-30, 2023**
Rochester, MN

**Qualifying standards can be achieved anytime through MRC meet.*

| | Girls | Boys |
|---|---|---|
| **50 Free** | :31.69 | :32.39 |
| **100 Free** | 1:10.89 | 1:10.79 |
| **200 Free** | 2:35.59 | 2:37.59 |
| **400 Free** | 5:29.69 | 5:31.89 |
| **800 Free** | 10:54.69 | 11:33.09 |
| **1500 Free** | 22:24.29 | 21:57.69 |
| **50 Back** | :37.49 | :38.99 |
| **100 Back** | 1:22.09 | 1:24.39 |
| **200 Back** | 2:53.49 | 3:00.49 |
| **50 Breast** | :42.29 | :44.59 |
| **100 Breast** | 1:32.29 | 1:36.99 |
| **200 Breast** | 3:17.99 | 3:26.39 |
| **50 Fly** | :34.79 | :36.69 |
| **100 Fly** | 1:25.29 | 1:23.99 |
| **200 Fly** | 3:08.59 | 3:05.59 |
| **200 IM** | 2:56.99 | 2:58.79 |
| **400 IM** | 6:29.09 | 6:28.19 |

## MRC

**Minnesota Regional Championship**

**July 14-16, 2023**
Rochester, MN

***Once Champ time is attained, the event cannot be swam at the MRC.*

**Qualifying standards can be achieved anytime through MAC meet.*

| | Girls | Boys |
|---|---|---|
| **50 Free** | :39.59 | :40.49 |
| **100 Free** | 1:28.69 | 1:28.49 |
| **200 Free** | 3:14.49 | 3:16.99 |
| **400 Free** | 6:52.19 | 6:54.79 |
| **800 Free** | 13:38.39 | 14:26.39 |
| **1500 Free** | 28:00.39 | 27.27.09 |
| **50 Back** | :46.79 | :48.79 |
| **100 Back** | 1:42.59 | 1:45.49 |
| **200 Back** | 3:36.89 | 3:45.59 |
| **50 Breast** | :52.79 | :55.79 |
| **100 Breast** | 1:55.29 | 2:01.19 |
| **200 Breast** | 4:07.49 | 4:17.99 |
| **50 Fly** | :43.49 | :45.79 |
| **100 Fly** | 1:46.59 | 1:44.99 |
| **200 Fly** | 3:55.69 | 3:51.99 |
| **200 IM** | 3:41.29 | 3:43.39 |
| **400 IM** | 8:06.39 | 8:05.29 |

## MAC

**Minnesota Achievement Championship**

**July 8-9, 2023**
Hutchinson, MN

**All times slower than MRC times qualify to swim in the MAC meet.*

USA SWIMMING | MINNESOTA SWIMMING

Rochester SWIM CLUB

# 13-14 YR

# LONG COURSE
# CHAMPIONSHIP MEETS & TIME STANDARDS

## STATE

**July 27-30, 2023**

Rochester, MN

**Qualifying standards can be achieved anytime through MRC meet.*

| | Girls | Boys |
|---|---|---|
| 50 Free | :29.69 | :28.39 |
| 100 Free | 1:05.19 | 1:02.59 |
| 200 Free | 2:20.09 | 2:17.29 |
| 400 Free | 4:56.39 | 4:54.59 |
| 800 Free | 10:07.19 | 9:55.39 |
| 1500 Free | 19:34.59 | 19.23.89 |
| 100 Back | 1:14.59 | 1:13.69 |
| 200 Back | 2:38.59 | 2:38.69 |
| 100 Breast | 1:25.99 | 1:23.59 |
| 200 Breast | 3:06.39 | 3:02.39 |
| 100 Fly | 1:13.09 | 1:12.99 |
| 200 Fly | 2:52.39 | 2:45.69 |
| 200 IM | 2:39.59 | 2:35.39 |
| 400 IM | 5:42.59 | 5:43.09 |

## MRC

**Minnesota Regional Championship**

**July 14-16, 2023**

Rochester, MN

**Qualifying standards can be achieved anytime through MAC meet.*

***Once Champ time is attained, the event cannot be swam at the MRC.*

| | Girls | Boys |
|---|---|---|
| 50 Free | :37.09 | :35.49 |
| 100 Free | 1:21.39 | 1:18.19 |
| 200 Free | 2:55.09 | 2:51.59 |
| 400 Free | 6:10.49 | 6:08.19 |
| 800 Free | 12:38.99 | 12:24.19 |
| 1500 Free | 24.28.19 | 24:14.79 |
| 100 Back | 1:33.29 | 1:32.09 |
| 200 Back | 3:18.29 | 3:18.29 |
| 100 Breast | 1:47.49 | 1:44.49 |
| 200 Breast | 3:52.99 | 3:47.99 |
| 100 Fly | 1:31.39 | 1:31.29 |
| 200 Fly | 3:35.39 | 3:27.09 |
| 200 IM | 3:19.49 | 3:14.19 |
| 400 IM | 7:08.19 | 7:08.89 |

## MAC

**Minnesota Achievement Championship**

**July 8-9, 2023**

Hutchinson, MN

**All times slower than MRC times qualify to swim in the MAC meet.*

USA SWIMMING | MINNESOTA SWIMMING

Rochester SWIM CLUB

# 15-OVER

# LONG COURSE
# CHAMPIONSHIP MEETS & TIME STANDARDS

## STATE

**July 20-23, 2023**

Jean K. Freeman Aquatic Center
University of Minnesota

**Qualifying standards can be achieved anytime through MRC meet.*

| | Girls | Boys |
|---|---|---|
| 50 Free | :29.00 | :26.52 |
| 100 Free | 1:02.16 | :57.11 |
| 200 Free | 2:13.64 | 2:04.09 |
| 400 Free | 4:45.51 | 4:26.89 |
| 800 Free | 9:46.57 | 9:14.59 |
| 1500 Free | 19.09.97 | 17:58.39 |
| 100 Back | 1:11.96 | 1:06.82 |
| 200 Back | 2:33.84 | 2:24.02 |
| 100 Breast | 1:23.65 | 1:15.53 |
| 200 Breast | 2:57.10 | 2:42.65 |
| 100 Fly | 1:09.59 | 1:03.35 |
| 200 Fly | 2:38.98 | 2:25.39 |
| 200 IM | 2:33.59 | 2:20.82 |
| 400 IM | 5:30.09 | 5:06.69 |

## MRC

**Minnesota Regional Championship**

**July 14-16, 2023**
Rochester, MN

**Qualifying standards can be achieved anytime through MAC meet.*

***Once Champ time is attained, the event cannot be swam at the MRC.*

| | Girls | Boys |
|---|---|---|
| 50 Free | :36.25 | :33.15 |
| 100 Free | 1:17.70 | 1:11.39 |
| 200 Free | 2:47.43 | 2:35.19 |
| 400 Free | 5:57.89 | 5:33.69 |
| 800 Free | 12:13.21 | 11:33.29 |
| 1500 Free | 23:57.46 | 22:27.99 |
| 100 Back | 1:29.95 | 1:23.53 |
| 200 Back | 3:12.30 | 3:00.03 |
| 100 Breast | 1:44.56 | 1:34.41 |
| 200 Breast | 3:41.38 | 3:23.31 |
| 100 Fly | 1:26.99 | 1:19.19 |
| 200 Fly | 3:18.73 | 3:01.79 |
| 200 IM | 3:11.99 | 2:56.03 |
| 400 IM | 6:52.69 | 6:23.39 |

## MAC

**Minnesota Achievement Championship**

**July 8-9, 2023**
Hutchinson, MN

**All times slower than MRC times qualify to swim in the MAC meet.*

USA SWIMMING | MINNESOTA SWIMMING

Rochester SWIM CLUB