

**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
<b>Girls 8 &amp; Under</b>					<b>Boys 8 &amp; Under</b>					
1:07.39	:58.09	:51.09	:46.49	:32.79	<b>50 Free</b>	: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	<b>100 Free</b>	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	<b>50 Back</b>	:38.89	:58.09	1:03.89	1:12.59	1:24.19
1:32.69	1:19.89	1:10.29	1:03.89	:43.09	<b>50 Breast</b>	: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	<b>50 Fly</b>	:36.29	1:11.49	1:18.69	1:29.39	1:43.69
<b>Girls 10 &amp; Under/Girls 9-10</b>					<b>Boys 10 &amp; Under/Boys 9-10</b>					
:51.99	:44.79	:39.39	:35.79	:32.79	<b>50 Free</b>	: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	<b>100 Free</b>	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	<b>200 Free</b>	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	<b>400 Free</b>	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	<b>50 Back</b>	: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	<b>100 Back</b>	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	<b>50 Breast</b>	: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	<b>100 Breast</b>	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	<b>50 Fly</b>	: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	<b>100 Fly</b>	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	<b>200 IM</b>	2:58.39	3:31.69	3:52.79	4:24.59	5:06.89
<b>Girls 11-12</b>					<b>Boys 11-12</b>					
:44.89	:38.69	:33.99	:30.99	:30.49	<b>50 Free</b>	: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	<b>100 Free</b>	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	<b>200 Free</b>	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	<b>400 Free</b>	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	<b>800 Free</b>	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	<b>1500 Free</b>	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	<b>50 Back</b>	: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	<b>100 Back</b>	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	<b>200 Back</b>	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	<b>50 Breast</b>	: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	<b>100 Breast</b>	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	<b>200 Breast</b>	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	<b>50 Fly</b>	: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	<b>100 Fly</b>	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	<b>200 Fly</b>	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	<b>200 IM</b>	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	<b>400 IM</b>	5:37.99	6:22.89	7:01.19	7:58.59	9:15.09
<b>Girls 13-14</b>					<b>Boys 13-14</b>					
:42.39	:36.59	:32.19	:29.29	:29.29	<b>50 Free</b>	: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	<b>100 Free</b>	: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	<b>200 Free</b>	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	<b>400 Free</b>	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	<b>800 Free</b>	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	<b>1500 Free</b>	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	<b>100 Back</b>	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	<b>200 Back</b>	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	<b>100 Breast</b>	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	<b>200 Breast</b>	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	<b>100 Fly</b>	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	<b>200 Fly</b>	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	<b>200 IM</b>	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	<b>400 IM</b>	5:08.59	5:36.29	6:09.89	7:00.29	8:07.59
<b>Girls 15-16/Girls 17 &amp; Over/Senior</b>					<b>Boys 15-16/Boys 17 &amp; Over/Senior</b>					
:42.49	:36.69	:32.29	:29.29		<b>50 Free</b>	:26.79	:29.49	:33.49	:38.89	
1:31.09	1:18.49	1:09.09	1:02.79		<b>100 Free</b>	:57.69	1:03.49	1:12.19	1:23.69	
3:15.79	2:48.79	2:28.49	2:14.99		<b>200 Free</b>	2:04.09	2:16.59	2:35.19	2:59.99	
6:54.29	5:57.19	5:14.29	4:45.69		<b>400 Free</b>	4:26.89	4:53.59	5:33.69	6:27.09	
14:19.19	12:20.69	10:51.79	9:52.49		<b>800 Free</b>	9:14.59	10:10.09	11:33.29	13:24.19	
28:04.39	24:11.99	21:17.79	19:21.59		<b>1500 Free</b>	17:58.39	19:46.29	22:27.99	26:03.69	
1:45.49	1:30.89	1:19.99	1:12.69		<b>100 Back</b>	1:07.49	1:17.29	1:24.39	1:37.89	
3:45.39	3:14.29	2:50.99	2:35.39		<b>200 Back</b>	2:25.19	2:39.79	3:01.49	3:30.59	
2:02.59	1:45.69	1:32.99	1:24.49		<b>100 Breast</b>	1:16.29	1:23.99	1:35.39	1:50.69	
4:19.49	3:43.69	3:16.79	2:58.89		<b>200 Breast</b>	2:44.29	3:00.79	3:25.39	3:58.29	
1:41.99	1:27.89	1:17.39	1:10.29		<b>100 Fly</b>	1:03.99	1:10.39	1:19.99	1:32.79	
3:52.89	3:20.79	2:56.69	2:40.59		<b>200 Fly</b>	2:25.39	2:39.99	3:01.79	3:30.89	
3:42.79	3:11.99	2:48.99	2:33.59		<b>200 IM</b>	2:21.39	2:35.59	2:56.79	3:25.09	
7:58.69	6:52.69	6:03.19	5:30.09		<b>400 IM</b>	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\*\*