

**MINNESOTA SWIMMING 2019-2020 TIME STANDARDS**

**SHORT COURSE YARDS**

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					
:57.79	:49.79	:43.89	:39.89	:28.89	<b>50 Free</b>	:28.59	:39.99	:44.39	:49.99	:57.99
2:13.49	1:55.09	1:41.29	1:32.09	1:04.19	<b>100 Free</b>	1:03.69	1:31.59	1:41.69	1:54.49	2:12.79
1:07.59	:58.29	:51.29	:46.59	:33.29	<b>50 Back</b>	:33.59	:47.79	:52.99	:59.69	1:09.29
1:18.79	1:07.89	:59.79	:54.39	:37.99	<b>50 Breast</b>	:37.29	:56.49	1:02.69	1:10.69	1:21.99
1:14.99	1:04.59	:56.89	:51.69	:32.49	<b>50 Fly</b>	:31.99	:54.19	1:00.09	1:07.69	1:18.49
2:33.39	2:12.29	1:56.39	1:45.79		<b>100 IM</b>		1:48.29	2:00.29	2:15.39	2:37.09
Girls 10 & Under/Girls 9-10					Boys 10 & Under/Boys 9-10					
:45.69	:39.39	:34.99	:31.49	:28.89	<b>50 Free</b>	:28.59	:32.29	:35.59	:40.39	:46.89
1:40.69	1:26.79	1:16.39	1:09.39	1:04.19	<b>100 Free</b>	1:03.69	1:12.59	1:19.79	1:30.69	1:45.19
3:41.69	3:11.09	2:48.19	2:32.89	2:20.99	<b>200 Free</b>	2:16.89	2:43.39	2:59.69	3:24.19	3:56.89
9:56.09	8:33.79	7:32.19	6:51.09	6:11.09	<b>500 Free</b>	6:04.19	6:57.29	7:38.99	8:41.59	10:05.09
:53.39	:46.09	:40.49	:36.89	:33.29	<b>50 Back</b>	:33.59	:38.49	:42.29	:48.09	:55.79
1:54.99	1:39.19	1:27.29	1:19.29	1:11.79	<b>100 Back</b>	1:12.19	1:23.29	1:31.59	1:44.09	2:00.79
1:01.99	:53.39	:46.99	:42.79	:37.99	<b>50 Breast</b>	:37.29	:45.89	:50.49	:57.29	1:06.49
2:12.79	1:54.49	1:40.69	1:31.59	1:23.09	<b>100 Breast</b>	1:22.39	1:38.19	1:47.99	2:02.69	2:22.29
:52.79	:45.49	:39.99	:36.39	:32.49	<b>50 Fly</b>	:31.99	:39.69	:43.69	:49.59	:57.59
2:05.89	1:48.59	1:35.59	1:26.89	1:14.19	<b>100 Fly</b>	1:13.89	1:37.69	1:47.49	2:02.09	2:21.69
1:55.29	1:39.39	1:27.49	1:19.49		<b>100 IM</b>		1:23.59	1:31.89	1:44.39	2:01.09
4:12.99	3:38.09	3:11.99	2:54.49	2:39.39	<b>200 IM</b>	2:36.19	3:09.59	3:28.49	3:56.89	4:34.79
Girls 11-12					Boys 11-12					
:39.69	:34.19	:30.09	:27.39	:26.79	<b>50 Free</b>	:25.59	:27.79	:30.59	:34.79	:40.29
1:25.89	1:14.09	1:05.19	:59.29	:57.79	<b>100 Free</b>	:55.79	1:00.39	1:06.39	1:15.49	1:27.49
3:10.59	2:44.29	2:24.59	2:11.49	2:06.69	<b>200 Free</b>	2:02.39	2:15.49	2:29.09	2:49.39	3:16.49
8:31.79	7:21.19	6:28.19	5:52.89	5:37.09	<b>500 Free</b>	5:27.89	5:59.99	6:35.99	7:29.99	8:41.99
18:30.69	15:57.49	14:02.59	12:45.99	11:37.79	<b>1000 Free</b>	11:25.59	12:45.99	14:02.59	15:57.49	18:50.69
31:08.49	26:50.69	23:37.49	21:28.59	19:33.89	<b>1650 Free</b>	19:08.59	21:00.89	23:06.99	26:16.09	30:28.29
:45.69	:39.39	:34.69	:31.49	:30.09	<b>50 Back</b>	:29.39	:33.29	:36.59	:41.59	:48.19
1:38.39	1:24.79	1:14.69	1:07.89	1:05.09	<b>100 Back</b>	1:02.79	1:10.19	1:17.19	1:27.79	1:41.79
3:34.09	3:04.59	2:42.39	2:27.69	2:18.79	<b>200 Back</b>	2:15.69	2:32.49	2:47.69	3:10.59	3:40.99
:51.89	:44.79	:39.39	:35.79	:33.89	<b>50 Breast</b>	:32.79	:37.69	:41.49	:47.09	:54.59
1:52.79	1:37.19	1:25.59	1:17.79	1:13.49	<b>100 Breast</b>	1:11.29	1:21.69	1:29.79	1:42.09	1:58.39
4:02.49	3:28.99	3:03.99	2:47.19	2:39.59	<b>200 Breast</b>	2:33.19	2:56.39	3:13.99	3:40.49	4:15.69
:43.89	:37.79	:33.29	:30.29	:28.89	<b>50 Fly</b>	:28.19	:31.89	:35.09	:39.79	:46.19
1:37.89	1:24.39	1:14.29	1:07.49	1:04.69	<b>100 Fly</b>	1:02.79	1:10.69	1:17.79	1:28.39	1:42.49
3:49.89	3:18.19	2:54.39	2:38.49	2:22.09	<b>200 Fly</b>	2:18.79	2:38.99	2:54.89	3:18.79	3:50.59
1:39.39	1:25.69	1:15.39	1:08.49		<b>100 IM</b>		1:11.09	1:18.29	1:28.89	1:43.09
3:37.39	3:07.39	2:44.89	2:29.89	2:21.99	<b>200 IM</b>	2:17.49	2:32.29	2:47.49	3:10.39	3:40.79
8:05.99	6:58.99	6:08.69	5:35.19	5:01.89	<b>400 IM</b>	4:53.19	5:35.19	6:08.69	6:58.99	8:05.99
Girls 13-14					Boys 13-14					
:37.49	:32.29	:28.49	:25.89	:25.69	<b>50 Free</b>	:23.59	:24.39	:26.79	:30.39	:35.29
1:20.99	1:09.79	1:01.49	:55.89	:55.69	<b>100 Free</b>	:51.59	:53.19	:58.59	1:06.49	1:17.19
2:54.59	2:30.49	2:12.39	2:00.39	2:00.39	<b>200 Free</b>	1:52.39	1:56.49	2:08.19	2:25.69	2:48.99
7:50.29	6:45.49	5:56.79	5:24.39	5:21.69	<b>500 Free</b>	5:03.79	5:19.79	5:51.79	6:39.79	7:43.69
15:59.79	13:47.39	12:08.09	11:01.99	11:01.59	<b>1000 Free</b>	10:29.49	10:43.39	11:47.69	13:24.19	15:32.89
27:11.69	23:26.59	20:37.79	18:45.29	18:22.79	<b>1650 Free</b>	17:31.99	18:41.29	20:33.49	23:21.69	27:05.89
1:30.29	1:17.89	1:08.49	1:02.29	1:00.59	<b>100 Back</b>	:56.59	1:01.49	1:07.69	1:16.89	1:29.19
3:14.89	2:47.99	2:27.79	2:14.39	2:11.49	<b>200 Back</b>	2:03.49	2:13.39	2:26.79	2:46.79	3:13.39
1:44.99	1:30.49	1:19.69	1:12.39	1:09.69	<b>100 Breast</b>	1:03.99	1:09.89	1:16.89	1:27.29	1:41.29
3:45.89	3:14.69	2:51.39	2:35.79	2:30.89	<b>200 Breast</b>	2:20.09	2:33.29	2:48.59	3:11.59	3:42.19
1:30.09	1:17.69	1:08.39	1:02.19	1:00.49	<b>100 Fly</b>	:56.09	:59.99	1:05.99	1:14.99	1:26.99
3:27.49	2:58.89	2:37.39	2:23.09	2:13.59	<b>200 Fly</b>	2:04.39	2:17.89	2:31.69	2:52.39	3:19.99
1:32.99	1:20.19	1:10.59	1:04.19		<b>100 IM</b>		1:01.49	1:07.69	1:16.89	1:29.19
3:19.89	2:52.29	2:31.69	2:17.89	2:14.69	<b>200 IM</b>	2:05.69	2:13.69	2:26.99	2:47.09	3:13.79
7:09.39	6:10.19	5:25.79	4:56.19	4:47.39	<b>400 IM</b>	4:28.59	4:52.49	5:21.69	6:05.59	7:04.09
Girls 15-16/Girls 17 & Over/Senior					Boys 15-16/Boys 17 & Over/Senior					
:36.89	:31.79	:27.99	:25.39		<b>50 Free</b>		:23.09	:25.49	:28.89	:33.49
1:18.79	1:07.89	:59.79	:54.29		<b>100 Free</b>		:49.59	:54.59	1:01.99	1:11.99
2:48.79	2:25.49	2:08.09	1:56.39		<b>200 Free</b>		1:47.39	1:58.19	2:14.29	2:35.79
7:34.19	6:31.49	5:44.59	5:13.19		<b>500 Free</b>		4:53.19	5:22.59	6:06.49	7:05.19
16:01.49	13:48.89	12:09.49	11:03.09		<b>1000 Free</b>		10:21.39	11:23.59	12:56.79	15:01.09
27:11.69	23:26.69	20:37.89	18:45.29		<b>1650 Free</b>		17:40.99	19:27.09	22:06.29	25:38.49
1:28.89	1:16.69	1:07.49	1:01.29		<b>100 Back</b>		:56.79	1:02.49	1:10.99	1:22.39
3:12.49	2:45.89	2:25.99	2:12.69		<b>200 Back</b>		2:04.39	2:16.89	2:35.49	3:00.39
1:42.59	1:28.39	1:17.79	1:10.69		<b>100 Breast</b>		1:03.99	1:10.39	1:19.99	1:32.79
3:42.89	3:12.19	2:49.09	2:33.69		<b>200 Breast</b>		2:20.29	2:34.39	2:55.39	3:23.49
1:27.49	1:15.39	1:06.39	1:00.29		<b>100 Fly</b>		:55.09	1:00.69	1:08.89	1:19.89
3:20.59	2:52.89	2:32.19	2:18.29		<b>200 Fly</b>		2:06.29	2:18.99	2:37.89	3:03.19
1:32.99	1:20.19	1:10.59	1:04.09		<b>100 IM</b>		:59.09	1:05.09	1:13.89	1:25.69
3:11.99	2:45.49	2:25.69	2:12.39		<b>200 IM</b>		2:00.89	2:12.99	2:31.19	2:55.39
6:54.19	5:56.99	5:14.19	4:45.59		<b>400 IM</b>		4:26.79	4:53.49	5:33.49	6:26.89

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\*\*