

Updated: 2-19-19

MINNESOTA SWIMMING 10&U PARA TIME STANDARDS
SHORT COURSE YARDS

[Yellow Box] = Zone time standard updated

MRC	GIRLS		P1	BOYS		MRC
	CH	ZONE		ZONE	CH	
P1						
2:04.39	1:44.79	1:37.89	50 FREE	1:33.29	1:39.29	1:58.49
4:20.99	3:39.89	3:25.49	100 FREE	3:30.59	3:44.19	4:27.49
10:24.99	8:46.59	8:12.09	200 FREE	7:22.29	7:53.29	9:21.79
2:27.19	2:04.09	1:55.89	50 BACK	1:17.89	1:25.89	1:38.99
4:30.59	3:47.99	3:32.99	100 BACK	2:50.19	3:01.19	3:36.19
2:16.29	1:54.89	1:47.29	50 BREAST	1:24.19	1:29.59	1:46.99
6:28.49	5:27.39	5:05.89	100 BREAST	4:04.19	4:19.99	5:10.19
3:39.09	3:04.59	2:52.49	50 FLY	2:37.89	2:48.09	3:20.59
4:50.49	3:48.79	X	75 IM	X	3:45.09	4:45.86
6:47.79	5:21.09	X	100 IM	X	5:09.19	6:32.39
9:02.99	7:37.49	7:07.49	150 IM	7:02.79	7:30.09	8:56.99
P2						
1:07.69	56.89	53.29	50 FREE	50.69	53.99	1:04.39
2:30.79	2:06.59	1:58.69	100 FREE	1:51.89	1:59.09	2:22.19
5:10.29	4:20.49	4:04.29	200 FREE	3:56.59	4:11.89	5:00.49
14:40.19	11:32.99	8:14.09	500 FREE	8:01.09	11:10.09	14:11.09
1:22.29	1:09.09	1:04.79	50 BACK	57.39	1:01.09	1:12.89
3:10.39	2:39.79	2:29.89	100 BACK	2:23.59	2:32.79	3:02.39
1:25.99	1:12.09	1:07.69	50 BREAST	1:04.99	1:09.19	1:22.59
3:10.49	2:39.99	2:29.99	100 BREAST	2:24.09	2:33.39	3:02.99
1:22.99	1:09.59	1:05.29	50 FLY	52.49	0:55.89	1:06.69
3:32.99	2:58.89	2:47.69	100 FLY	2:44.69	2:55.29	3:29.19
3:23.59	2:45.99	X	100 IM	X	2:36.29	3:42.39
6:35.09	5:31.79	5:11.09	200 IM	4:53.49	5:12.39	6:12.79
P3						
52.59	44.09	41.39	50 FREE	37.39	39.79	47.49
1:51.89	1:33.89	1:28.09	100 FREE	1:21.19	1:26.49	1:43.19
4:35.79	3:51.49	3:37.09	200 FREE	3:05.69	3:17.69	3:55.89
10:27.49	8:43.09	8:14.09	500 FREE	8:01.09	8:45.09	10:10.99
1:06.29	53.39	52.19	50 BACK	42.79	45.59	54.34
2:13.99	1:52.49	1:45.49	100 BACK	1:30.29	1:36.09	1:54.69
1:06.99	56.79	52.69	50 BREAST	46.79	49.79	59.49
2:22.69	1:59.69	1:52.29	100 BREAST	1:43.89	1:50.59	2:11.99
1:00.19	48.29	47.39	50 FLY	40.59	43.29	51.59
2:01.19	1:41.69	1:35.39	100 FLY	1:25.39	1:30.89	1:48.49
2:15.29	1:46.49	X	100 IM	X	1:36.49	2:02.59
4:43.49	3:57.99	3:43.19	200 IM	3:16.99	3:29.69	4:10.19

MINNESOTA SWIMMING 10&U PARA TIME STANDARDS
LONG COURSE METERS

MRC	GIRLS		P1	BOYS		MRC
	CH	ZONE		ZONE	CH	
P1						
2:04.39	1:44.49	1:37.89	50 FREE	1:33.29	1:39.29	1:58.49
4:20.99	3:45.49	3:25.49	100 FREE	3:30.59	3:44.19	4:27.49
10:25.49	8:46.99	8:12.49	200 FREE	7:22.29	7:53.29	9:21.79
2:27.19	2:04.09	1:55.89	50 BACK	1:17.89	1:22.89	1:38.99
4:30.59	3:47.99	3:32.99	100 BACK	2:50.19	3:01.19	3:36.19
2:16.29	1:54.89	1:47.29	50 BREAST	1:24.19	1:29.59	1:46.99
06:28.49	5:27.39	5:05.89	100 BREAST	4:04.19	4:19.99	5:10.19
3:39.09	3:04.59	2:52.49	50 FLY	2:37.89	2:48.09	3:20.59
09:02.99	7:37.49	7:07.49	150 IM	7:02.79	7:30.09	8:56.99
P2						
1:11.29	59.79	56.09	50 FREE	53.39	56.79	1:07.89
2:38.69	2:13.19	2:04.89	100 FREE	1:57.69	2:05.29	2:29.49
5:26.59	4:34.19	4:17.09	200 FREE	4:09.09	4:25.09	5:16.39
12:11.39	9:35.89	8:26.59	400 FREE	7:13.19	9:16.69	11:46.99
1:26.69	1:12.69	1:08.19	50 BACK	1:00.39	1:04.29	1:16.79
3:20.29	2:48.19	2:37.69	100 BACK	2:40.89	2:40.89	3:24.39
1:30.49	1:15.89	1:11.19	50 BREAST	1:08.39	1:12.79	1:26.89
3:20.59	2:48.39	2:37.89	100 BREAST	2:31.69	2:41.49	3:12.69
1:27.29	1:13.19	1:08.69	50 FLY	55.29	0:58.79	1:10.29
3:44.19	3:08.29	2:56.49	100 FLY	2:53.29	3:04.49	3:40.09
6:55.79	5:49.19	5:27.39	200 IM	5:09.89	5:28.89	6:33.59
P3						
58.29	48.89	45.89	50 FREE	41.49	44.19	52.69
2:04.19	1:44.29	1:37.79	100 FREE	1:30.19	1:36.09	1:54.59
5:06.39	4:17.19	4:01.19	200 FREE	3:26.29	3:39.59	04:21.99
10:43.39	8:51.99	8:26.59	400 FREE	7:13.19	7:30.09	09:10.19
1:13.59	59.29	57.89	50 BACK	47.59	50.69	01:00.49
2:28.89	2:04.99	1:57.19	100 BACK	1:40.29	1:46.79	2:07.39
1:14.29	1:03.09	58.49	50 BREAST	51.99	55.29	1:06.09
2:38.39	2:12.99	2:04.69	100 BREAST	1:55.39	2:02.89	2:26.59
1:06.79	53.59	52.59	50 FLY	45.09	48.09	0:57.29
2:14.49	1:52.89	1:45.89	100 FLY	1:34.89	1:40.99	2:00.59
5:14.89	4:24.39	4:07.89	200 IM	3:38.89	3:52.99	4:07.99

**MINNESOTA SWIMMING 11/12 PARA TIME STANDARDS
SHORT COURSE YARDS**

= Zone time standard updated

MRC	GIRLS		ZONE	ZONE	BOYS	
	CH	ZONE			CH	MRC
P1						
1:53.59	1:35.69	1:29.39	50 FREE	1:24.29	1:30.29	1:47.09
3:58.39	3:20.89	3:07.69	100 FREE	3:10.29	3:23.79	4:01.69
9:30.79	8:00.89	7:29.39	200 FREE	6:58.64	7:27.99	8:51.69
2:14.39	1:53.29	1:45.79	50 BACK	1:10.39	1:15.39	1:29.49
4:07.19	3:28.29	3:14.59	100 BACK	2:33.69	2:44.69	3:15.19
2:04.49	1:44.89	1:37.99	50 BREAST	1:16.09	1:21.49	1:36.69
5:54.89	4:58.99	4:39.39	100 BREAST	3:40.59	3:56.39	4:40.19
3:20.09	2:48.59	2:37.49	50 FLY	2:22.59	2:32.79	3:01.09
4:25.39	3:28.99	X	75 IM	X	3:24.69	4:19.99
6:12.49	4:53.29	X	100 IM	X	4:41.09	5:56.99
8:15.99	6:57.89	6:30.49	150 IM	6:21.89	6:49.19	8:05.09
P2						
1:01.99	51.49	48.79	50 FREE	45.79	49.09	58.19
2:17.69	1:54.69	1:48.39	100 FREE	1:40.99	1:48.29	2:08.29
4:43.39	3:56.09	3:43.09	200 FREE	3:33.69	3:48.49	4:31.39
13:17.59	10:28.09	9:17.49	500 FREE	8:59.39	10:07.79	12:51.89
22:45.49	17:55.19	17:06.19	1000 FREE	16:17.38	17:20.59	22:01.59
39:49.69	31:21.59	30:59.39	1650 FREE	27:23.69	29:08.19	37:00.29
1:15.19	1:02.59	59.19	50 BACK	51.79	55.49	1:05.79
2:53.89	2:24.79	2:16.89	100 BACK	2:09.69	2:18.89	2:44.79
6:31.69	5:08.39	4:42.39	200 BACK	4:03.49	4:55.89	6:15.79
1:18.49	1:04.89	1:01.79	50 BREAST	59.19	1:02.89	1:15.19
2:53.99	2:24.99	2:16.99	100 BREAST	2:10.19	2:19.49	2:45.39
6:21.19	5:17.19	5:00.09	200 BREAST	4:40.89	5:00.99	5:56.79
1:15.69	1:03.09	59.59	50 FLY	47.39	50.79	1:00.19
3:14.59	2:42.09	2:33.19	100 FLY	2:28.69	2:39.39	3:08.89
7:32.89	5:56.59	3:45.69	200 FLY	3:15.19	5:34.69	7:05.09
2:55.69	2:18.29	X	100 IM	X	2:10.69	2:45.99
6:00.79	5:00.59	4:44.09	200 IM	4:26.09	4:43.99	5:37.99
13:59.89	11:01.29	8:12.89	400 IM	7:13.39	10:24.79	13:13.49
P3						
47.99	38.09	37.79	50 FREE	33.79	36.19	42.99
1:42.09	1:25.09	1:20.39	100 FREE	1:13.39	1:18.59	1:33.29
4:11.89	3:29.79	3:18.29	200 FREE	2:47.69	2:59.69	3:32.99
9:33.19	7:53.89	7:31.29	500 FREE	7:14.39	7:36.19	9:11.69
21:43.29	18:00.49	17:06.19	1000 FREE	16:17.38	17:06.29	20:41.29
39:21.49	32:31.69	30:59.39	1650 FREE	27:23.69	29:30.19	34:47.49
59.59	48.39	46.89	50 BACK	38.69	41.49	49.19
2:02.49	1:41.99	1:36.38	100 BACK	1:21.59	1:27.39	1:43.69
5:01.19	4:04.79	3:57.09	200 BACK	3:15.59	3:29.49	4:08.49
1:00.39	51.49	47.49	50 BREAST	42.29	45.29	53.79
2:10.29	1:48.49	1:42.59	100 BREAST	1:33.79	1:38.48	1:59.19
4:52.09	4:20.29	3:49.99	200 BREAST	3:25.39	3:40.09	4:20.89
54.09	43.69	42.59	50 FLY	36.69	39.29	46.69
1:50.69	1:32.09	1:27.09	100 FLY	1:25.09	1:29.34	1:48.09
4:46.69	3:56.99	3:45.69	200 FLY	3:15.19	3:29.19	4:07.89
2:06.09	1:39.29	X	100 IM	X	1:27.79	1:51.49
4:18.89	3:35.69	3:23.79	200 IM	2:57.99	3:10.69	3:46.09
10:25.99	8:34.59	8:12.89	400 IM	7:13.39	7:46.79	9:10.49

**MINNESOTA SWIMMING 11/12 PARA TIME STANDARDS
LONG COURSE METERS**

MRC	GIRLS		ZONE	ZONE	BOYS	
	CH	ZONE			CH	MRC
P1						
1:53.59	1:35.69	1:29.39	50 FREE	1:24.29	1:30.29	1:47.09
3:58.39	3:20.89	3:07.69	100 FREE	3:10.29	3:23.79	4:01.69
9:56.19	8:22.29	7:49.39	200 FREE	7:31.39	8:02.99	9:33.29
2:14.39	1:53.29	1:45.79	50 BACK	1:10.39	1:15.39	1:29.49
4:07.19	3:28.29	3:14.59	100 BACK	2:33.69	2:44.69	3:15.19
2:04.49	1:44.89	1:37.99	50 BREAST	1:16.09	1:21.49	1:36.69
5:54.89	4:58.99	4:39.39	100 BREAST	3:40.59	3:56.39	4:40.19
3:20.09	2:48.59	2:37.49	50 FLY	2:22.59	2:32.79	3:01.09
8:15.89	6:57.79	6:30.39	150 IM	6:21.89	6:49.19	8:05.09
P2						
1:05.19	54.19	51.29	50 FREE	48.19	51.69	1:01.29
2:24.89	2:00.69	1:54.09	100 FREE	1:46.39	1:53.99	2:15.19
4:58.19	4:08.49	3:54.79	200 FREE	3:44.99	4:00.99	4:45.79
11:02.80	8:41.89	8:13.09	400 FREE	7:20.29	8:26.09	10:42.79
23:11.99	18:15.99	16:11.48	800 FREE	14:34.99	17:42.79	22:29.79
44:32.49	35:04.29	29:02.59	1500 FREE	27:59.98	34:00.59	43:11.59
1:19.19	1:05.89	1:02.29	50 BACK	54.49	58.39	1:09.29
3:02.99	2:32.49	2:24.09	100 BACK	2:16.49	2:26.29	2:53.39
6:52.49	5:24.79	04:57.19	200 BACK	04:50.72	5:11.59	6:35.79
1:02.59	1:03.99	1:04.99	50 BREAST	1:01.79	1:06.19	1:18.49
3:03.19	2:32.59	2:24.19	100 BREAST	2:16.99	2:26.79	2:53.99
6:41.09	5:34.19	5:15.79	200 BREAST	4:55.69	5:16.79	6:15.59
1:19.69	1:06.39	1:02.69	50 FLY	0:49.89	0:53.49	1:03.39
3:24.79	2:50.59	2:41.19	100 FLY	2:36.59	2:47.79	3:18.89
7:56.69	6:15.29	4:10.69	200 FLY	3:36.89	6:09.09	7:48.79
6:19.79	5:16.39	4:58.99	200 IM	4:38.99	4:58.99	5:54.39
16:04.49	12:39.39	9:07.59	400 IM	7:46.79	11:57.59	15:11.39
P3						
53.29	44.29	41.89	50 FREE	37.49	40.19	47.69
1:53.49	1:34.29	1:29.29	100 FREE	1:21.49	1:27.29	1:43.49
4:39.79	3:53.09	3:40.29	200 FREE	3:06.39	3:19.69	3:56.79
9:47.59	8:05.79	7:42.61	400 FREE	6:21.89	6:49.19	8:05.09
20:33.79	17:00.09	16:11.48	800 FREE	14:34.99	15:37.49	18:31.29
36:53.09	30:29.19	29:02.59	1500 FREE	27:59.98	31:55.79	35:33.59
1:06.19	53.69	52.09	50 BACK	42.99	46.09	54.69
2:16.09	1:53.29	1:47.09	100 BACK	1:30.59	1:37.09	1:55.09
5:34.49	4:31.89	4:23.39	200 BACK	3:37.29	3:52.79	4:35.99
1:06.99	57.19	52.69	50 BREAST	46.99	50.29	59.69
2:24.69	2:00.49	1:53.89	100 BREAST	1:44.29	1:51.69	2:12.49
5:24.49	4:49.19	4:15.49	200 BREAST	3:48.18	4:04.49	4:49.79
1:00.09	48.49	47.29	50 FLY	40.79	43.69	51.89
2:02.89	1:42.29	1:36.69	100 FLY	1:25.69	1:31.99	1:48.89
5:18.39	4:23.29	4:10.69	200 FLY	3:36.89	3:52.39	4:35.49
4:47.59	3:59.59	3:46.39	200 IM	3:17.69	3:31.79	4:11.09
11:35.49	9:25.49	9:07.59	400 IM	7:46.79	8:20.09	9:52.89

MINNESOTA SWIMMING 13/14 PARA TIME STANDARDS

SHORT COURSE YARDS

[Yellow Box] = Zone time standard updated

MRC	GIRLS			BOYS		MRC
	CH	ZONE		ZONE	CH	
P1						
1:45.29	1:26.19	1:22.89	50 FREE	1:18.29	1:21.29	1:39.49
3:40.99	3:00.79	2:53.99	100 FREE	2:56.69	3:03.49	3:44.39
8:49.09	7:12.99	6:56.59	200 FREE	6:28.72	6:55.93	8:13.69
2:04.59	1:41.99	1:38.09	50 BACK	1:05.39	1:07.89	1:23.09
4:21.69	3:40.49	3:25.99	100 BACK	2:22.69	2:28.19	3:01.20
1:55.39	1:34.39	1:30.79	50 BREAST	1:10.59	1:13.29	1:29.69
5:28.99	4:29.19	4:18.99	100 BREAST	3:24.89	3:32.69	4:20.29
3:05.49	2:31.79	2:25.99	50 FLY	2:12.39	2:17.49	2:48.19
3:58.89	3:08.09	X	75 IM	X	3:04.09	3:53.79
5:35.29	4:23.99	X	100 IM	X	4:12.89	5:21.19
7:39.59	6:16.19	6:01.89	150 IM	5:54.59	6:08.19	7:30.39
P2						
57.39	46.89	45.19	50 FREE	42.59	44.19	54.09
2:07.69	1:04.39	1:40.49	100 FREE	1:33.99	1:37.39	1:59.39
4:22.39	3:34.89	3:26.59	200 FREE	3:18.59	3:26.09	4:12.29
12:06.09	9:31.69	8:25.49	500 FREE	8:20.79	9:08.19	11:36.29
25:02.99	19:43.39	15:58.09	1000 FREE	15:54.69	18:54.79	24:01.19
42:04.89	33:08.09	29:03.69	1650 FREE	28:47.99	32:09.19	40:50.09
1:09.79	56.99	54.89	50 BACK	48.19	49.99	1:01.29
2:41.19	2:11.89	2:06.89	100 BACK	2:00.59	2:05.09	2:33.19
5:56.89	4:40.99	4:21.79	200 BACK	3:46.09	4:26.49	5:38.49
1:12.79	55.29	57.29	50 BREAST	54.59	56.59	1:09.39
2:38.99	2:11.99	2:05.19	100 BREAST	2:00.99	2:05.49	2:33.69
5:53.29	4:29.89	4:38.19	200 BREAST	4:20.99	4:30.89	5:31.49
1:10.09	57.39	55.19	50 FLY	44.09	45.69	55.99
3:00.49	2:27.59	2:22.09	100 FLY	2:18.29	2:23.39	2:55.69
6:52.39	5:24.69	3:26.39	200 FLY	3:01.20	5:15.49	6:40.69
2:39.89	2:05.89	X	100 IM	X	1:57.59	2:29.39
5:34.59	4:33.69	4:23.39	200 IM	4:06.29	4:15.59	5:12.79
12:44.79	10:02.19	7:30.79	400 IM	6:30.49	9:22.29	11:54.19
P3						
44.49	36.39	34.99	50 FREE	31.39	32.59	39.89
1:34.79	1:17.49	1:14.59	100 FREE	1:08.29	1:10.79	1:26.79
3:53.49	3:10.99	3:03.79	200 FREE	2:41.79	2:49.89	3:25.49
8:51.29	7:19.20	6:58.29	500 FREE	6:43.49	7:03.69	8:32.49
20:16.79	16:32.09	15:58.09	1000 FREE	15:54.69	16:28.19	20:12.49
36:54.49	30:30.89	29:03.69	1650 FREE	28:47.99	30:14.89	36:34.59
54.69	44.09	42.99	50 BACK	35.99	37.29	45.79
1:53.59	1:32.89	1:29.39	100 BACK	1:15.69	1:18.59	1:36.19
4:35.49	3:42.99	3:36.89	200 BACK	3:01.69	3:08.59	3:50.79
55.19	46.79	43.39	50 BREAST	39.29	40.79	49.99
2:00.79	1:38.69	1:35.09	100 BREAST	1:27.19	1:30.49	1:50.79
4:27.29	3:40.99	3:30.39	200 BREAST	3:10.79	3:18.09	4:02.39
49.59	39.79	38.99	50 FLY	34.19	35.39	43.49
1:42.49	1:23.89	1:20.69	100 FLY	1:11.69	1:14.39	1:31.09
4:22.19	3:36.79	3:26.39	200 FLY	3:01.20	3:10.29	3:50.19
1:54.69	1:30.29	X	100 IM	X	1:18.99	1:40.39
4:00.09	3:16.29	3:08.99	200 IM	2:45.29	2:51.59	3:29.99
9:32.59	7:48.39	7:30.79	400 IM	6:30.49	6:56.79	8:15.99

**MINNESOTA SWIMMING 13/14 PARA TIME STANDARDS
LONG COURSE METERS**

MRC	GIRLS			BOYS		
	CH	ZONE		ZONE	CH	MRC
P1						
1:45.29	1:26.19	1:22.89	50 FREE	1:18.29	1:21.09	1:39.49
3:40.99	3:00.79	2:53.99	100 FREE	2:56.69	3:03.49	3:44.49
8:49.09	7:12.99	6:56.59	200 FREE	6:28.72	6:55.99	8:13.69
2:04.59	1:41.99	1:38.09	50 BACK	1:05.39	1:07.89	1:23.09
4:21.69	3:36.29	3:25.99	100 BACK	2:22.69	2:28.19	3:01.29
1:55.39	1:34.39	1:30.79	50 BREAST	1:10.59	1:13.29	1:29.69
5:28.99	4:29.19	4:18.99	100 BREAST	3:24.89	3:32.69	4:20.29
3:05.49	2:31.79	2:25.99	50 FLY	2:12.39	2:17.49	2:48.19
7:39.69	6:16.19	6:01.89	150 IM	5:54.59	6:08.19	7:30.39
P2						
1:00.39	49.39	47.49	50 FREE	44.75	46.49	56.89
2:14.29	1:49.89	1:45.69	100 FREE	1:38.79	1:42.59	2:05.49
4:36.49	3:46.29	3:37.69	200 FREE	3:28.89	3:36.89	4:25.29
10:03.69	7:55.29	7:37.15	400 FREE	7:18.67	7:35.49	9:38.49
21:07.79	16:38.19	15:00.49	800 FREE	13:32.49	15:56.59	20:14.89
40:34.09	31:56.59	27:13.89	1500 FREE	25:59.98	30:36.69	38:52.69
1:13.29	59.99	57.69	50 BACK	50.69	52.59	1:04.39
2:49.59	2:18.79	2:13.49	100 BACK	2:06.79	2:11.59	2:41.09
6:15.59	4:55.69	4:35.49	200 BACK	3:57.99	4:40.29	5:55.99
1:16.59	1:03.39	1:00.29	50 BREAST	0:57.39	0:59.59	1:12.89
2:49.79	2:18.89	2:13.69	100 BREAST	2:07.19	2:12.09	2:41.59
6:11.89	5:07.49	4:52.79	200 BREAST	4:34.59	4:45.09	5:48.79
1:13.79	1:00.39	58.09	50 FLY	46.39	48.09	58.99
3:09.89	2:35.29	2:29.49	100 FLY	2:25.39	2:30.99	3:04.69
7:13.99	5:41.69	3:49.29	200 FLY	3:21.39	5:32.19	7:01.89
5:52.09	4:48.09	4:37.19	200 IM	4:19.09	4:29.09	5:29.09
13:24.99	10:33.79	8:20.79	400 IM	7:13.79	9:51.99	12:31.83
P3						
49.29	40.39	38.79	50 FREE	34.79	36.19	44.19
19:00.00	1:26.09	1:22.79	100 FREE	1:15.79	1:18.59	1:36.29
4:19.39	3:32.19	3:24.19	200 FREE	2:53.09	2:59.59	3:39.89
9:04.59	7:30.29	7:08.79	400 FREE	5:54.69	6:08.29	7:30.49
19:03.69	15:45.59	15:00.49	800 FREE	13:32.49	14:03.69	17:11.89
34:35.09	28:08.19	27:13.89	1500 FREE	25:59.98	27:40.29	33:01.19
1:00.59	48.99	47.69	50 BACK	39.89	41.49	50.69
2:06.19	1:43.19	1:39.29	100 BACK	1:24.09	1:27.39	1:46.79
5:05.99	4:07.69	4:00.89	200 BACK	3:21.79	3:29.49	4:16.29
1:01.29	51.99	48.19	50 BREAST	43.59	45.29	55.39
2:14.19	1:49.69	1:45.59	100 BREAST	1:36.79	1:40.49	2:02.99
4:56.79	4:23.29	3:53.69	200 BREAST	3:31.89	3:40.09	4:29.19
54.99	44.19	43.29	50 FLY	37.89	39.29	48.19
1:53.79	1:33.19	1:29.59	100 FLY	1:19.59	1:22.59	1:41.09
4:51.29	4:00.79	3:49.29	200 FLY	3:21.39	3:29.19	4:15.79
4:26.59	3:38.09	3:29.89	200 IM	3:03.59	3:10.69	3:53.19
10:35.99	8:34.69	8:20.79	400 IM	7:13.79	7:30.09	9:10.99

MINNESOTA SWIMMING 15+ PARA TIME STANDARDS

SHORT COURSE YARDS

[Yellow Box] = Zone time standard updated

MRC	GIRLS			BOYS		
	CH	ZONE		ZONE	CH	MRC
P1						
1:43.69	1:24.89	1:21.59	50 FREE	1:15.29	1:18.29	1:35.69
3:37.69	2:58.09	2:51.39	100 FREE	2:49.89	2:56.69	3:35.79
8:40.89	7:06.49	6:50.09	200 FREE	6:22.29	6:49.09	8:05.59
2:02.69	1:40.39	1:36.59	50 BACK	1:02.79	1:05.39	1:19.79
3:45.49	3:04.59	2:57.49	100 BACK	2:17.29	2:22.69	2:54.39
1:53.59	1:32.99	1:29.39	50 BREAST	1:07.89	1:10.59	1:26.29
5:23.89	4:25.19	4:14.99	100 BREAST	3:14.99	3:24.89	4:07.69
3:02.49	2:29.49	2:23.69	50 FLY	2:07.29	2:12.39	2:41.69
3:55.39	3:05.29	X	75 IM	X	2:57.39	3:45.29
5:30.39	4:20.09	X	100 IM	X	4:03.59	5:09.39
7:32.39	6:10.49	5:56.19	150 IM	5:40.99	5:54.59	7:13.09
P2						
56.59	46.19	44.49	50 FREE	40.89	42.59	51.99
2:05.59	1:42.79	1:38.89	100 FREE	1:30.19	1:33.79	1:54.59
4:23.79	3:31.69	3:27.67	200 FREE	3:10.79	3:18.49	4:02.39
11:55.19	9:23.09	8:17.49	500 FREE	8:01.59	8:47.99	11:10.59
24:40.39	19:25.59	15:44.49	1000 FREE	15:17.89	18:12.99	23:08.19
41:26.99	32:38.19	28:40.09	1650 FREE	24:15.09	30:36.29	38:52.09
1:08.59	56.09	53.99	50 BACK	46.29	48.09	58.79
2:38.69	2:09.89	2:04.89	100 BACK	1:55.29	2:00.39	2:26.49
5:51.49	4:36.69	4:17.69	200 BACK	3:37.39	4:16.49	5:25.79
1:11.69	58.69	56.39	50 BREAST	52.39	54.49	1:06.59
2:38.89	2:09.99	2:05.09	100 BREAST	1:56.19	2:00.89	2:27.59
5:47.79	4:44.69	4:33.79	200 BREAST	4:10.79	4:20.89	5:18.59
1:09.09	56.59	54.39	50 FLY	42.39	43.99	53.89
2:57.59	2:25.39	2:19.79	100 FLY	2:12.79	2:18.09	2:48.69
6:46.29	5:19.89	3:22.49	200 FLY	2:44.29	5:03.79	6:25.89
2:45.89	2:10.59	X	100 IM	X	1:53.29	2:23.89
5:29.19	4:43.69	4:19.19	200 IM	3:56.69	4:06.19	5:00.69
13:12.79	10:24.19	7:22.29	400 IM	6:56.79	9:01.69	11:27.99
P3						
43.69	35.79	34.39	50 FREE	30.09	31.39	38.29
1:33.29	1:16.39	1:13.39	100 FREE	1:05.49	1:08.09	1:23.19
3:49.79	3:08.09	3:00.89	200 FREE	2:29.79	2:35.79	3:10.29
8:42.89	7:12.29	6:51.69	500 FREE	6:27.89	6:47.29	8:12.69
19:59.59	16:31.79	15:44.49	1000 FREE	15:17.89	16:03.79	19:25.79
36:24.59	29:37.99	28:40.09	1650 FREE	24:15.09	25:17.29	30:47.99
53.59	43.39	42.19	50 BACK	34.79	35.89	44.19
1:51.79	1:31.49	1:27.99	100 BACK	1:12.79	1:15.69	1:32.49
4:30.29	3:39.59	3:32.79	200 BACK	2:54.59	3:01.59	3:41.79
54.09	46.09	42.59	50 BREAST	37.39	39.29	47.49
1:58.79	1:37.19	1:33.49	100 BREAST	1:23.79	1:27.19	1:46.49
4:22.19	3:36.79	3:26.39	200 BREAST	3:03.39	3:12.59	3:52.99
48.69	39.19	38.29	50 FLY	32.79	34.49	41.69
1:40.89	1:22.59	1:19.39	100 FLY	1:08.89	1:12.39	1:27.49
4:17.19	3:32.69	3:22.49	200 FLY	2:44.29	2:47.39	3:28.69
1:56.59	1:31.79	X	100 IM	X	1:16.79	1:37.59
3:56.29	3:19.39	3:05.99	200 IM	2:38.89	2:46.89	3:21.79
9:21.79	7:41.39	7:22.29	400 IM	6:56.79	7:17.69	8:49.39

**MINNESOTA SWIMMING 15+ PARA TIME STANDARDS
LONG COURSE METERS**

GIRLS							BOYS		
MRC	CH	ZONE		ZONE	CH	MRC			
P1									
1:43.69	1:24.89	1:21.59	50 FREE	1:15.29	1:18.29	1:35.69			
3:37.69	2:58.09	2:51.39	100 FREE	2:49.89	2:56.69	3:35.79			
8:40.89	7:06.49	6:50.09	200 FREE	6:13.79	6:39.99	7:54.79			
2:02.69	1:40.39	1:36.59	50 BACK	1:02.79	1:05.39	1:19.79			
3:45.49	3:04.59	2:57.49	100 BACK	2:17.29	2:22.69	2:54.39			
1:53.59	1:32.99	1:29.39	50 BREAST	1:07.89	1:10.59	1:26.29			
5:23.89	4:25.19	4:14.99	100 BREAST	3:16.99	3:24.89	4:10.19			
3:02.49	2:29.49	2:23.69	50 FLY	2:07.29	2:12.39	2:24.69			
7:32.39	6:10.49	5:56.19	150 IM	5:40.99	5:54.59	7:13.09			
P2									
59.49	48.59	46.79	50 FREE	43.09	44.79	54.79			
2:12.19	1:48.19	1:44.09	100 FREE	1:34.99	1:38.79	2:00.69			
4:32.19	3:42.79	3:34.29	200 FREE	3:20.89	3:28.89	4:15.19			
9:54.29	7:47.89	7:30.09	400 FREE	7:01.89	7:18.69	9:17.19			
20:47.89	16:22.59	14:46.37	800 FREE	13:01.19	15:21.29	19:30.09			
39:55.99	31:26.59	26:52.09	1500 FREE	26:36.49	29:28.88	37:26.49			
1:12.19	59.09	56.79	50 BACK	48.69	50.69	1:01.89			
2:46.89	2:16.69	2:11.39	100 BACK	2:01.89	2:06.79	2:34.89			
6:09.89	4:51.19	4:31.19	200 BACK	3:48.79	4:30.09	5:43.09			
1:15.39	1:01.69	59.29	50 BREAST	55.19	57.39	1:10.09			
2:47.19	2:16.79	2:11.59	100 BREAST	2:02.39	2:07.19	2:35.49			
6:05.99	4:59.59	4:48.19	200 BREAST	4:23.99	4:34.59	5:35.29			
1:12.69	59.49	57.19	50 FLY	44.59	46.39	56.69			
3:06.89	2:32.99	2:27.09	100 FLY	2:19.79	2:25.39	2:57.59			
7:07.49	5:36.59	3:44.99	200 FLY	3:13.69	5:19.89	6:46.29			
5:46.49	4:43.69	4:32.79	200 IM	4:09.19	4:19.09	5:16.49			
13:12.79	10:24.19	8:11.39	400 IM	6:56.79	9:29.99	12:03.89			
P3									
48.59	39.69	38.19	50 FREE	33.49	34.79	42.59			
1:43.49	1:24.79	1:21.49	100 FREE	1:12.79	1:15.69	1:32.49			
4:15.29	3:28.99	3:20.99	200 FREE	2:46.39	2:53.09	3:31.39			
8:56.09	7:23.19	7:02.08	400 FREE	5:40.99	5:54.69	7:13.09			
18:45.69	15:30.69	14:46.37	800 FREE	13:01.19	13:32.49	16:32.19			
34:07.39	27:46.39	26:52.09	1500 FREE	26:36.49	27:40.29	33:47.59			
59.49	48.19	46.79	50 BACK	38.39	39.89	48.79			
2:04.09	1:41.59	1:37.69	100 BACK	1:20.89	1:24.09	1:42.79			
5:00.29	4:03.89	3:56.39	200 BACK	3:13.99	3:21.79	4:06.39			
1:00.09	51.19	47.29	50 BREAST	41.89	43.59	53.29			
2:11.99	1:47.99	1:43.89	100 BREAST	1:33.09	1:36.79	1:58.29			
4:51.29	4:19.19	3:49.29	200 BREAST	3:23.79	3:31.89	4:18.89			
53.99	43.49	42.49	50 FLY	36.39	37.89	46.29			
1:51.99	1:31.69	1:28.19	100 FLY	1:16.49	1:19.59	1:37.19			
4:45.79	3:56.29	3:44.99	200 FLY	3:13.69	3:21.39	4:05.99			
4:22.39	3:34.79	3:26.59	200 IM	2:56.49	3:03.59	44:00.00			
10:24.09	8:26.99	8:11.39	400 IM	6:56.79	7:13.39	8:49.39			