

**MINNESOTA SWIMMING 2023-2024 TIME STANDARDS**

**LONG COURSE METERS**

Effective: 10/1/23

Adopted: 9/19/23

BRNZ	SLVR	GOLD	CH	ZONE	Event	ZONE	CH	GOLD	SLVR	BRNZ	
<b>Girls 8 &amp; Under</b>						<b>Boys 8 &amp; Under</b>					
1:09.49	:59.99	:52.79	*:47.99	:32.79	<b>50 Free</b>	:32.79	*:51.99	:57.09	1:04.89	1:15.29	
2:41.29	2:18.99	2:02.39	1:51.19	1:13.09	<b>100 Free</b>	1:12.89	*1:58.59	2:10.49	2:28.29	2:51.99	
1:21.19	1:09.99	1:01.59	:55.99	:38.89	<b>50 Back</b>	:38.89	*:59.89	1:05.89	1:14.89	1:26.79	
1:35.49	1:22.29	1:12.49	*1:05.89	:43.09	<b>50 Breast</b>	:42.69	*1:07.99	1:14.79	1:24.99	1:38.59	
1:34.09	1:21.09	1:11.39	*1:04.89	:36.69	<b>50 Fly</b>	:36.29	*1:09.39	1:16.39	1:26.79	1:40.59	
<b>Girls 10 &amp; Under/Girls 9-10</b>						<b>Boys 10 &amp; Under/Boys 9-10</b>					
:53.59	:46.29	:40.69	*:36.99	:32.79	<b>50 Free</b>	:32.79	*:37.89	:41.59	:47.29	:54.89	
2:02.29	1:45.49	1:32.79	*1:24.39	1:13.09	<b>100 Free</b>	1:12.89	*1:24.59	1:33.09	1:45.79	2:02.69	
4:28.59	3:51.59	3:23.79	*3:05.29	2:39.79	<b>200 Free</b>	2:36.59	*3:07.79	3:26.49	3:54.69	4:32.19	
9:29.39	8:10.79	7:11.89	6:32.69	5:34.99	<b>400 Free</b>	5:29.59	*6:33.09	7:12.39	8:11.39	9:29.99	
1:04.29	:55.49	:48.79	*:44.39	:38.89	<b>50 Back</b>	:38.89	*:45.99	:50.59	:57.49	1:06.69	
2:19.29	2:00.09	1:45.69	*1:36.19	1:23.89	<b>100 Back</b>	1:22.89	*1:38.09	1:47.89	2:02.59	2:22.29	
1:14.29	1:04.09	:56.39	*:51.29	:43.09	<b>50 Breast</b>	:42.69	*:55.09	1:00.59	1:08.79	1:19.79	
2:45.09	2:22.29	2:05.29	*1:53.89	1:34.89	<b>100 Breast</b>	1:33.79	*1:57.89	2:09.69	2:27.39	2:50.99	
1:02.79	:54.09	:47.59	*:43.29	:36.59	<b>50 Fly</b>	:36.29	*:48.09	:52.89	1:00.09	1:09.69	
2:34.39	2:13.09	1:57.09	*1:46.49	1:24.59	<b>100 Fly</b>	1:23.59	*2:01.19	2:13.29	2:31.49	2:55.69	
5:03.19	4:21.39	3:49.99	3:29.09	2:59.59	<b>200 IM</b>	2:58.39	*3:38.19	3:59.99	4:32.69	5:16.29	
<b>Girls 11-12</b>						<b>Boys 11-12</b>					
:46.49	:40.09	:35.29	*:32.09	:30.39	<b>50 Free</b>	:29.29	*:32.69	:35.99	:40.89	:47.39	
1:43.89	1:29.59	1:18.79	*1:11.69	1:06.09	<b>100 Free</b>	1:03.89	*1:11.49	1:18.69	1:29.39	1:43.69	
3:47.89	3:16.49	2:52.89	*2:37.19	2:23.19	<b>200 Free</b>	2:19.49	*2:39.19	2:55.09	3:18.99	3:50.89	
8:02.89	6:56.29	6:06.29	*5:32.99	5:01.69	<b>400 Free</b>	4:55.09	*5:35.19	6:08.69	6:58.99	8:05.99	
15:58.89	13:46.59	12:07.39	*11:01.29	10:31.79	<b>800 Free</b>	10:22.09	*11:26.19	12:34.79	14:17.69	16:34.99	
32:15.69	27:48.69	24:28.49	22:14.99	20:14.59	<b>1500 Free</b>	19:49.19	21:52.59	24:03.79	27:20.69	31:43.19	
:54.99	:47.39	:41.69	*:37.89	:34.49	<b>50 Back</b>	:33.69	*:39.39	:43.39	:49.29	:57.19	
2:00.19	1:43.69	1:31.19	*1:22.89	1:15.39	<b>100 Back</b>	1:12.99	*1:25.29	1:33.79	1:46.59	2:03.59	
4:14.09	3:39.09	3:12.79	*2:55.29	2:40.69	<b>200 Back</b>	2:36.69	*3:02.29	3:20.49	3:47.79	4:24.29	
1:01.89	:53.39	:46.99	*:42.69	:38.49	<b>50 Breast</b>	:37.49	*:45.09	:49.59	:56.29	1:05.29	
2:15.19	1:56.59	1:42.59	*1:33.29	1:24.79	<b>100 Breast</b>	1:22.19	*1:37.89	1:47.69	2:02.39	2:21.99	
4:49.99	4:09.99	3:39.99	*3:19.99	3:02.79	<b>200 Breast</b>	2:56.59	*3:28.49	3:49.29	4:20.59	5:02.19	
:50.99	:43.99	:38.69	*:35.19	:32.39	<b>50 Fly</b>	:31.89	*:36.99	:40.69	:46.29	:53.69	
2:04.89	1:47.69	1:34.79	*1:26.19	1:13.09	<b>100 Fly</b>	1:10.89	*1:24.79	1:33.29	1:45.99	2:02.99	
4:36.29	3:58.19	3:29.59	*3:10.49	2:40.99	<b>200 Fly</b>	2:37.49	*3:07.49	3:26.19	3:54.29	4:31.79	
4:19.19	3:43.49	3:16.69	*2:58.79	2:41.89	<b>200 IM</b>	2:37.79	*3:00.59	3:18.59	3:45.69	4:21.79	
9:18.59	8:01.59	7:03.79	*6:25.29	5:45.49	<b>400 IM</b>	5:37.79	6:29.69	7:08.69	8:07.09	9:24.99	
<b>Girls 13-14</b>						<b>Boys 13-14</b>					
:43.39	:37.39	:32.89	:29.89	:29.19	<b>50 Free</b>	:27.09	*:28.69	:31.49	:35.79	:41.59	
1:35.49	1:22.39	1:12.49	*1:05.89	1:03.29	<b>100 Free</b>	:59.09	*1:03.19	1:09.49	1:18.99	1:31.59	
3:25.19	2:56.89	2:35.69	*2:21.49	2:16.89	<b>200 Free</b>	2:08.89	2:18.09	2:31.89	2:52.59	3:20.19	
7:14.09	6:14.19	5:29.29	4:59.39	4:48.19	<b>400 Free</b>	4:34.29	*4:57.49	5:27.29	6:11.89	7:11.39	
14:49.29	12:46.59	11:14.59	*10:13.29	9:53.99	<b>800 Free</b>	9:30.29	9:59.09	10:58.99	12:28.89	14:28.69	
28:40.19	24:42.99	21:44.99	*19:46.39	18:56.49	<b>1500 Free</b>	18:09.39	*19:35.49	21:33.09	24:29.39	28:24.49	
1:49.29	1:34.19	1:22.89	*1:15.39	1:10.69	<b>100 Back</b>	1:05.89	*1:14.39	1:21.89	1:32.99	1:47.89	
3:52.29	3:20.19	2:56.19	*2:40.19	2:31.19	<b>200 Back</b>	2:23.09	*2:40.29	2:56.29	3:20.29	3:52.29	
2:05.99	1:48.59	1:35.59	*1:26.89	1:20.19	<b>100 Breast</b>	1:14.59	*1:24.39	1:32.89	1:45.49	2:02.39	
4:32.99	3:55.29	3:27.09	*3:08.29	2:52.59	<b>200 Breast</b>	2:41.39	*3:04.29	3:22.69	3:50.29	4:27.19	
1:46.89	1:32.19	1:21.09	1:13.79	1:08.09	<b>100 Fly</b>	1:03.89	1:13.49	1:20.89	1:31.89	1:46.59	
4:12.49	3:37.69	3:11.59	*2:54.19	2:31.69	<b>200 Fly</b>	2:22.19	*2:47.39	3:04.09	3:29.19	4:02.69	
3:53.79	3:21.49	2:57.29	*2:41.19	2:33.89	<b>200 IM</b>	2:25.09	*2:36.99	2:52.59	3:16.19	3:47.59	
8:21.19	7:12.09	6:20.19	5:45.69	5:26.49	<b>400 IM</b>	5:08.59	5:40.29	6:14.29	7:05.39	8:13.39	
<b>Girls 15-16/Girls 17 &amp; Over/Senior</b>						<b>Boys 15-16/Boys 17 &amp; Over/Senior</b>					
:41.79	:35.99	:31.69	:28.79	:29.39	<b>50 Free</b>	26.89	26.29	28.89	32.89	38.09	
1:30.19	1:17.79	1:08.49	1:02.19	1:03.49	<b>100 Free</b>	:57.69	:56.59	1:02.19	1:10.69	1:21.99	
3:14.29	2:47.49	2:27.39	2:13.99	2:16.69	<b>200 Free</b>	2:06.59	2:04.09	2:16.59	2:35.19	2:59.99	
6:54.19	5:56.99	5:14.19	4:45.59		<b>400 Free</b>		4:26.89	4:53.59	5:33.69	6:27.09	
14:09.29	12:12.19	10:44.29	9:45.69		<b>800 Free</b>		9:12.49	10:07.79	11:39.59	13:21.09	
27:39.29	23:50.39	20:58.79	19:04.29		<b>1500 Free</b>		17:58.39	19:46.29	22:27.99	26:03.69	
1:43.39	1:29.19	1:18.49	1:11.29	1:12.79	<b>100 Back</b>	1:07.49	1:06.19	1:12.79	1:22.69	1:35.99	
3:43.19	3:12.39	2:49.29	2:33.89	2:36.99	<b>200 Back</b>	2:26.99	2:24.09	2:38.49	3:00.09	3:28.89	
2:00.19	1:43.69	1:31.19	1:22.89	1:24.59	<b>100 Breast</b>	1:16.29	1:14.79	1:22.29	1:33.49	1:48.49	
4:15.99	3:40.69	3:14.19	2:56.49	3:00.09	<b>200 Breast</b>	2:45.99	2:42.69	2:58.99	3:23.39	3:55.89	
1:39.89	1:26.19	1:15.79	1:08.89	1:10.29	<b>100 Fly</b>	1:03.99	1:02.79	1:08.99	1:18.49	1:30.99	
3:48.29	3:16.79	2:53.19	2:37.39	2:40.59	<b>200 Fly</b>	2:28.39	2:25.39	2:39.99	3:01.79	3:30.89	
3:42.79	3:11.99	2:48.99	2:33.59	2:36.69	<b>200 IM</b>	2:23.69	2:20.89	2:34.99	2:56.09	3:24.19	
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. BRONZE, SILVER, and GOLD Standards are used for other MNSI Championship meets including MRC and MAC  
 ZONE times are the 2021-2024 "AAA" National Age Group (NAG) Time Standard. Bonus times are for Senior State Meet

\* CH time standards were limited by the allowed change. Allowed change is 1% slower or faster for 14& under and 1% faster and no slower for Senior.  
 all other MNSI (non zone) standards are dependent on CHAMP

\*\*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\*\*